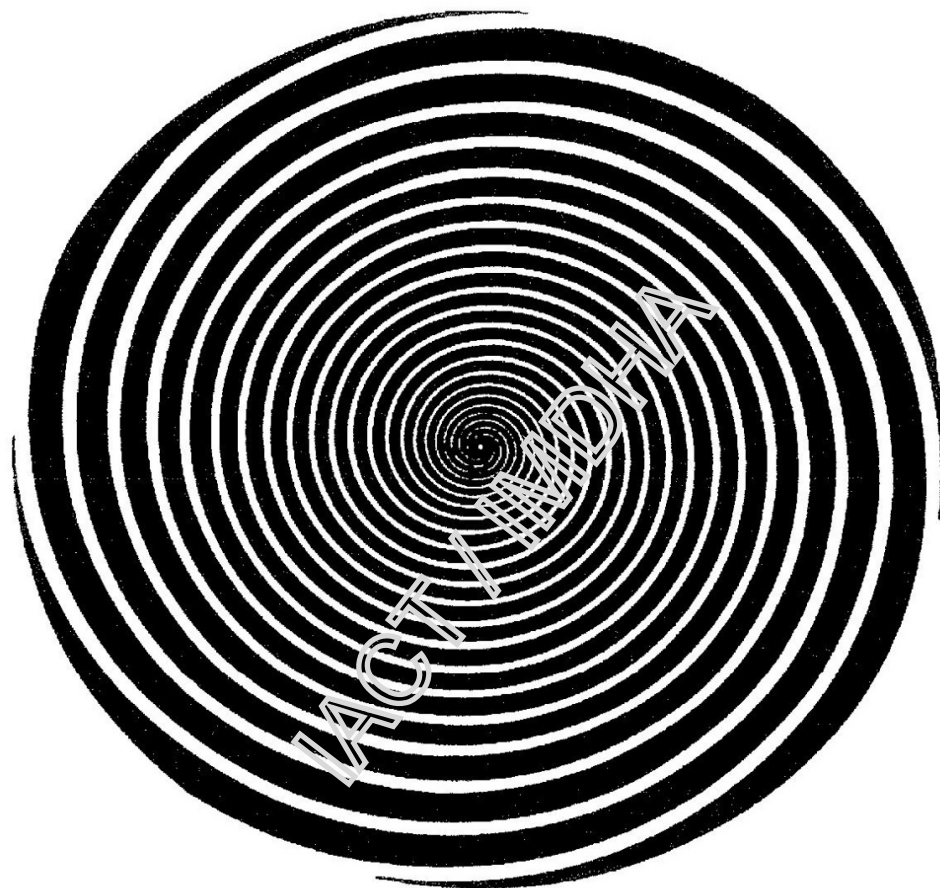


# Hypnotherapy - Volume I

## COURSE 100



# BASIC HYPNOSIS

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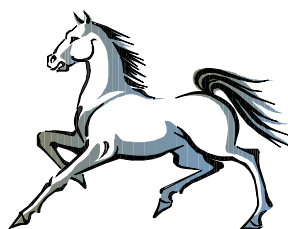
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This is the first of a three volume manual culminating more than half a century of self hypnosis practice, and thirty-five years practicing hypnotherapy. Siobhan (1957-2014), without you this manual would not exist. Thank you for (1989-1994) persistently calling and asking for the latest draft. You pushed me to transform the holographic practices of my hypnosis into a quasi-linear form. Theresa, thank you for editorial advice, thoughtful questions about content, structure, process, and voice during the time of my graduate studies (1999-2003). Fernando, Thank You for Being and Doing.

The learning, growth and development of my skill set in this area begins with exposure to the Silva Method, which was then called Silva Mind Control, in my pre-teens as Jose da Silva toured the nation's campuses with mind control training targeting study habits and test taking. Those simple study and test taking skills generalized to other areas of my life as they are tools found within normative human behavior. I thought all adults thought like this. We will more fully explore the naturalness of hypnosis and hypnotic experiences over this course of study.

How do we learn? How do we find the most delightful experience of living possible? Psychology education places hypnosis into the realm of cognitive behavioral science. My practice of hypnosis is a more humanistic-transpersonal application of human capacity in that it contains multi-cultural spiritual and transpersonal components that transcend the limitations of Western behaviorism and material monism. I thank all the people who have educated me about the many things by different names that are all built upon the same innate human capacity for wisdom, prudent choices, mature goal setting and practical applications of time.

I am a spiritual monist in that I believe all things come from a intelligence that is always creative and never competitive in spirit. I am an animist in the view that nature is minded and I am a part of a creative thinking substance from which all things emerge. The thinking substance is always creative and never competitive in spirit, so it is important to dwell upon those things which we desire. That which is held clearly in our hearts, minds and body tend to manifest in our lives through our applied efforts in thought and behavior.

The natural powers of your own mind can serve you and the world around you to your best capacities through the basic skills of hypnosis. You will find that these methods are familiar to you as you already use them every day, even if you are not consciously paying attention to it.

Welcome to a study of how to relax fully, engage the indwelling spark of creativity that resides inside you, and formulate effective suggestions that guide the process as you become more and more effective in setting and achieving your goals.

## Dedication

Blessed are those who dream dreams, and are willing to pay the price to make those dreams come true – unknown

This basic hypnosis manual is dedicated to all the clients, authors, trainers, educators, friends and family who inspired my interest and awareness of human potential, growth and development. I particularly want to thank E. Margaret Metzinger (1936-2012) and Marian Gyr (1921 – 2019), Thank You! You encouraged me to be myself, and to look beyond the expectations of homogenized images of American culture. You showed me the value of exploring diverse cultural perspectives, and appreciation for the natural beauty of the world. From you I learned to perceive of life as an adventure.

Thank You

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## 101 - What is Hypnosis?

The word "hypnosis" comes from the Greek word for sleep, *hypnos*. The hypnosis you will be learning in this course is not the sleep you sleep at night. Hypnosis looks like sleep from the outside, the subjective experience is often one of heightened awareness. Only a very small percentage of people who practice hypnosis report having no conscious memory of the experience after it is complete. More common are the individual's report of feelings of well-being after the session.

The hypnotic experience is familiar to anyone who has gotten a greater sense of being such as that which one experiences when functioning smoothly as part of a team, during a peak athletic or creative performance, during moments of breakthrough creativity and excellence in performance, and when comprehending a sense of connection with something greater than oneself within the limits of one's own skin. The theoretical foundation for this course is spiritual monism, all things are assumed to be coming from the creatively thinking stuff of which the universe is made, call it what you will.

Hypnosis is a familiar state, it is encountered when returning to waking state from sleep (*hypnopompic*), and when entering sleep (*hypnogogic*). Some people pass through this state hardly noticing it, quickly. Some pass through slowly, or deliberately seek it out through meditative, creative, or sporting practices. Hypnosis is a natural state which You have been in many.

Perhaps you can recall a time when you were on the freeway, driving past a familiar exit, your exit, or perhaps you suddenly became aware of yourself behind the wheel as you respond to something that startles you while driving. The thought may have floated through your mind that you hadn't been paying attention to the road for a lengthy period of time. Your attention and conscious mind became absorbed in something other than what your body was doing, because that part of You that had learned to do certain actions automatically, such as driving, took over. Your automatic functioning continues until something out of the ordinary or dangerous occurs.

You may choose to use this course objectively, and learn how to hypnotize others, or you may choose to use this course as it was intended, to learn more about the powers of your own mind. As you practice hypnosis, you may find yourself becoming more and more aware of your capacity to respond to suggestion. Your continued reading reflects your growing curiosity about the possibilities inherent within you. This learning is best done experientially, subjectively, so as to gain familiarity and fluidity with the natural human capacity for relaxation. Practicing the exercises with yourself and others is the way you will develop the hypnosis skills sufficiently to do them automatically. You may find it easier to read scripts for the exercises when you first begin, and you will find there are patterns that work more effectively than others, your own style will emerge. Trust yourself. You are going to learn how to recognize the signs of hypnosis, how to use hypnosis for yourself and others, and how to recognize the preferred responses you can expect to encounter. Some people will be slower or more difficult than others. Some will move so quickly they will steam roll you to move faster or get out of their way.

The reputation of the word *hypnosis* evokes images of strange and mysterious powers and people, faith healers and sideshows, yet the human response to suggestion is as natural as the sky's response of light with the approach of dawn. Hypnosis has such a rich and powerful history of creating change that Hollywood uses it to embellish movie plots. The human mind is amazing, and you will learn to identify and debunk the Hollywood hype and common misconceptions that distort the usefulness of this natural human function.

For the purposes of this course, the term *hypnosis* will be used to define any technique which promotes direct and/or automatic communication between that which you are consciously aware of, and the subconscious, emotional, imaginative mind, the warehouse of your learning and knowledge. Inside you is a knowing that knows everything about you, and it knows that it knows. It knows what you like, dislike, and want or need that you haven't gotten, yet. Hypnosis is a tool that, when used correctly, can bring astonishing and often rapid results through simply learning to relax. Then add the focus of attention upon a specific goals, with clarity of intent, present tense, and subjective ownership.

Wonders await those who explore the mysteries of the mind. (I. Hickman)

### What is a Hypnotist?

Misinformation about the nature of suggestion and response leads the public to believe that a hypnotist has some kind of magical power. A Hypnotist is a person trained to give detailed attention to semantics, voice inflection, body movement and generating mental expectancy. A skilled hypnotist has learned methods for bypassing the critical faculty and establishing selective thinking. The hypnotist's job is to use suggestion to excite the imagination and develop mental expectancy in the subject. You can observe suggestion in action through the repetition, emotional baiting, direct, implied and embedded messages of advertising, education, marketing, and politics.

### The Most Common Misconceptions About Hypnosis

Since you already experience hypnosis daily, why don't you know it? Probably because of the many misconceptions about hypnosis, which include:

- The hypnotist has strange and unknown powers.
- I give up control to the hypnotist.
- I might get stuck.
- I might do things I normally wouldn't do.
- I might tell my secrets.
- I might get hurt.
- I will be unconscious, unaware, unable to move, think, speak, say or hear anything.
- I can't be hypnotized.

Misconceptions about the natural state of hypnosis can elicit a fear response to hypnosis in members of the general public who do not understand the underlying assumptions of what hypnosis is, and what can be done with hypnosis to improve personal performance and relaxation / restoration experiences. Keeping the general public in a state of fear regarding hypnosis, Hollywood hype and unscrupulous operators can use the public's lack of information to make a buck. Educate your client. Discover your client's misconceptions and assumptions and disprove them before the initial induction. Debunk the myths of hypnosis and establish a collaborative relationship.

## Facts About Hypnosis

All hypnosis is self hypnosis.

A hypnotist is a helper / assistant with a set of tools / skills that humans have found to be useful in creating rapid transformation in human growth and development. The expertise of a humanistically oriented hypnotherapist is in skill development for a broad range of approaches to offer a hypnotic subject. The subject being hypnotized is using the hypnotist as a helpful assistant with a broad range of tools to offer ease of entering and exiting the relaxed state known as hypnosis. The client is the expert in self. The state of hypnosis is natural. It is only a matter of recognition, and then skill development for use of the state for a range of experiences from deep relaxation and restoration of self, to peak performance and creativity flow.

In hypnosis, the subject becomes much more aware of his or her perceptions than **full waking state**. Rather than restricting the senses, hypnosis expands and magnifies the senses, with particularly enhanced selectivity for the focus of attention. A hypnotic subject cannot be made to do or say anything that might be damaging to the self. Inside each individual is a knowing that knows everything about that person and knows that it knows. At some level, the individual is always aware and in control. He or she can choose to accept or reject any idea or suggestion that is determined to be unacceptable. A hypnotized person cannot be made to do anything against his or her personal, moral or religious beliefs. The subject won't tell any secrets he or she doesn't want known. People in hypnosis laugh, cry, move, open and close their eyes, talk, think and feel just like people in full waking state. The subject is always aware at some level, and must be able to hear for the suggestions to work, must be able to see in the mind's eye, hear with the inner ear, and perceive with an inner knowing. Although the hypnotic methods focused on in this manual involve the use of relaxation, the experience of hypnosis is not limited to relaxation. Hypnosis is also recognizable in states of heightened activity, arousal, physical activity, being in the zone of one's peak performance.

The only time someone fails to emerge into full waking state when requested to return by the hypnotist, is when the individual is enjoying the relaxation so much that a return to the stresses and strains of daily life is postponed, voluntarily, by that subject. You can't get stuck in hypnosis any more than you can get stuck in sleep.

In hypnosis, the critical faculty of the mind is bypassed and the imaginative faculty is engaged. The critical faculty is the judge and censor of the conscious mind. When it is bypassed, selective thinking to help improve performance and overcome blockages can be established. The subject will bypass the critical faculty when there is a sufficient level of self trust and other trust developed between the hypnotist and the subject. The sufficient level of trust is known as *rapport*. As you learn to establish better rapport with yourself and others, you will find it easier and easier to explore deep, profound relaxation. Through this relaxation, a more direct communication or communion with your inner wisdom is reestablished. The ability to self regulate oneself with a relaxed feeling of well being allows for the hypnotist to establish and maintain a safe, bounded and unbounded environment within which the process of growth with its unfolding development expands in ways that transcend the wisdom of the members physically present. Rapport can come about through direct suggestion, waking suggestion, or any of the innumerable natural occurrences which you may have heard referred to as hypnosis, trance, meditation, prayer, relaxation, bliss, rapport, contentment, well being, empathy, compassion, peak performance and epiphany.

You are already familiar with hypnosis because it occurs naturally when you are under stress, thinking deeply, half asleep and half awake, driving, reading . . . anytime the deep creative resources of the inner mind are called forth. You are particularly sensitive to suggestion and response in times of repetition, intense emotions, powerful longing and feelings of identification.

\*\*\*\*\* As you participate in this course, become aware of how your response to the exercises changes with repetition. \*\*\*\*\*

In hypnosis, you know everything going on and you know that you know. You know what you are saying, hearing, doing. Your perception capacities become enhanced, as does your ability to focus, or defocus. The sounds of the world around you become background sounds that reassure you all is well in the outside world. You are safe to go deeper into hypnosis. Imagine that the sky is blue, and all things float away like a little puffy cloud on a beautiful day. Should anything occur which requires your immediate attention, you are immediately alert and ready to respond with full capacity. For now, just float, drift, relax. Become aware.

While practicing hypnosis you can speak, move, laugh, cry, blink, Yawn because you are always in control, . . . at some level . . . Just like any form of exercise, every time you practice self hypnosis, you achieve better response. . . . Now. . . Trust yourself. The more you relax, the deeper you go, the deeper you go, the more you relax. The better the response the deeper you go into your own knowing. Each and every time easier, deeper, faster and better than the times before. . . and it calls you, and you listen, listen, listen, deep inside there is a wisdom. I'm talking to you now. And you are curious. Perhaps, so curious.

All people have a natural ability to respond to hypnosis. The quality of response varies from individual to individual, moment to moment. The only things that prevent full response to hypnosis are fear, misinformation and lack of trust. Once we review and erase all misconceptions and false beliefs about hypnosis, no power on earth can prevent you from responding to positive and healthful suggestions for relaxation. When the body relaxes, the

whole system can function more easily.

In hypnosis, you are always in control. You can't be made to tell secrets you don't want known. You cannot be forced or coerced into doing something that is against your personal, moral or religious beliefs. You can't get "stuck" in hypnosis, anymore than you could get "stuck" in natural sleep. In hypnosis, you have a greater awareness of self. You can change your awareness of time, and be there, already, five minutes beyond the successful outcome of all that, whatever all that is for the purposes of that hypnosis experience, that thought process, that experience of living. And what are the first things you notice five minutes beyond the successful outcome of all that stuff?

All hypnosis is self hypnosis. The hypnotist has no extraordinary mental powers or control over you. It is not something someone else makes you do. You don't have to believe in hypnosis for it to work. The only thing you have to do is want to experience hypnosis for yourself, want it to work, demonstrate that desire by practice, and notice how surprised you are when the things you target for accomplishment unfold as if magically in your life. You practice that which you desire, imagining it as already yours, already accomplished. Your quality or intensity of desire is reflected in the intensity or quality of your response. It is not something you can *try* to do. You either do it or you don't. The word *trying* implies failure. Often, the harder you try, the harder it gets. Stop trying and let it happen. Trust yourself. You are in the right place at the right time. It's time, and you are learning, unfolding, uncovering, discovering, integrating, amazing, loving, dynamic, wise, joyous capacity of self. You can trust yourself. You know more about you than anyone else ever will. Trust yourself and your perceptions. It's time, and you know it, that is why you are still reading or listening. You are curious, and you will discover that some subjects express a concern that they are making it all up. That's fine, just pretend. You might start out feeling like you are pretending, and then find that the experience develops into something with deep subjective meaning. When you turn to the imagination, you temporarily suspend the critical faculty of the conscious mind. When you are in hypnosis you tap into the immense reservoir of power within your mind. You are open, discover amazing, powerful transformative awareness of resources and possibilities within, deep within, unfolding in a natural manner that pleases and delights you. And you are curious, perhaps . . . it is all so interesting . . . to notice . . . the small pleasures of life that flow down into your ideas, thoughts, feelings, behaviors and perceptions.

*(Be aware that the preceding few pages are direct suggestions intended to educate and open the conscious and unconscious minds to receive the information pertaining to this course. Direct suggestion is the focus of this course. A directive approach may or may not be effective with those struggling with long standing mental issues, such as depressive disorders, or when the subject has already perceived him or herself to be untrustworthy. There are the more permissive methods of hypnotherapy [HYP200] and hypnoanalysis [HYP400] that build upon the basic training of this course to provide a deeper entry into the things of that long black shadow of loss, grief, trauma, and suffering that can impact living adversely)*

Once you have recognized the many times you have already used self hypnosis successfully (*and automatically*) in the past, you can learn how to use it consciously for greater

self awareness and satisfaction in the present. The reason you don't recognize the state of hypnosis is because you generally don't discuss it with people. It is a natural state that you take for granted like your heartbeat! Unless you've had a heart disorder, it is a rare topic of conversation to say, "Yes, my heart is beating today. Sure is. Beating strong." It happens automatically. All your life you have been hypnotizing yourself without a formal language to describe what you are doing. You hypnotize yourself on a daily basis. You learned through empathic mirroring engaging with other humans, and you learned to automatically / hypnotically state regulation through repetitive practice.

You go in and out of the relaxed state of hypnosis automatically when you drive, read, run up a flight of stairs, zip a zipper. . . all automatically. You just haven't been formally trained to recognize it the way you were trained to know the alphabet, word identification, and the sentence structure of written or spoken material such as this. As you read or listen to these words, you are using reading or listening trance. You understand what words are meant to symbolize through repetitive practice. You learned to read by focusing your attention on letters, words and sentences until the process became automatic. You observed, perceived sounds, body language, intonation, pace, and behavior until you mastered the art of communication in family, cultural, and temporal contexts within which you were raised. It is only a lack of formal training that causes you to fail to consciously identify or acknowledge the natural method by which you get your MIND POWER to work for you. Most people take this natural state for granted. If you pay attention, you may find that you rarely stop to think about how you do what you do, and why you do all the things you do, when you do them. You just do them. The things you do automatically are done because you have, at some point in time, trained yourself to do them. When you pay attention, that is mindfulness. Awareness of self. You didn't leap from your mother's womb into reading, cooking, or driving. You taught yourself numerous steps SO WELL, that you are now able to do some things automatically.

As you learn language skills to describe this simple and much used Mind Power, you automatically reconnect with how you think and feel, which may be different from what other people say you are supposed to think or feel. What is life really all about when you think and feel, using your own perceptions and senses completely, RIGHT NOW? Use your senses completely. Realign with WHAT IS instead of What If. This is the objective of an existential / humanistic approach to hypnosis and hypnotherapy. It is based on the Gestalt concepts of Fritz Perls.

Hypnosis and meditation are similar in the goal of ease, peace of mind and relaxation. The difference between meditation and hypnosis is the purpose or intent. The intent of some forms of meditation is nothingness, Oneness with the all knowing Void. Some meditations seek to be completely in the moment, perceiving with fresh eyes, putting aside preconceived notions so as to trust one's senses and perceptions. The purpose of hypnosis in this course is to Relax the conscious mind so that the Natural Functioning of the subconscious and superconscious Are Focusing their Creative Powers on achieving a particular goal or set of goals. Allow yourself to align with the mission most dear to your higher purpose, your innermost striving, aligning for the best for all involved. Instead of trying hard and fearing failure (*or success*), you can learn to relax and let the subconscious mind work with, instead of against, your conscious plans. The logical mind can come up with all kinds of reasons and excuses for failing. When properly applied, the mind can come up with just as many reasons



for success, relaxed enjoyment of living, and peak performance strategies.

All people have an ability to respond to hypnosis and you are equal to any human, living or dead, that ever inhabited this planet. When You WANT to Respond to hypnosis and you don't, you are temporarily out of control. Stop trying. Let it happen to the best of your ability at that moment. Breathe. Pay close attention to the response of your senses, your sensual response. What you hear, see, smell, feel, taste, touch, imagine, perceive, experience . . . Breathe. You are an air breathing mammal.

Hypnosis is subjective. You will experience it in your own unique way. Somethings you will have in common with other people who experience hypnosis, some things will be idiosyncratic or unique to you. Sometimes you will notice a certain familiarity or predictability to the type of response you experience, and you may reach plateaus in your capacity and practice with self and others. At other times, you may notice your response to hypnosis change radically, or gradually shifting to something new. Trust yourself, discover the wonder of being a life long learner on this amazing subject of human growth and development. When you invest yourself in taking basic hypnosis courses every so often, you will hear familiar information, and will also begin to hear it in ways that you did not recognize or identify when you first started this formal study of hypnosis.

Hypnosis is a natural state. All humans can benefit from skills training to be able to articulate and identify hypnotic phenomenon and harness it for its remarkable applications to learning and test taking, creativity, peak performance, preparation for surgery, business and personal relationships, healing, and spiritual development.

The biggest payoff of experiencing hypnosis, and the one thing all people who practice the skills of this course have in common, is a sense of deep, profound relaxation which becomes an automatic reflex with practice. You will practice self regulation for relaxed well being throughout this course, and as you practice you will notice interesting things about yourself, and you are curious. You will find it wonderfully pleasing to regulate your state for a relaxed well being more easily with each repetition of the exercises in this course, and you are curious about how you will first notice the effects of your mind power in relaxing, being, unfolding your innate capacities. **If you don't RESPOND COMPLETELY TO SUGGESTIONS OF RELAXATION, AT THIS TIME, you are responding only to the situation AT THAT TIME.** That doesn't mean you are a poor subject, it means that the circumstances, or the hypnotist, weren't comfortable for you at that time, for whatever reason. Each practice will allow you to experience a deeper and deeper sense of awareness of self, **ALL HYPNOSIS IS SELF HYPNOSIS (*auto hypnosis*)** and the responsibility for entering trance lies within the subject, you. It is the hypnotist's job to excite the imagination, implanting the expectation of results. The subject's own mind power is the source of the response. Your own mind is the source of the patterns of your life. Are you getting what you want out of life right now?

\*\*\*\*\*Take a moment to think about how life would be like if you had all that stuff, resolved, five minutes beyond the successful outcome of all that stuff? Daydream. What is it like in your ideal future self and living experiences? Are you moving in the direction that allows you to achieve those ideals and dreams? If not, what will it take to flow in the direction of your ideal outcomes? And how will you know it when you get there? What will you see, hear, feel, smell and taste, and in what order do you notice the context and your self in relation?\*\*\*\*\*

That which is thought, tends to occur. That which is expected, tends to be realized. The creative forces of the imagination are set into motion by the power of your thoughts. Self hypnosis is a key that opens the door to the treasure house in your mind, the part that knows everything about you and knows that it knows. Everything you've ever experienced or perceived has been faithfully recorded in your memory banks. You've got a log of what worked and what didn't work. You've developed a lot of resources since some of those experiences were logged in with the attached decisions and emotions. The more involved a person becomes in the process of relaxation the easier the response to suggestion. Even those people who resist the process of relaxation are pleasantly surprised to find that the subconscious has recorded suggestions and is using some or all the suggestions appropriately and effectively.

Each and every time you practice self hypnosis you go deeper and faster than the time before. Each and every breath and blink creates a greater rhythm, a balance with the breathing and the heart, and a wonderful rhythm with all the systems of the body, and mind, and spirit. You may be pleasantly surprised, perhaps delighted, as your life unfolds and you find amazing and wonderful things in every day, even when there are storm clouds and challenges on the horizon or overhead. Things pass, days and nights pass, time passes, we all are mortal, we live most fully in each moment and allow yourself to be aware of the full extent of what it means to be human, to be connected, one with a larger being of humanity.

### **Chapter 101: Questions for comprehension and self exploration.**

1. What is hypnosis?
2. What is a hypnotist?
3. What are common misconceptions about hypnosis?
4. What are facts about hypnosis?
5. What are the common subjective signs of hypnosis?
6. What is your goal, purpose, or reason for learning hypnosis at this time?

## **102 - The Background of Hypnosis**

The processes referred to in this course as *hypnosis* are as old as mankind, stretching from ancient shamans to the present day faith healers and marketing wizards. The ability to respond to suggestion is what creates human community, support and protection, or rejection and ostracism. Every culture uses some form of hypnosis or trance to facilitate community building, establishing of norms, healing and rehabilitation.

In primitive societies, the shaman or medicine man may go to a place in which the environment offers no distractions. The goal is to be strongly focused. A dark quiet space, someplace isolated, in a forest or a cave may be sought out to facilitate the trance state. Some practitioners use drum beats, chanting, singing, or dancing, aids which may be provided by a shaman's companion or by the shaman him or herself. Rhythmic and/or monotonous sounds are useful tools for inducing and enhancing the trance state in most people. In the concepts of soul loss and retrieval, once the shaman enters the state in which his or her mind becomes strongly focused, he/she may seek out the sick spirit in order to return it to the client. Perhaps there is a battle for the spirit. Perhaps the self is splintered, or burdened by parts and ideas that are not beneficial to oneself, thoughts, ideals and behaviors of other people. Spiritual assistance may be called in from other dimensions to assist in the healing.

These primitive processes involve imagination, visualization and often suggestion during which the healer wills the sick person to be healed. The intent of the healer is assumed to be of great value in hypnosis, unlike in scientific experiments wherein all efforts are made to avoid experimenter effect. As a hypnotist, learn to lock your mind around the idea that the suggestion you are delivering is fully followed. Lock your mind around the idea of what it is that you intend or hope to achieve. Clarity of intent is productive for effective hypnotic experiences.

Hypnosis has a cross cultural religious and therapeutic lineage from the ancient cultures of Rome, Greece, India, and Egypt. Apparently all primitive cultures to modern medical practices include processes which are known to modern cultures as hypnosis. The priests and priestesses of Egyptian sleep temples used suggestion to achieve spontaneous and miraculous cures, modern hypnotists use similar processes. The Greek temples of Asklepios, and Egyptian temples of Imhotep used suggestions. The processes of hypnosis are natural processes, things that all humans do and experience as they heal, grow, adapt, learn, and change. These processes transcend cultural, religious, and scientific norms.

With the rise of Christianity, for some branches of religious practice, hypnosis was cast in the light of being something evil. Information about the true nature of hypnosis was held in secret by the ruling classes for religious and political power. The uneducated public was led to believe that someone hypnotized was under the control of the hypnotist, and the hypnotist was in league with the devil, unless those using suggestion to influence the minds of others were affiliated with the established religious and political power structures. Then it is the one way, the only way, the true way!

In all good lies, there is a seed of truth.

The darkest taint of hypnosis in the modern fundamental Christian perspective, is that it creates vulnerability to possession. The use of hypnosis does have the potential for increasing one's awareness of spiritual dimensions. It is unlikely that hypnosis would be at cause in an issue of spirit haunting, demonizing, or possession. Hypnosis is a tool for expanding awareness beyond the five senses(see [visual: V], hear [auditory: A], feeling [kinesthetic: K], smell [olfactory: O], taste [gustatory: G]) scientifically attributed to the human body for perceiving and measuring the world. Greater awareness of self can create a capacity to recognize and dislodge thoughts, feelings, and behaviors that are not recognized as one's own. It is not uncommon to integrate the thoughts, behaviors, expressions, and feelings of other people who are important to us, into our own thoughts, behaviors, expressions and feelings. It is a normal, empathic capacity of being human to reflect back to others what we observe about them. From the Freudian perspective, it is also a normal defense mechanism to project onto others those things we fear or dislike about ourselves.

The fear based injunction to avoid hypnosis appears to be an attempt to keep humans ignorant of effective use of natural processes for powerful, positive growth and development. Hypnosis can help humans discover more about their potential for growth and development, including the spiritual realms and the innately personal nature of communing with the Divine.

The rise of modern science also cast a shadow on the phenomena we call hypnosis, seeking to distance the hypnotic experience from its spiritual roots. Hypnosis entered the modern medical world in the 1772 when a German physician, Anton Mesmer (1734-1815), introduced his theory of *animal magnetism*. Mesmer began his studies to be a priest, transferred his studies to law and finally to medicine. At some point, he observed a priest stroking the bodies of subjects in need of healing. The subjects would apparently fall into a trance and waken free from their presenting problem.

Mesmer theorized that there was some form of fluid or energy passing from the hands of the priest through the body that created the healing. He thought of it as magnetism and thought it could be influenced by magnets. When he asked the French Royal Academy of Science to investigate his "new" methods of healing, he was snubbed. Mesmer's success rate was phenomenal. As his fame grew, he needed methods to handle the large numbers of people who flocked to him. He developed a magnetizing system of having people touch iron rods protruding from a large oak tub filled with iron filings. Later he discovered that people could receive the same benefit from touching him, or a "magnetized" tree in his yard.

In response to Mesmer's successes, the King of France authorized 5000 francs be sent to Mesmer as a medical research award. Mesmer sent back the 5000 francs with the message that his work was of such fine quality that he deserved double the average award for excellence in medicine. At the time, Ben Franklin was ambassador to France. The King asked Franklin to lead a team of scientific experts to review Mesmer's work. Mesmer is reported to have refused to meet with the King's investigators. The only instances of mesmerism Franklin observed were patients touching Mesmer's magnetized tree. After a short observation, Franklin commented that the patients could only be getting well by their

own imaginings, articulating the pulse of psychosomatic medicine years before the term was coined. This was used by Mesmer's colleagues to discount his successes and label him a fraud. Psychotherapy was yet to be developed. Those suffering from psychosomatic illness or character disorders received nothing more than reassurance for treatment.

One of Mesmer's disciples, Marquis de Puységur, believed that the cosmic fluid described by Mesmer was not magnetic, but electric. He was convinced that it emanated from all living beings, plants as well as animals. He noticed the strange phenomenon of somnambulism associated with hypnosis, a phenomena more commonly found among sleep walkers in deep sleep.

In the 1840's a British surgeon, John Elliotson (1791-1868), performed many operations painlessly using animal magnetism. His colleagues condemned him and asked for his resignation as head of the University of London Hospital. Elliotson refused to give up animal magnetism. Chemical anesthesia hadn't been developed yet and hypnosis was too useful. Another British physician, Dr. Esdaile (1808-1859), observed a demonstration of animal magnetism while on vacation in India. He returned to India and performed over 3,000 operations in a prison hospital using nothing but animal magnetism. When he reported his success to the British Medical Association, he was forced to close his hospital and return to England to face charges of charlatanism. He was accused of being sacrilegious because God meant for man to feel pain. After the Queen of England used the newly discovered chloroform to ease her labor pain, the religious theory of people being meant to feel pain was tossed by the wayside in favor of the less painful modern scientific world with its drugs and anesthesia.

In 1840, the word "hypnosis" was coined by James Braid (1795-1860). Braid stumbled upon the state when, while treating a patient with an eye disorder, another man requiring immediate attention arrived at Braid's office. Braid told his first patient that he would be back to have the patient look into a light before administering eye drops. While Braid was tending to the emergency patient, the first patient decided to get ready for the treatment by staring into the light. *(Note the reported intent of the subject, the anticipation evident in the self initiated building of focus and desire for a successful experience).*

When Braid finally returned to the room he found his first patient with the fixed gaze of someone in trance. According to Elman (1964), since Braid recognized the state, he must have already been a closet mesmerist. Braid suggested that his patient close his eyes and he would discover that they just wouldn't work. The man closed his eyes and they wouldn't open. He then told the patient to change his mind and the eyes would work just fine, which they did. Braid decided that the state was a nervous sleep, based on the way the subject looked to the hypnotist or onlookers and that the state of being occurred when:

- 1) the subject expected to enter trance,
- 2) the mesmerist passed hands over the subject's body, thereby transmitting the animal magnetic fluid, and
- 3) suggestion was given while using eye fixation.

Braid distanced his "newly" discovered phenomena from mesmerism in a time honored manner, by changing the name, thereby avoiding the stigma of *mesmerism* and the

risk being labeled a charlatan. The form of the phenomena did not change, only the naming process.

Spiritual assumptions of Divine Intervention, along with hand passes and energy exchange were rejected as insufficiently objective to be subsumed by the material domain of modern medicine. The subtle energy aspects of hypnosis are what science considers secondary perceptual qualities, relating to sensory perceptions and impressions that an individual finds personally meaningful. Primary perceptual qualities involve the perceptions of things which can be objectively measured. Braid selected a word to describe what the state of being looked like to him, objectively, sleep. He named it *hypnosis* in honor of *Hypnos*, the Greek god of sleep.

Braid's research in hypnosis was published in many languages before he realized that the state is not sleep. When he tried to rename the phenomena "mono-idealism" in order to more accurately describe the enhanced awareness and focal capacity of the hypnosis experience, but "hypnosis" was already accepted as the common term, and has remained so until the present. Braid's labeling of this state infers the most common misconceptions about hypnotism today, that the hypnotized person won't be able to move, speak, hear, or respond because it'll be like he or she is sleeping, unaware.

In the late 1870s, Dr. Jean Martin Charcot (1825-1893), a neurologist and head of the School of Salpêtrière in France, described three states of hypnosis:

- 1 - lethargy, (*physical relaxation*),
- 2 - catalepsy, (*limbs remaining in any position they are placed*), and
- 3 - somnambulism (*able to walk, talk and be anesthetized*).

Charcot theorized that only "hysterics" were hypnotizable and he referred to hypnosis as a state of hysteria and abnormal neurology. The young Sigmund Freud (1856 - 1939) was drawn to study Charcot's methods and theory.

During the 1880s, two French physicians, Hippolyte Bernheim (1837-1919) and Auguste Ambroise Liébeault (1823-1904), established a joint practice adopting Braid's ideas of induction via suggestion. These two men were the first modern physicians to accurately identify hypnosis as a natural phenomenon. Their work was so successful that physicians from around the world came to study, including Sigmund Freud. Freud was researching the use of hypnosis to unlock repressed memories, and was not a good student of hypnosis because of his mistaken belief that deep trance was needed for hypnotic success. Freud, as with many modern hypnotists, was only able to obtain deep trance with a small percentage of his clients. His colleague, Joseph Breuer (1842 - 1925), was the leading medical hypnotist of the day. Breuer discovered that symptoms were reduced or disappeared after the subject was able to describe their experience. He developed the concept of using catharsis as a tool for healing, with hypnosis to accelerate the process.

After discussing Breuer's findings with him, Freud put aside hypnosis and developed his theories of psychoanalysis. He took a position that humans have both conscious and unconscious processes. Using an iceberg or island as the model, the observed portion above the water represents conscious processes, the submerged portion represents unconscious processes. Carl Jung (1875-1961) added a collective unconscious to Freud's concepts of depth psychology and the structure of personality.

Emile Coue (1857-1926), a French lay psychotherapist, founded a therapeutic method based on the auto-suggestion(*self induced suggestion*), "Day by day and in every way I am getting better and better."

Phineas Quimby, a European mesmerist, toured the United States working with people suffering from all types of illnesses. One woman he helped, Mary Morse (nee Baker) Eddie (1821-1910), studied with him and went on to found the Christian Science Church. Mary Baker Eddie refused to use the word hypnosis or mention it as part of the foundation for her teachings, she renamed this familiar process the Science of the Mind. Her teachings incorporated awareness of the positive and negative effect of belief on the mind.

In 1901, a man named Edgar Cayce discovered he could diagnose illnesses and treatments while in trance. Edgar Cayce, the Sleeping Prophet, would give detailed diagnosis of clients' problems without ever meeting some of them in person. Cayce's capacities point to the transpersonal or non-local aspects of mind and being. Cayce died in 1945, but his large library of material which he obtained remotely during trance are available for research at the Association for Research and Enlightenment(A.R.E.) in Virginia Beach.

Milton Erickson (1901-1980) is known as the founder of modern medical hypnosis. He contracted polio as a kid and had to relearn how to walk, which he did by watching his younger sibling (sister?). His style is a storytelling, non-directive style of hypnotic interventions for improved health.

After WWI, there was a limited, renewed interest in hypnosis, as it offered short cuts in treating battle fatigue, now known as post-traumatic stress disorder (PTSD). In general, hypnosis went into a decline during the early 20th century, but was kept alive by entertainers and psychologists.

In 1908, an eight year old boy named Dave Elman became interested in hypnosis. His father was dying of cancer, and a stage hypnotist helped Dave's father live pain free for the last weeks of his life. Elman was inspired. He read everything he could find about hypnosis. Everything he read indicated that a successful hypnotic induction might take anywhere from several minutes to several hours, and required a bright light or other fixation device. While practicing, Elman noticed boredom and eye fatigue. He learned from an eye doctor how to obtain eye fatigue more rapidly, and developed methods of hypnotic induction that reduced the induction time tremendously. Methods such as the Elman Two Finger Technique made hypnosis a more viable tool for medical use (see Elman, *Hypnotherapy*, Chapter 7, pp.41-50). Elman concluded that the subject was always in complete control, able to suspend disbelief from what he called the *critical faculty* or *critical factor* of the mind, and able to receive pleasing suggestions. He noted that when improper suggestions were given, one of two things happened: the subject would reject the suggestion, and/or terminate trance.

Elman defined three things necessary for hypnosis (Hypnotherapy, Intro. xii):

- 1) The subject had to be willing.
- 2) There had to be communication between the hypnotist and the subject.
- 3) The subject had to be free from fear of, or reluctance to, trust the hypnotist.

Elman proved that there was no one way to hypnotize people properly, because once you learn the elements of suggestion, there are limitless techniques available. He knew it can relieve chronic pain, and can be induced instantly. He went on to teach thousands of physicians his rapid, effective techniques, including the Mayo brothers. At that time, death by anesthesia was a major threat in surgical procedures. The Mayo clinic was able to reduce the amount of anesthesia given through the use of hypnosis by their nurse anesthetists, reducing their rates of death from anesthesia. After WWII, hypnosis experienced another surge of interest, because of the rapid relief it could help provide for those suffering from neuroses brought on by battle.

There were only a couple hundred people in the United State using hypnosis in 1945. By 1955, the British Medical Association reported that hypnosis was a valuable tool in medical treatment. It urged that hypnosis be taught in medical schools, and finally gave a nod of approval for physicians to openly learn and practice hypnosis. In 1958, hypnosis was given approval as a medical modality by the American Medical Association.

In 1975, the title Hypnotherapist (079.153.010) was listed in the Dictionary of Occupational Titles published by the U.S. Department of Labor. There are thousands of trained hypnotists worldwide. Nonetheless, there are organizations actively seeking to limit the free and open practice of hypnosis.

Today, Mesmer's theory of energy being emitted by the healer, which has been long been rejected by modern scientific thought about hypnosis, is resurfacing in the "new" field of research in subtle energy medicine. Sound, light, magnets, Reiki, Therapeutic Touch, Healing Touch, Reconnection, laying on of the hands, and medical intuition are finding a place in the toolbox of the modern healer. Two centuries after Ben Franklin correctly identified the source of healing as that which comes from the creative imagination, modern psychologists are substantiating the ability of the imagination to prolong life, and enhance the quality of life when dealing with life threatening situations.

Hypnosis is a useful tool for behavior modification, a natural state of relaxation in which optimum learning occurs, and one can perceive the more subtle levels of one's spiritual life. It has been found useful for creative enhancement, weight and pain control, sports improvement, accelerated healing, painless dentistry, natural childbirth, improved study habits and test taking, stress reduction, goal setting and achievement, and overcoming mental or emotional blockages. Olympic and professional athletes routinely use hypnosis to reach more intense, efficient levels of performance. Psychologists, coaches, parents, students, massage therapists, and medical practitioners can benefit from learning to use suggestion more effectively.

Hypnosis is a powerful tool for relaxation in a world of increasing speed and complexity.



## How to Learn Hypnosis

Hypnosis can be learned through various mediums. The programs you find may be long (several years of training), or short (a weekend seminar) consisting of a mix of demonstration and experiential learning. Some programs are available through mail order home study programs, reading and practice. I do not believe it is possible to gain proficiency in this field in the programs that are offered as complete in a single weekend. I do believe that learning how to hypnotize someone takes very little time. Learning to be a good student of hypnosis requires a life study of the subject.

At the time this manual was written there were no national or State minimum standards of education required for use of the titles Hypnotist, Hypnotherapist, Clinical Hypnotherapist, Advanced Clinical Hypnotherapist, Hypnotechnician, or Relaxologist. Over the following decade, there was increasing legislative activity toward regulating the practice of hypnosis in the United States at the State and County levels of government.

Inductively, the legislative attempts appear to me to be an attempt to sweep a broad spectrum of human variability under medical and scientific control thereby subsuming all related economic activities under the guise of protecting the public from abuses. The religious source of hypnosis, its spiritual dimensions, and the possibility that even physical symptoms may have spiritual sources, is generally omitted from scientific debate because it is outside of the scientific domain of knowledge. Subsuming hypnosis into the field of medicine, as a small part of a large medical bag of tricks used in treating pathology, marginalizes many of the interesting spiritual aspects of human growth and development one encounters using hypnosis.

Mark Gilboyne assured me that in his entire career, he never saw a past life phenomenon unfold, or did not encounter spirit activity that other hypnotherapists told him about. All his clients experienced and expressed their regression to cause in current life experiences within the Gestalt frame of reference that formed so much of Gilboyne's therapeutic application of hypnosis.

I encountered two years of past life phenomenon when I first opened my practice in 1985. I struggled mentally for two years because I didn't believe in it, and didn't know what to make of it. I had two years of interacting with the same hypnotherapeutic methods for uncovering, resolving, and redirecting life's forces for positive outcomes that apply to initial sensitizing and subsequent sensitizing events in the life span of the human in my office chair, but with clients reporting to no longer be the same body as the one sitting in my office chair. We were exploring the same kinds of decision making, emotional threads, and how those things were impacting the present. The clients sometimes reported being a human of a different gender in the past / future / co-occurring existence in which he / she was working out decisions and changing perspectives to achieve more of what was wanted / desired.

After two years, and getting to be known as the past life person in town, I found myself at the shrine of St. Mary's, on my knees lighting candles and praying, "Dear God, I will to will thy will. I do not understand where this past life / future life phenomenon fits into the heaven/hell/purgatory model of human living I was born into, but it works. So I will use it."

That was the end of the past life cluster. The next two years were a cluster of battered children in their adult forms. I have gotten a sense of having unseen educators providing me with learning environments most relevant to what I need to learn, practice, and develop in that moment.

The phenomena of hypnosis is threaded through a broad range of theories and applications, and no one theory applies to every human, in all situations.

Some spiritual gifts that a clinician and client encounter during the use of hypnosis are categorized as pathology within psychological and medical models. A spiritual emergence or spiritual emergency can be misidentified when viewed through the medical model. There are other interpretations, viable applications, and models for human growth and development in contrast with the pathological perspective provides through the scientific / medical model.

There are experiences of human existence that may be articulated by clients during the practice of hypnosis. Some of the human capacities that extend beyond the domain of the medical and scientific models as they presently exist are described as: spirit guides, guardian angels, demonic attacks, visits from the ancestors / the dead, visits from children who have not yet been conceived, expanded non-verbal communication awareness, dissociative or out of body experiences, soul loss, splintered self, susto, mal de ojo, interspecies communication, brujeria, past life / future life phenomenon, UFO / alien encounters, and precognitive dreaming / awareness. It is my assumption that non-individualized, spiritual aspects of humanity may be encountered in the practice of exercises in this series of training manuals. Explicit methods for dealing with spiritual phenomenon will be addressed in the hypnosis 300 manual.

There are a range of underlying assumptions and references in hypnosis with some organizations taking an empirical cause and effect approach with emphasis on validity and reliability, there are also subjective, spiritual, esoteric, and outcome oriented approaches with greater focus on interconnectivity, multi-directional interactions and lateral influences. Hypnosis organizations tend to define their own parameters of effective education, attracting like minded individuals and organization.

Some hypnosis organizations are exclusive in requiring advanced degrees for membership eligibility, the more inclusive organizations accept anyone interested in hypnosis to share their accumulated knowledge with anyone else who is interested. Some organizations teach an assumption of hidden architecture in which the members are experts, others assume an open architecture in which members are helper/collaborators and the hypnotic subject is the expert regarding him or herself. Some organizations view hypnosis as a small part of a larger bundle of therapeutic intervention strategies, others view hypnosis as the natural process underlying all human learning, growth, development and healing. Each perspective contains a small part of the larger picture of what hypnosis is and is not, what it can and can not do.

This course is a helper / assistant oriented approach to hypnosis, it has an existential / humanistic foundation in the human need to find meaning in self and the world.

There is still debate over what hypnosis is, the most effective methods for teaching it,

and what constitutes competence in hypnosis. There is still no national consensus on what constitutes effective training, because there are ongoing debates about hypnosis:

Is there such a thing?

State or process?

Dangerous or benevolent?

Depth or quality of response?

Medical tool or natural tool of human growth and development?

Exclusive or inclusive field?

False memory or actual memory retrieval?

Restrictive or free and open practice?

These types of debates and your opinions about them will help you cultivate the foundational arguments and assumptions that will guide your development as a hypnotherapist.

There is no scientific debate about the value of spirit guides and spirit helper / teachers, or robust scientific exploration into the possibility that nature is minded. As an animist, I perceive plants as wise in their own ways with things to teach us. We live in a Judeo-Christian culture which places humans at the pinnacle of domination in the natural world. We assume that the accumulation of profits and centralization of a bottom line to determine value for human life is a viable form of cultural interaction. There is little debate about the sustainability of the capitalistic model with its skewed accumulation of wealth, the specious claim of an open hand in a free market that has many black markets to fill the real and expressed needs of the human population, and possibility of improving distribution channels for the abundance of resources that exist on this planet.

During the 1987 American Society of Hypnotist Examiners (ACHE) conference, Gil Boyne stated his position that hypnosis is a therapy of the people, by the people, for the people. In 1997, during panel discussions at a conference for the Society for Clinical and Experimental Hypnosis (SCEH), members of the American Society of Clinical Hypnosis (ASCH) referred to the "turf wars" between chiefdoms and fiefdoms with semi-charismatic leaders vying for dominance in the field. In 1995 and again in 2011, there were politically motivated proposals to limit the free and open practice of hypnosis in the State of Florida, and they were both defeated. The regulation of hypnosis differs geographically. This writer assumes that there are many different frames of reference and human capacity for applying the methods and strategies known commonly as hypnosis. I disagree with a statement I heard at the SCEH conference, "There is no such thing as a hypnotherapist." Indeed, there are thousands of professional hypnotists and hypnotherapists in the United States and around the world today.

IACT / IMDHA

By adding the simple mind power tools of hypnosis into the processes of change, growth, and development in your life, you can expect to learn a lot about yourself:

what you like,

what you dislike,

what you want or need that you haven't gotten, yet.

Expect to learn to discern and move toward those things that you like, move away from the things you dislike, and move toward those things that you want but haven't gotten or done, yet.

As you learn to harness the powers of your subconscious mind by aligning your conscious and unconscious thoughts and beliefs, you can transform your life for the better. You may find yourself entering into a greater awareness of the spiritual, a sense of life's interconnectedness. You may find yourself becoming more spontaneous about your life and your ability to interact with yourself, others, and your environment.

### **Chapter 102: Questions for comprehension and self exploration.**

1. Who is James Braid and what did he bring to this field of mind power?

Braid was a physician who coined the term "hypnosis", renaming the phenomenon previously known as Mesmerism. He attempted to rename the phenomenon "monoidealism" which did not gain common usage.

2. Who are Bernheim and Liebeault and what did they bring to this field of mind power?

3. Who is Esdaile and what did he do in this field of mind power?

4. Who is Anton Mesmer?

Anton Mesmer is a German physician who was investigated by the French Royal Academy for his animal magnetism claims of miracle cures.

5. What did Ben Franklin say about Mesmer's clients?

If they are getting well, it is by their own imaginings. He was ahead of his time in accurately identifying psychosomatic medicine, and the power of the unconscious / subconscious mind in creating distress and health.

6. Who is John Elliotson?
7. Who is Charcot and what did he bring to this field of mind power?
8. Who is Joseph Breuer and what did he say about the relief of symptoms?
9. Who is Emile Coue and what did he bring to this field of mind power?

Every day in every way . . .

10. Who is Sigmund Freud and what did he bring to this field of mind power?

Father of modern psychoanalysis.

11. Who is Elman and what did he bring to this field of mind power?

Rapid inductions, and modern medical hypnotherapy training from a professional hypnotist for medical professionals in the . . . His book "Hypnotherapy" is a foundation for this program.

## **103 - Signs of Hypnosis**

### **Santanelli**

(James H. Loryeap. 26)

Watch for:

The body taking a comfortable or “easy position”

Eye turning up or converging

Closed Eyes

Concentration(those with the greatest capacity are easiest to hypnotize)

### **Elman, Dave.**

Signs of hypnosis are obvious when you know what you are seeking. With experience, you will notice :

body warmth,

fluttering of the eyelids,

increased lacrimation,

the whites of the eyes getting red or pinkish,

and the eyeballs going up into the head.

A surgeon, Eugene H. Reading, informed Elman, “that the radial pulse often becomes imperceptible as the patient goes into hypnosis” (p. 30).

### **Erickson, Milton.**

(p.27)

The changes are subtle. Be alert. The signs of light trance indicate that the subject’s attention has been focused inwardly. The subject is seeking his or her unique response to suggestion. Watch for:

flattening of the facial expression

staring

absence of blinking

almost complete immobility

### **Hickman, Irene.**

(p.132)

Signs of deep relaxation include:

increased pallor of the skin

slowing of the breathing

lack of movement of any part of the body

### **Sichort, Walter.**

(As told by James Ramey, during a 1991 demonstration in Key West).

Deep hypnosis (*ultra depth*) can be observed with fluttering of the lashes, and rapid

eye movement beneath the lids.

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### Subjective Feelings of Hypnosis:

tingling sensation in the hands or feet or all over  
pleasant floating  
sensation of heaviness  
sensation of warmth  
sensation of a cool breeze  
feeling longer/shorter  
feeling of going in/out  
a sensation of fading in and out  
loss of body awareness  
heightened body awareness  
an emotionalized desire to follow the suggestions of the hypnotist  
sensation of moving or turning or going somewhere  
increased lacrimation(*tearing*)  
time distortion  
eye flutter  
REM  
energy surges  
disinclination to move, speak or act  
catalepsy  
detachment  
dreams, fantasies and/or illusions  
positive hallucinations  
negative hallucinations  
inner visuals with color and/or movement  
recognition of trance(*difficult to describe but clearly felt*)  
full or partial amnesia  
anesthesia  
ability to open eyes without effecting the level of relaxation  
relaxation and/or awareness of relaxation

Some people feel all these things.

Some feel nothing but the DEEP, PROFOUND RELAXATION.

The experience changes from moment to moment, and session to session.

It reflects the context, physiology, client state and readiness.

The experience changes to reflect the individual's desire, context, and physiology.

**Chapter 103: Questions for comprehension and self exploration.**

1. What are Hickman's signs of deep relaxation?
2. What are Erickson's signs of light trance?
3. What are Elman's signs of trance?
4. What are Santanelli's signs of trance?
5. What is the emotionalized desire to follow the suggestions of the hypnotist?
6. Is there a common element experienced by all those who practice this course of basic hypnosis, and if so, what is it?
7. What are your subjective signs of hypnosis?

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## 104 - Conscious, Subconscious and Superconscious

You have five senses through which you perceive and explore the material world; sight, sound, touch(*these are the primary conscious senses*), smell and taste(*these are the less consciously used senses*). Your mind works as a filter. There is so much going on around you that you only consciously pay attention to the parts you are required to or desire to. There is so much information held in your memory banks that you would go crazy if you had to think about all of it. Therefore, your mind distills the incoming information, clumps information, compares it to what is known, and assigns it relevance and storage need based on what you have decided, or been trained, is important.

“Attention is the outward expression of the soul . . .”. (Kirpal Singh)

L. Da Vinci wrote about vision has having a foveal capacity, a focus upon a line of sight. This is a fixation of attention with shifts to assess incoming information more accurately. The peripheral vision or field of attention is the context within which the foveal or focused attention exists.

When a conscious mind shifts to a more subconscious state of expanded relaxation, and selective thinking is established, the mind places the thoughts suggested at the center of focus. All other things become peripheral. Perhaps Braid’s subjective experiences, or self report of his patients, was that this is a state of mono-idealism: The mind focuses on one thing, all other things become peripheral.

As children, we hear that we use 1/10th of the brain capacity. (*What is 100%?*) The brain is not the mind. The brain can be sliced and put beneath a microscope. The mind is amorphous. It may be that we are only using 1/10 of 1% of our mind capacity. (*What would happen if we used 100%?*)

When working in hypnosis, we define three states of mind to work with. The **conscious**, the **subconscious** or **unconscious** and the **superconscious** or **collective unconscious**. The conscious state correlates with Freud’s conscious state, a visible part of the mind like a visible part of an iceberg or island. The part that can be seen above the water is the conscious mind. The part that is beneath the water and cannot be seen is the unconscious or subconscious state. Hypnosis differs from the Freudian approach with the integration of the superconscious, which can be viewed as the underlying ocean floor, out of which the island rises to peak above the waves. The superconscious is a spiritual aspect of hypnosis is generally omitted from the medical descriptions of what is and is not hypnosis, with the exception of Jungian collective unconscious.

Hypnosis is an easy and effective way to change the subconscious mind, bring clarity

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to the conscious mind, and enhance communication with the superconscious mind.

Anything which promotes or facilitates communication with the subconscious, unconscious or superconscious is a form of hypnosis.

## Conscious Mind

The conscious mind involves will power and reasoning. It rationalizes data. It is critical and analytical. It has no capacity for emotions. It judges and compares, using polarized thoughts for measurement (*hot/cold, wet/dry, light/dark, big/little etc.*). This is the critical faculty of the mind. The conscious mind is filled with will power, logic, shoulds, want too's and ought too's.

## Subconscious Mind

The subconscious mind is a powerhouse with two distinct purposes:

1 - A will to live which supervises the automatic functions of the body. Through this automatic supervisory capacity, you digest food and eliminate waste products automatically, hair and nails grow automatically, your heart beats, and you breathe even while sleeping. This could be referred to as the engineering department of the mind.

2 - A vast storehouse which serves as a file system filled with everything you have ever experienced or perceived, including emotions, imagination, decisions, habits and drive. This could be referred to as the secretarial division of the mind.

Using the high speed data bank within, you automatically review what has worked or failed to work in the past, the decisions you made, and the desired outcomes. All this happens automatically and so fast that the conscious mind rarely observes the process. The subconscious is the seat of the imagination. Instead of rationalizing in a linear manner, it is emotional, holographical, uncritical, and faithfully records your perceptions and misperceptions. This is the creative engineering department, the imagination, the studio, the lab, the drive, and the habits. It works automatically and impersonally to achieve or impede goals of success and happiness or unhappiness and failure, depending upon the programming you feed into it. That which you are dwelling upon, both positive and negative, are what you are informing your creative self is important and must be tended to.

You are pre-conditioned by your environment, past experiences, perceptions, and decisions. Every experience, perception, decision, action and idea is stored in the memory banks of the subconscious. In order to change or modify behavior, the subconscious must be presented with ideas and suggestions, alternatives and perspectives that are reasonable,

acceptable and in its best interests.

## Superconscious Mind

The superconscious mind involves processes of interconnectedness including species memory, instinct, and genetic code. This amorphous aspect of being contains what Jung called the collective unconscious, archetypes or the collective awareness of a species.

### The Battle Between Will Power and Imagination

When the subconscious (*creativity and imagination*) and conscious (*logic and willpower*) clash, the subconscious mind always wins. If you decide to consciously hold your breath until you died, you might succeed long enough to pass out, at which time you would automatically restart breathing. Getting the subconscious mind working for you instead of against you is a head start on success!

**When will power and imagination clash, the imagination always wins.**

Example:

Imagine a plank six inches wide and 20 feet long, laying on the ground. You can walk the length of that board easily. Now imagine placing that same plank 40 feet up in the air. Imagine walking across it now. You may find that you are hesitant to cross the board at that height because an element of uncertainty has entered the situation. Your imagination has recognized the idea, "I might fall." Your will power might force you to walk across, but the imagination is pushing you not to. If there were additional incentives for you to move across such a long, narrow passage, you might find your imagination fully engaged. If you were in a burning building 40 feet up and a plank were extended to you, you would have greater desire to cross the plank because the imagination of burning without trying to save yourself would propel you safely across that plank.

When you relearn effective access methods for the imagination, you gain greater awareness and control over the inner workings of your mind.

## The Power of Thought

The primary job of your mind is protecting you. Your mind will only allow you to do or perceive what it thinks you are strong enough and ready enough to know or do.

## The Universe is Made of Thought

There is a thinking stuff from which the universe is made. Your thoughts create movement and form in this thinking stuff, bringing into reality those things you dwell upon within your mind. Your thoughts are energy. You produce energy at 100% output, 100% of the time. You choose how to direct that flow of energy with the way you think. Through hypnosis, you gain greater awareness of your intent, and greater capacity for choosing the direction and force of your applied energy. Hypnosis occurs when the conscious mind is relaxed enough to allow the flow of energy between the superconscious, the subconscious, and the conscious to be clear. The communication of an acceptable idea, its unconscious acceptance, and the subsequent automatic responses and actions are various phases of hypnotic phenomena.

## Matter and Energy

There was a time when science broke the known universe into two elements: matter and energy. Then Einstein came along and said there was no such thing as matter, there was only energy vibrating at different frequencies. Bohr's Theorem Today, physicists claim that 99% of the universe is invisible to our perceptions.

## Memory

Your memory is a registration of ideas. For everything you do there is a reason and that reason is created when any two or more ideas are associated. Everything you have learned is stored in your subconscious.

Your driving skill involves memories of getting into your car, maneuvering out onto the freeway, moving into a continuous flow of traffic, and reaching a consistent speed. Often the body has a memory of what needs to be done, and now the conscious mind is free. Because the knowledge required for driving exists in your subconscious, your conscious mind drifts off, allowing your subconscious to become more active. You may become so engrossed in your thoughts that you automatically drive in the direction of your office when your actual destination is somewhere else. You may arrive at your destination and wonder how you got there so quickly. When your attention is needed to change lanes, avoid something in the road, stop at a toll gate, or slow for an off ramp, your conscious mind comes into play, again.

A hypnotist cannot create a picture in the mind of a subject who has never conceived of that particular picture, word, idea or suggestion. By suggestion, the hypnotist illuminates different "frames" in the subject's memory banks. When I say, "Look at this thingamabob," you would not know what it was until I gave more description. "When you put it on a flat surface and spin it, it goes round and round like a top." Now you have more information.

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"It is a flat piece of metal with a little indentation and a reflective surface and it spins for a long time." Now you have a more complete picture. Once I show you this thingamabob, you will understand it even more. When you hold it, spin it and play with it yourself, you have greater comprehension of the limits and capacities of the thingamabob. The next time I mention that flat, spinning thingamabob, you have a set of ideas which correspond to my thingamabob. Be sure you practice the exercises in this program, so that you gain experiential awareness of these processes, thereby engaging your own mind in the process of life affirming growth.

### **Chapter 104: Questions for comprehension and self exploration.**

1. What is the job of the conscious mind?

Rational thought, logic, judging.

2. What is the job of the unconscious mind?

Imagination, automatic functions of the body, storage unit and secretary of thoughts, ideas, and memories.

3. What is the job of the superconscious or collective unconscious?

Species and creative intelligence / divine awareness.

4. What is the difference between peripheral and foveal attention?

Foveal attention is the center of attention, the line of sight (L. DaVinci) Foveal attention is detail oriented focus on something at the center of our attention. Peripheral attention is the stuff at the edges of foveal attention, the context within which the foveal attention is framed (L. DaVinci). Attention is a constantly shifting process of what is at the center and what is at the edge of attention and awareness.

5. What are the five senses (resources)?

Sight, Sound, Touch, Taste, Smell

6. What is Bell's Theorem?

Most of the universe is non-visible, non-local. When two molecules have been connected, even when separated they change simultaneously not sequentially despite being apart.

7. What happens when Will Power and Imagination clash?

Imagination always wins

8. What is memory?

A linkage of ideas, a coded registration of linked ideas (sensory based perceptions, interpretations and judgments).

9. What is monoidealism?

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## **105 - The Nature of Suggestion**

It is your natural ability to respond to suggestion that enables you to harness the full power of the mind. Every person has an ability to respond to suggestion, some are more suggestible than others.

Want it to Happen (*Desire / Intent*)

Watch it Happen (*Creative Visualization/Dream Induction*)

Allow it to Happen

*(Do the best you can each and every day with what you have at hand.)*

### Ideas

An idea is something that stimulates or suggests something to one sense. Thoughts are combinations of ideas. Comprehension generally occurs once an idea stimulates three senses.

### A Three Step Learning Pattern

It takes the average adult at least three experiences for learning:

The first time an idea is presented, the average individual discards the idea as foreign.

The second time an idea is presented, the individual discovers a vague familiarity either before or after discarding the idea.

The third time an idea is presented, the individual recognizes the idea as familiar, and may retrieve the previous two memories to compare.

### Suggestible vs. Gullible

Suggestible is different from gullible. Suggestible individuals are open to suggestions, while keeping in mind their own objectives. Suggestibility can be equally powerful for growth and destruction. The individual who utilizes *ongoing* positive, powerful, empowering verbal and nonverbal suggestions incorporates them into peak positive performance. An underachiever utilizes *ongoing* negative verbal and nonverbal suggestions, incorporating them into life denying experiences of peak underachievement. Both the over and the under achiever are hypnotizing themselves into their state of being outside of the norm for a male or female of that age and culture.

A gullible person tends to have poor judgment, poorly developed critical faculty, and allows him or herself to be sucked into something he or she doesn't really want. A suggestible person has excellent judgment and an ability to suspend the functioning of the critical faculty when desired. A common myth about hypnosis is that only the weak willed or weak minded can be hypnotized. It is more common to find that the more intelligent the subject, the better the response to suggestions perceived to be beneficial, fun, helpful, and addressing the subject's innermost longings. The more aware the subject, the better the response. Some think that the stronger the will, the greater the concentration, the better the long term results. This program of self regulation is intended to bring congruent alignment between the inner emotional power, and the outer will and awareness. When there is congruence between the inner and outer capacities of a human, it is easier to achieve objectives given a supportive environment with a goodness of fit.

### Responding to Suggestion

People respond to suggestion differently and some people are more responsive than others. You determine the level of your response to suggestion. You are always aware at some level and have the power to accept or reject any suggestion. The ability to respond changes from moment to moment depending on your state of being and the environment. Once a suggestion is accepted, it can take hold two ways; instantly or gradually. A suggestion can also be rejected if the critical faculty intervenes in comparative analysis, or to reject an idea as irrelevant or detrimental to the well being of the individual.

### Instantly Accepting Suggestions

You may notice immediate response to the suggestion. Some people have such a strong desire for response that they steamroll right over the slow hypnotist. Some subjects are in trance as soon as they enter the office. This is particularly true when the subject is entering a hospital or medical clinic. Environment and emotional states can induce trance, so each of us experiences different degrees of suggestibility at different times. People don't require formal trance induction to experience hypnosis or respond to suggestions. Depth is not required for a suggestion to be effective.

### Gradually Accepting Suggestions

You may notice response after time or after repeated stimulation, this is known as compounding or stacking suggestions. Each suggestion accepted creates a foundation for the acceptance of the next suggestion. Start with the small suggestions, those easy to achieve, and build upon them, one simple statement on top of another. Another method for gradual change and response to suggestion is to repetitively deliver open ended

suggestions, such as those made popular by Emile Couie, "Every day in every way, I am getting better and better and better."

### Taking Responsibility

You, the subject, are responsible for the way you think and respond to suggestion. You chose to utilize or reject each suggestion. You cannot be made to do anything that is against your personal, moral or religious beliefs, solely by the power of suggestion. You have to be willing, wanting, and strongly desirous. The level of desire is generally in direct proportion to the level of response. Taking responsibility means paying attention to your senses and your ability to respond.

### Inner Lie Detector

*(This exercise is designed to bring awareness of your feelings, a kinesthetic awareness of your bodily response to a particular stimulation, or suggestion, to your conscious mind. When your body is agreeing with something, it usually has a positive physical or kinesthetic response. When your body is disagreeing with a particular stimulation, or suggestion, it usually has a negative physical or kinesthetic response.)*

Pay attention to the feelings in the middle of the body. Particularly from the sternum to about two inches below the belly button. You may want to place a hand on the diaphragm or belly to draw your attention there. Breathe deeply. There is a part deep in the middle of your body that knows truth and false. It is a feeling self that you have experienced many times. Let's call it the abdominal brain. You know what is true and false in your head, you've consciously trained that part. The abdominal area digests everything, not just physical food. It also digests mental, emotional and spiritual food. Some things are not food, are not digestible and recognized by the gut feelings as false, poison or distasteful. When attended to, this gut instinct can help reject negative experiences or options. During the next exercise, pay close attention to what you perceive occurring in the middle of your body, or any other body changes that are your personal body awareness of truth and false. Now say to yourself:

"I am a woman." *(And notice how you feel in your body.)*

"I am a man." *(And notice how you feel in your body.)*

Notice the difference between your body feeling of truth and false. If you have no sensation of difference, it may indicate that you are balanced in your male and female aspects. Perhaps you are numb or detached. Go on to the next two statements:

"I am breathing in air." *(Notice how you feel in the body.)*

"I am breathing in charcoal dust." (*Notice how you feel in the body.*)

*(The previous exercise can be done anywhere, anytime, to help you reconnect with your inner knowing, by deliberately lying to yourself about something and noticing how you feel about it, and then correcting yourself with your perception of truth and, again, noticing how you feel about it.)*

### Beliefs

Humans tend to believe certain things about themselves. Things are suggested by parents, peers, educators, authorities, spouses, environment, etc. Individuals then choose to use or discard the incoming suggestions, based on what is believed about self, relationships, and the surrounding world. This reality is reflected in verbal and non-verbal communication. The beliefs set the pattern for what is thought and done, effectively screening out information that doesn't fit the existing beliefs. The underlying assumptions of beliefs are the values enculturated by the individual's family, cultural, temporal, and geographic systems.

### Selective Thinking

The individual seeking hypnosis is in need. Often the first need is relaxation. This makes the hypnotist's job easy, as the one thing all people have in common when practicing the hypnosis of this course is relaxation.

The body generally responds quickly to suggestions of well being. As soon as the subject's attention is redirected with simple suggestions of relaxation, the subject's critical faculty has been bypassed and selective thinking (*relaxation*) is established. Suggestions built upon previously accepted suggestions create greater response to the earlier suggestions, a compounding effect that can be further augmented with truisms about reality. Layering and compounding suggestions for well being establish a selective thinking of good rapport and acceptance of suggestions, compounded by every suggestion accepted. As positive ideas are layered into the subject's awareness, there is often a corresponding positive shift that occurs in the subject's overall well being. Becoming relaxed, becoming aware, an expanded awareness of open heart and relaxed mind can be a pleasant unfolding of self.

### How to Deliver Suggestions

A suggestion must be given with complete confidence and assurance. Lock your mind around the idea of your suggestions being accepted and acted upon by the subject receiving the suggestions. If room for doubt creeps in, that message of uncertainty will be delivered to the subject, and may render any affiliated suggestion ineffective as the subject reestablishes critical thinking. Suggestion must be delivered with the same assurance as if it has happened, is happening or is, without a doubt, going to happen, just as surely as the

sun rises and sets. Speak confidently and create a picture in your own mind of what it is that you desire actually occurring before and during giving suggestion. In this way, you speak with the confidence of a person who perceives clearly and trusts his or her natural inner vision, hears the inner voice and speaks clearly using the inner voice, sees clearly with the inner vision. Deliver your suggestions in a natural manner, just as you would naturally speak about observing the moon rise or the sun set.

Many people have hypnotic voices. It comes from speaking confidently, with a voice supported with breathing from the diaphragm. Breathing exercises such as the pranayama of yoga and singing lessons are helpful. Pace the words you start with using a rhythmic pattern that is comfortable to you. Perhaps pace the words with the breathing of the subject. Match and mirror the vocal patterns of the subject.

Some hypnotists elect to use monotony to bore the conscious mind and drive its attention elsewhere. As soon as the subject's conscious mind loses interest in paying attention to you and your predictable, boring suggestions of relaxation, it wanders away to more interesting ideas. At this point, the subject may notice a duality of the inner voice, as if they are hearing more than one idea at a time. It may become an experience of noticing layers upon layers upon layers of ideas. This is excellent response. Some people describe the experience of the mind wandering away from the words of the hypnotist as being similar to the fading in and out of a radio with sporadic reception.

As you present your suggestions of relaxing, watch for the signs of hypnosis. When you notice the signs, begin to deliver the suggestions for the relief requested by the subject with present tense, ongoing present to future tense, personal empowerment, and focused on positive outcomes toward which one is moving. Encourage the subject with suggestions:

"That's it. Stay with that feeling of relaxation. Trust yourself. You can you know. Breathe deep and easy. Breathing only as much as you need to sustain your body perfectly. You know more about you than anyone else ever will. You know what you need to FEEL BETTER, trust yourself. Relax deep and easy. You know you can TRUST YOURSELF TO RELAX COMPLETELY."

### Pre-Hypnotic Suggestion aka Pretalk

The purpose of the pretalk is to build expectancy for a positive outcome. Tell the subject, in advance, what they can expect to experience. This is a building of expectancy, on top of the expectancy of a person who has specifically come seeking hypnosis for general curiosity or specific objectives.

The pretalk is crucial with your subject clarifying what he or she wants to achieve, and is where you dislodge any previously incorrect ideas about hypnosis, educating the subject to correctly recognize this natural phenomena called hypnosis. Educating the subject is important for good hypnosis experiences.

Pretalk creates a language structure to describe the natural phenomenon of learning, growth and development that human being has been using automatically for years, often without an ability to articulate exactly what is being experienced or done.

Pretalk is what we have been doing up to this point in the class. It is like getting an instruction manual and reading it before using something.

Within any group, large or small, there will be variation in response. There will always be those who refuse to respond at this moment. That doesn't mean they can't be hypnotized, it simply means that they do not wish to experience that particular aspect of self regulation at this time. That's fine. Once they know what to look for, they may find it easier to respond when they are ready to explore it outside of its natural role in going to sleep and waking up from sleep.

### Being in the Moment

You can deepen the rapport you have with your subject, along with the subject's state of being, by commenting on what is occurring. Speaking truisms helps deepen trust. Tell the subject what is happening as it is happening, encourage them to continue doing what they are already doing, and add affirmations of well being to boost the feelings of well being.

"That's right . . . and good . . . relaxing more with every breath . . . noticing how good it feels to relax . . . letting everything go . . . like a puffy cloud floating away on a clear blue sky . . . being full present with each breath, and how good it all feels to be fully connected, in the skin, relaxed and aware."

### Post-Hypnotic Review

Once the experience is complete, discuss what happened.

"Now tell me about that."

"Kind of surprised yourself? Tell me about that."

"Is there anything that sticks out from your experience that you would like to share with me?"

"Is there anything you found particularly interesting?"

"Is there anything you observed or experienced that sticks out for you?"

This allows the subject to comment on anything he or she found particularly interesting or disturbing, and allows him or her to develop more familiarity with his or her

ability to respond to suggestion. Often, the longer you wait between experiencing hypnosis and discussing what happened, the more common it is for the subject to have less and less recall of the experience.

### Compounding Suggestions

Once selective thinking is established, the effects of suggestions begin to compound. Every suggestion that is accepted causes every subsequent suggestion to find easier acceptance. For each additional suggestion that is accepted, the effects of the previous suggestions become more pronounced. The suggestion being delivered can be the same suggestion over and over. Repetition drums things into your head. Through this repetition, advertising finds its greatest success. Every time you hear something it becomes more familiar. One way politicians get their incumbent steam is through name familiarity. Even if a name is familiar because of bad press, people tend to go for the familiar.

Another way suggestion is compounded is by layering suggestion on top of suggestion.

"Go deeper into droopy, drowsy slumber as your eyelids get heavy and close and you go deeper into the knowing."

These are three distinct ideas being delivered at the same time. The first is droopy, drowsy slumber. The second is the eyelids get heavy and close. The third is you go deeper into the knowing.

The use of and, as, and but correlates the ideas into one thought.

The eyes generally blink with each new thought.

*(Implied messages are wonderful tools for compounding the effects of suggestion.)*

"As you breathe /pause/, the rising and falling of the rib cage /pause/ gives all the internal organs /pause/a beautiful massage /pause/and you know /pause/, you know how /pause/how good /pause/ a good massage feels."

There are many implied suggestions being delivered here:

"You are breathing. Your rib cage is rising and falling with each breath. The movement of your rib cage is massaging the internal organs. You know. You know how. Massage feels good. Feel. Breathing feels good. Breathing massages the internal organs," etc.

*(These suggestions would fail if the subject had a cracked rib, because it would*

*contradict the reality of the subject.*

*This suggestion could also be phrased, "Breathe deep and easy." As a hypnotist, taking the simple ideas, and layering them upon each other creates complexity that overloads the conscious mind and delivers messages directly to the emotional, unconscious or subconscious aspects of mind.*

*Every suggestion that is accepted by the mind lays a foundation for acceptance of subsequent suggestions. With each subsequent suggestion that is delivered, the previous suggestions gain strength. Stretching out the concepts, fleshing them in imaginatively, allows the voice and words to begin steering the mind to the subjective world of natural or organic response, a world slower than the pace set by modern technology, mass media and entertainment.)*

Anything I do will increase your \_\_\_\_\_ (relaxation, relationship, numbness, forgetfulness, studying, test taking, awareness, sporting performance, anesthesia . . . etc.). Anything can be used to compound a suggestion. A body movement, word, situation. The desire for relaxation and the welcome suggestions of well-being stimulate the mind to create rapid results, recreating balance, ease, calm and well-being. The first suggestion may be weak, but when it is compounded with another suggestion, or linked with another totally different suggestion, the first one becomes stronger. When another suggestion is added, the first two suggestions get stronger and so on.

### Post Hypnotic Suggestion

A post hypnotic suggestion is any suggestion delivered in trance and carried out after trance has been formally ended. A post hypnotic suggestion may have immediate response, or a delayed response, or no response. It is up to the innermost desires of the individual receiving the suggestion to act upon, or discard, the incoming stimulation.

### Waking Suggestion

Waking suggestions are suggestions given during normal waking consciousness. When formal induction is not used prior to delivering suggestion, you are dealing with waking suggestion. Response to suggestion is not limited to a hypnotic or trance state, depth is not required for excellent or even minor responses to suggestion. The bridge between the inner world and the outer world occurs many times daily. As soon as the critical and analytical factors are bypassed, the mind is refocused and the flow of life energy (*emotion and thought*) is redirected.

A child with a cut knee runs to mom who kisses it to make it better. Within minutes,



the child is running about playing with friends, again. The child did not analyze and question the suggestion and subsequent act, the selective thinking was established that as soon as mom kissed the knee, it would feel better, and so it felt better. Waking hypnosis is achieved when:

- the mind has locked itself around a given idea.
- the suggestion is acceptable to the subject.

Waking suggestion can be observed in advertising, politics, parenting, education, business and any other endeavor in which humans interact with the environment, others and self. Today, as you are reading these words, you are redirecting your attention and enriching your understanding of self.

Someone yawning in a room gives the other occupants of the room the unspoken suggestion of yawning and increasing the oxygen in the body. The urge to YAWN is a simple suggestion and your response to the suggestion indicates your level of suggestibility (*ability to respond to suggestion*) AT THIS MOMENT. The suggestion to yawn is a visual waking suggestion. If you have experienced an urge to yawn in response to reading about yawning, or hearing the word yawn, or hearing the sound of a yawn, you may have experienced either a memory of seeing someone else yawn or a memory of yourself yawning, or both. The memory of seeing someone yawn is a positive visual hallucination. The memory of yawning is a positive kinaesthetic hallucination. If you experienced either of these memories, or just responded with an automatic yawn or big sigh, you are highly suggestible to waking suggestions. You may need to learn to pay close attention to what kind of suggestions you let in through advertising, television, and written material.

## Waking Trance

Many people, as they enter a hospital, enter trance. They are getting ready for the ideas of an expert to instruct them. Thus when a doctor gives a placebo, he or she is using waking suggestion, compounded by the waking trance of the patient. On a hot day, if someone casually states how hot it is, you might, shortly thereafter, notice how hot it is. Perhaps someone comments on how wonderful you look, and you may find you respond by perking up and feeling a bit sparklier.

All of the above scenarios are examples of waking trance, in which you have received and responded to a waking suggestion. These suggestions alone do not precipitate a waking state of hypnosis. You first have to accept the suggestion. This can occur two ways:

1. by agreeing and letting the idea in,
2. by failing to disagree.

## Rejecting Suggestions

Inside each person is a knowing. It knows everything about that person and it knows that it knows. The subject will reject any suggestion that is detrimental to him or her or that goes against strongly held personal, moral or religious beliefs. It is the hypnotist's job to help the subject reestablish a sense of self trust. The subject knows what he or she needs. Awareness of the inner knowing realigns the subject's experiences with their own sense of centeredness and balance. The subject will selectively choose which suggestions to use. All this comes from trusting one's senses and perceptions. When an idea is rejected, one of several things occurs. The subject may:

- ignore the suggestion and move on to the next idea, suggestion or behavior,
- shut down on any further suggestion,
- implant their own suggestion in the gap left by the rejected suggestion, or
- hear the suggestion the way they wanted to hear it.

*(When providing subjects with recordings of their sessions, they will often say that each time they hear it, they hear something different.)*

## The Hypnotic Seal

An inhibition on the ability to respond to hypnosis is implanted through the suggestion, "... no one, except me, will successfully hypnotize you." Perhaps the subject will be instructed not to enter trance until a certain signal is given. This is part of the hypnotic myth that the subject has no free will. If you encounter a hypnotic seal, it can be negated several ways:

- *(A direct suggestion to release the seal).* All hypnotists know that those suggestions don't last more than 48 to 72 hours, max.
- *(A direct suggestion for the subject to revivify the last hypnotic experience).* Remember the last time you were hypnotized? Close your eyes and be there, again. Breathe that way, again. Hold your body that way, again. Speak that way, again. Hear that way, again. Notice what you feel, that way."
- *(A direct suggestion for the subject to recall the voice of the individual who implanted the hypnotic seal, compounded by the indirect suggestion to go into trance, again).* Remember the last time you were hypnotized? Close your eyes and be there, again. Listen to what the hypnotist is saying. Listen closely. What did you just hear?
- *(A direct suggestion to regress to a time prior to the seal, and a rapid transition into uncovering without the formal induction process).* Remember a time before that? Tell me about it. Now close your eyes and breathe deeply. Tour your body, what part of the body needs to relax the most?

## **Five Ways to Program or Reprogram Your Subconscious**

*(According to Mark GilBoyne, Hypnosis Training Institute, Glendale, CA - Intensive Hypnotherapy Training Course, July/August 1987. 818-242-1159.)*

### **1. Repetition**

Given sufficient time, repetition is an excellent tool for learning. The amount of time or repetition varies from person to person. This is easily observed through the practice used to create good musicians, athletes, typists, mathematicians, and any other skill which improves with practice, and repetition.

### **2. Identification**

We long to find others like ourselves. We emulate people we admire in order to become more like them. Our peers pressure us to conform. We link ourselves ethnically. Advertisers appeal to our desire to be sexier, healthier, wealthier, smarter and more attractive by implying that their product will bring us the desired results, and often use well known people to promote their products.

### **3. Authority**

Much of what we know is programmed into us as children by our parents, teachers and other authority figures. When we hold someone in high esteem, much of what they say goes directly into the subconscious. The subconscious mind, and most children, don't judge things as right or wrong, good or bad. Information from authority is often incorporated, without question, as reality.

### **4. Emotions**

When we are emotional, the subconscious mind is wide open for new programming. Pay attention to the impressions you are feeding yourself. It is easier to produce a positive result, from a positive emotion or thought. The only person in charge of your thoughts and emotions is you. There may be certain people or situations that push your buttons, but you can decide to buy into or detach from the emotional load.

### **5. Self Hypnosis**

This natural state of enhanced awareness is a useful augment for learning, change and growth. It is not a magic wand, and cannot make one do what one does not wish to do, but it is a powerful tool for developing inner peace and self esteem, uncovering obstacles and developing new coping methods.

**Chapter 105: Questions for comprehension and self exploration.**

**1.** What are the five ways to reprogram the subconscious?

Repetition, identification, authority, emotions, self hypnosis

**2.** What are the two ways you allow waking trance to influence you?

By agreeing to let an idea in, and by failing to disagree

**3.** What is the hypnotic seal?

It is the attempt to convince a person that only the person placing a seal on their mind can help them enter hypnosis.

**4.** What are the four most common responses with hypnosis?

Immediate, slower, much more slowly, and not at all at this time

**5.** What is a post hypnotic suggestion?

A suggestion given during the trance state that is intended to be acted upon at a time after the hypnotic experience is completed.

**6.** What is compounding suggestions?

A connection of ideas with connecting words such as “and,” “so,” “therefore”, “but”. . . With the acceptance of each idea, each subsequent idea that is accepted strengthens the acceptance of the original idea. The layering of suggestions on top of each other is known as pyramiding; ie. Eye catalepsy, and then larger muscle catalepsy, then amnesia. . .

**7.** What is pretalk?

This is the time of assessing what a client wants, building expectancy for a successful outcome, and debunking any myths about hypnosis.

**8.** What is the difference between gullible and suggestible?

A gullible person will do things that are not in their best interest, a suggestible person will assess suggestions for personal benefit and use the suggestions that are of best benefit to oneself.

## **106 - Suggestibility Tests**

Suggestibility tests measure receptivity and responsiveness. Try several tests, if your subject does not respond to any tests, it is advisable to avoid attempts at hypnosis at that particular time. Someone trying to fake their response will move too quickly and smoothly. A true response will be a slow and perhaps jerky movement. Comment on the subject's responses. Let him or her know that whatever he or she is doing is fine. The greater the response to suggestions, the more receptive the hypnotic candidate is, AT THAT MOMENT. Even an extremely positive response does not guarantee that the subject will accept and act on suggestions given for modifying behavior. Hypnosis does not guarantee changes in human behavior. All it does mean is that the subject has identified their own ability to respond (*response + ability*). Suggestibility tests demonstrate for one's conscious mind the human ability to respond to suggestions.

The purpose for using suggestibility tests is twofold. First it enables you to classify the subject and select appropriate induction methods. Secondly, it conditions the subject for hypnosis by bringing the capacity for creative inner awareness (*imagination*) to conscious awareness. Suggestibility tests require imagination, concentration and focus. Despite most of us adults having learned to discard imaginative powers due to comments like, "It's just your imagination," or, "You must be imagining things," imagination is one of the most vital applications of mind.

Einstein proposed that imagination is more important than logic because imagination discovers, logic proves.

Use suggestibility tests to demonstrate to the subject the power of his or her mind in response to suggestion. The success of suggestibility testing is found when a subject's mind becomes locked around the idea of, "What if it happened?" This innate curiosity is a wondrous part of being human. When the statement "what if" is used negatively (*if I had only*), it has a limiting effect. When it is used positively (*if I were to do this*), it has the gift of expanding one's vision or purpose.'

There are two primary approaches to suggestibility testing; authoritarian and permissive.

## Authoritarian

An authoritarian approach is a paternal, strong, commanding, dominating, with suggestions spoken confidently and as direct challenges. This approach is excellent for humans used to taking orders (lower ranking military, people who work for others, or at rote/boring jobs).

## Permissive

A permissive approach is maternal, soft spoken, easy going, using a persuasive tone to minimize the authoritarian element. This approach is excellent for refractory subjects (lawyers, judges, upper level military, CEOs and entrepreneurs), or individuals grappling with control and authority issues.

## Focus of Attention

Awareness can range from diffused or defocalized to focused. Suggestibility tests help subjects learn about their own capacities for mental focusing, diffusion/unfocus/defocusing, and refocusing.

## Pretalk

During the initial interview with your subjects, find out the subject's views on hypnosis. Debunk the myths and dispel any fears. Explain each step of these tests clearly and your subject(s) will have the opportunity to use your voice, words and presence as tools to enter the state of relaxation known as hypnosis. The simple instructions are designed to bypass the logical or critical faculties of the mind and access the creative subconscious.

## 3 Steps of Induction

There are three steps to an induction; tell the subject what they are going to experience (*build expectation*), comment on the phenomena as it is occurring (*develop rapport with truisms*), and lead (*rapport is established*). Leading involves engaging a subject's mind into thinking more creatively for itself on the subject you were sought out for assistance with.

1 - Future Pace

*(Build expectation, tell the subject what you are going to do and what they can expect to experience.)*

2 - Now

*(Develop rapport with truisms, commenting on the things that you notice happening.)*

3 - Rapport

*(With rapport established, let the subject lead you into the source of his or her own knowing, he or she knows the way. Encourage the subject by telling him or her to keep doing what he or she is already doing.)*

### Eye Catalepsy

*(The small muscles of the body are a good starting point for developing conscious awareness of the effect of suggestion on the physical body. With the closing of the eyes, the subject is freed from any additional visual input from the environment, and less shifting of thought. Eye closure enhances awareness of the inner world, access to one's subjective knowing, and the personal connection with the Divine spark within. **BOLD TYPE words** are indication for you to emphasize or punctuate the words with your voice.)*

*"Close your eyes and relax them to the point where **they just won't work**. When **you are certain they just won't work, test them and find you have been completely successful**. Test them hard, and then forget all about them, send that feeling of relaxation all the way down to the tips of your toes, you have been completely successful."*

*(Pause for a few seconds. Some novice hypnotists blow the rapport and developing trance state by daring the subject to open their eyes. This merely distracts from the subject's experience, into the novice's own questions about the efficacy of the state. Don't do it. If you say things along the line of, "Try harder, try, you'll find you can't open them," or, "You're not trying hard enough," the subject tends to open his or her eyes because the hypnotist's mind has not locked around the desired outcome. Clarity of intent, locking your own mind around the idea of the subject having complete success in following the suggestion is needed in the delivery of suggestions. As soon as you notice a muscular effort to unsuccessfully open the eyelid, the subject has successfully achieved eye catalepsy, and it is time to say:)*



“That’s fine, now forget all about them, and send that feeling of relaxation from your eyes all the way down to the tips of your toes. Then bring that wave of relaxation all the way back up to the top of your head and notice how good you feel. Then change your mind and you’ll find your eyes work just fine. Open your eyes and tell me about your experience.”

*(Perhaps your observation of the subject’s response to eye catalepsy will include several seconds without the subject even attempting to open the eyelids. That’s fine. A few seconds is enough time for the subject to realize that the eyes did not open. This is the point at which the critical faculty has been bypassed, and the suggestions you are delivering are being accepted and acted on by the subject.*

*If the subject opens the eyes:)*

“You didn’t listen closely to my simple instructions. You think I asked you to check your eyes to see if they would open and since they are always in your control they will always open when you want them to. You misheard my simple instructions. This time listen closely. I asked **you to relax them** to the point where **they just won’t work, they just won’t open**. If you like, pretend they just won’t work and you’ll find they just won’t work no matter how hard you try. Now close them down and relax them to the point where they just won’t work. Test them to find **you have been completely successful**. Then forget all about them, and send a wave of relaxation all the way down to the tips of your toes.”

### **Wolberg Arm Levitation**

“In a moment I will have you close down your eyes and I will count from one to twenty. As I do, a light easy, pleasant feeling moves into your right hand and into the right arm. As I continue counting, that feeling grows stronger and stronger. Soon, you’ll feel the first slight movement of your fingers, a twitching of the muscles. Then your hand begins to lift.”

*(Gently, grasp the subject’s wrist and slowly begin to lift it. Move it slowly over to the body and bring it to rest upon their body. This is called a muscle rehearsal. It lets the subject know exactly what is expected. Then place the hand alongside the body again, on the thigh, or arm of the chair with the palm downward and the fingers limply outstretched.)*

“Your arm begins to lift. It continues to lift. It continues to lift, moving, lifting and rising until it comes to rest upon your body, your face, or even on the top of your head. When you feel movement in your hand and arm, you can resist, but that’s not what you are here for. Allow your subconscious mind to do its perfect work. Alright now we are ready to begin, allow your eyes to close down.

Number 1. A lifting floating, rising sensation moving through the fingers and hand.

Number 2. The first feelings may be found with a light, easy, sensation in the wrists or around the fingernails. Number 3. A light easy sensation that you may notice something, a tingling entering the joints of the fingers. Number 4, a lifting, floating, and rising sensation spreading across the back of the hand into the knuckles of the hand. Number 5. The first slight movements . . . becoming more aware of the movements occurring in your hand, wrist, arm, and shoulder, watching it with curiosity. . . small movements taking place. . . perhaps slight twitching of the muscles, want that to happen, watch it happen. Number 6. A light sensation, a sensation of lightness spreading all across the back of the hand, wrists and watch it happen, want it to happen. Number 7. Spreading around the thumb and. . . number 8. . . feel that feeling, the feelings, the movement, the energy moving through all the palm of the hand and number 9. Become aware of the left hand and you'll find by comparison that the left hand is beginning to feel very, very heavy, allow it to happen. Number 10, the right hand growing lighter, and lighter, with each number . . . and I count . . . each number . . . I may forget which number I am on, and that's alright because you are becoming more aware, so much more aware, there is so much wisdom, you are so wise. . . and you rise, up into your awareness. . . As light as a helium balloon. Number 11, floating up, up, up, toward the ceiling, towards the sky. By the time I reach the number 20, the right hand has come to rest on the face, the chest, or even the top of the head. Want this to happen, watch it happen, allow it to happen. Allow your subconscious mind to do its perfect work.

Number 12, allow that lifting, floating, rising sensation to move beyond the wrist now, spreading into the forearm. Number 13. Going deeper into relaxation, deeper into the lifting, floating sensation. Number 14, letting a curious feeling of wonder flow through your being as the left arm is growing heavier . . . and heavier . . . and heavier . . . as if it were made of marble, as if it were made of lead. Number 15. That light sensation spreading up through the right arm. Number 16. From the fingertips all the way up to the elbow, the hand grows lighter and lighter, lifting, floating and rising. Moving, lifting, floating and rising.”

*(Sometimes the first signs of the movement will begin by number 3 or 4 with a slight twitching. Watch for the wrist to arch off the surface beneath. Pace yourself on their response. If they respond rapidly, count rapidly. If they respond slowly, count slowly and give many more suggestions of lifting, floating and rising between numbers.)*

“Number 17, going deeper into relaxation, the right hand lifting and floating and rising and you are curious. The hand moving, lifting, and rising until it comes to rest on the chest, the face, or even the top of the head. Number 18. As soon as that hand comes to rest on the body, the face or even the top of the head, its journey is done and you relax still deeper. You find your eyes are locked so tightly down that the more you try to open them, the more tightly they are closed. Number 19. The hand is getting ready to come to rest on the body, the face or even the top of the head, and number 20. Now your hand has come to rest upon the body. At the same time, the eyelids locked so tightly closed that the more you try to open them the tighter they are locking closed and the more deeply you relax. Deeper into

the knowing.”

*(Since the word "try" implies an opportunity to fail, this is called a Law of Reversed Effect. The subject has gotten into mental bind or, double bind. If they have followed all the suggestions, the eyelids are already locked down and you have just hooked any attempt to "try" to open them with enhancing the state of imagination that is already in effect. In effect you are saying, "I want you to try unsuccessfully to open the eyelids, and I really want you to shut them more tightly closed when you make the effort.")*

“When you are satisfied that they just won't work, say, “I'm satisfied.” Then forget all about your eyes and go deeper into the relaxation. Relax and go deeper.”

*(To compound the suggestions continue)*

“Stop trying and go deeper into hypnotic relaxation. At the same time, your left arm has become so heavy, so heavy that it feels as though it were made of marble, or even lead and far too heavy to lift. It seems as if your left arm were no longer under your control. In fact, the left arm feels so heavy that just the thought of it, the thought of wanting to lift it seems to be more than you want to deal with at this time. So you may, if you wish, make an effort to lift your left arm. But you find it just seems more than you want to deal with, it just seems so heavy and it seems to weigh a ton.”

*(Watch for response. If the subject has responded to the suggestion:)*

“Alright, that's fine, now just stop trying. Relax and go deeper into relaxation.

As I \_\_\_\_\_ *(snap my finger/tap your forehead, touch your shoulder / knee)*, your arms resume normal shape, size, functioning, and return to your lap, thighs or beside you.

The feelings that you felt within or around your right arm when it was lifting, those are feelings of hypnosis. And the feelings of heaviness that you felt with your left arm, that too is a feeling of hypnosis. You are becoming more aware of your ability to respond to suggestions, which is when your conscious, and your unconscious minds are becoming aligned, as one, opening communication. The imagination is opening, opening, opening, and you are curious. The feelings that you felt when the eyelids seemed stuck and seemed not to want to open, those are also feelings of hypnosis. We call these feelings the feelings of hypnosis because there is no logical reason for the right arm to feel lighter than the left, this is your imagination in response suggestions.

Imagine.

There is no rational reason for the left arm to feel heavier than the right. There is no rational reason for the eyelids not to open when you wish to open them. The part of the mind that processes ideas in terms of reason and rational thought has been temporarily bypassed, your rational mind is relaxed because you are opening communication, and aligning the purposes of the conscious and unconscious minds.

All hypnosis is self hypnosis and you are practicing the art and skill of self awareness,

aligning your conscious and your unconscious minds through imagination. Your imagination has been engaged, and creatively applied. You have practiced and observed how your body responds to suggestions. Perhaps you have had an immediate response, perhaps your response is delayed. Perhaps you resist the movement because you are expecting an experience of something happening to you from beyond your control. Now you are becoming more aware, you are becoming more aware of your innate power, you are always aware and in control at some level. Your very own level of desire regulates which ideas are accepted and acted on subconsciously and automatically.

Let's compare the state of hypnosis to a stereo system. Usually you have the balance control so that both speakers are giving you equal sound. When you turn that balance control to the right, you hear music only from the right speaker. That doesn't mean the left speaker has been disconnected or broken, it simply means that for the moment, it is inactive. In the same way, the critical factor of your conscious mind, the part processing ideas according to rationality, critically examining and analyzing them, is set aside by the use of suggestion. This is the nature of hypnosis."

*(Emergence)*

"In a moment, I will count from 5 to 1 and you are going to return to full waking state with a much clearer understanding of the dual nature of your conscious and subconscious minds. You will now know that you were not unconscious, you will know that you were not asleep and yet from the very nature of your experience, you will recognize what hypnosis truly is. Now I'm going to count from 5 to 1. At the count of 1, I want you to let your eyelids open. Emerge yourself from this inner awareness calm, rested, refreshed, relaxed and feeling wonderfully good all over. Number 5, slowly, easily, gently, beautifully returning to the full awareness, once again. Number 4, each muscle and nerve in the body is loose, and limp, and relaxed, you feel good from the head to the toe. Every time you practice hypnosis you go deeper and faster than the time before, an automatic development of familiarity and comfortable self mastery. Number 3, perfect in every way, no other like you anywhere, there are very special things which you do, which only you can do and only you know what those things are. Trust yourself. Inside you know everything about you, and you are wise. Eyes sparkling clear as though they were just bathed in cool, fresh, spring water. On the next number now, eyelids open, fully aware, feeling wonderfully good in every way. Number 1, eyes open, fully aware, take a good deep breath, reach out and stretch . . . and good . . . and excellent."

*(A closure).*

"Well, you kind of surprised yourself, didn't you" (Boyne, 1987).

*(It doesn't matter if they say yes or no, continue:)* Tell me about your experience.

*(Another closure).*

"With a word or a phrase, how would you describe your experience (Stratton, 1995)?"

*(If you did any suggestibility tests, ask about their experience:)*

"How did it feel when you felt your right arm coming up?"

"What kind of feeling was it when the eyelids didn't seem to want to open?"

"How did it feel to have your left arm seem heavy?"

### **Group Arm Levitation / Heaviness**

*(Have the subject[s] stand. Make sure there is enough room for everyone to extend their arms without touching anyone else. Explain that this is a test of imagination.)*

"Please stand with your body balanced, feet spread about the same width as your shoulders. Relax the arms so they are hanging alongside your body and let the body relax, relax, relax while standing straight with the legs strong beneath you. Take a good deep breath. Breathe deep and easy and as you exhale, allow the eyes to close and keep them closed until I ask you to open them. Listen closely to my words. My words, voice and presence are tools for your use as you experience your response to suggestion. You can resist this if you choose, but that's not what you are here for. Allow your subconscious mind to do its perfect work.

Keeping your eyes closed, listening closely to my voice, raise both of your arms in front of you until they are at shoulder level. Bring your arms straight until they are at shoulder level. Bring your arms straight up, with the palms of the hands facing the floor. Bring them straight up until they reach shoulder level. That's fine. Now turn the right hand so the palm is facing up and good, and excellent. Now imagine that I am placing a large heavy iron bucket in your right hand. Imagine or pretend that I am tying a light, helium balloon to the left wrist. The balloon is floating above your head, tugging at the left wrist. Imagine that I am putting wet sand in that large heavy iron bucket. The right hand is getting heavier and heavier as I add more and more sand to the bucket. The left hand is getting lighter and lighter as the big, helium balloon fills with more and more helium, and it tugs, lifts up up up at the left wrist. Imagine the right arm is getting heavier and heavier, imagine that the left arm is getting lighter and lighter."

*(If there has been movement, comment on it and praise the subjects:)*

"Good. . . now notice the right arm going down, getting heavier, heavier, heavier. . . that's very good. Notice the left arm getting lighter, lighter and lighter. . . going up, up, up,

up, up. . . that's excellent. Right arm heavier. . . and heavier. . . going down, down, down. . . left arm going up, up, up. . . and good. . . and excellent.”

*(Keep up the suggestions until you have a noticeable response. Keep the rhythm and balance between the heaviness and lightness equal, addressing both sides. After there has been movement or after there has been no movement despite persistent suggestion:)*

“Hold your arms where they are and open your eyes now. . . .  
Notice your response. . . .  
Notice how you feel about that.”

*(If you are working with a group, add:)*

“Notice the response of the people around you. Notice how you feel about that.”

## **The Bucket**

“Stretch your arms in front of you at a level even with your shoulders. Close your eyes, and imagine that you are holding a bucket in each hand. Curl your fingers around the handles of the buckets, hold onto those two buckets. The bucket in your left hand is made of paper, it is made of paper. It is empty and feels very light. The bucket in your left hand feels very, very light. The bucket in your left hand is very, very light because it is made of paper. You hold that light bucket in your left hand. The bucket in your right hand is made of iron, heavy, heavy iron and the iron bucket has a few rocks in it. As you hold the heavy iron bucket, more and more rocks are dropped into the bucket until the bucket is completely full of heavy rocks. The bucket is completely full of heavy rocks, the rocks are heaped up to the top of the bucket. The bucket is so very heavy, it is pulling your right arm down. The bucket and rocks pulls your arm down and your arm goes down because the heavy iron bucket is so heavy, so very heavy.”

*(After noticeable response:)*

“Now hold your arms where they are, and open your eyes. Notice your response. Then allow those feelings of heaviness and lightness to fade and allow the arms to relax.”

*(After response:)* “Tell me about your experience.”

*(There are many different reactions to this suggestibility test. Some people will be surprised to find their arms on different levels, others will know the arms moved, but with a lack of conscious direction. Some people will have a reversed effect, which is not a*

*negative reactions, it can mean the subject worked on the reversal of suggestion, or misunderstood the suggestion, or confused right and left. Some people will have no response. This means only that they are unwilling to participate, at that time, or are so relaxed that they have a lethargy and disinclination to move.)*

## **Arm Catalepsy**

“Close your eyes and relax them to the point where they just won't work. When you are certain they just won't work, test them and find you have been completely successful. Test them hard, and then forget all about them. Now I'm going to take your arm and stretch it out in front of you.”

*(Grasp the wrist, stretch the arm, out and tap each of the joints saying,)*

“Locking tight, locking stiff and rigid. I want you to imagine it rigid, like a steel bar, a bar extending into infinity, rigid as a baseball bat as I count from one to three. So rigid it just won't bend no matter how hard you try. . .”

*(Once you have tapped the joints, give the arm a jiggle to test the response to suggestion as you release the arm. Then make long strokes with your hand along the arm, from the body toward the fingers, saying:)*

“Number one like a steel bar stretching out into infinity. Number two like a baseball bat, stiff and rigid. Number three it just won't bend no matter how hard you try.”

*(A more authoritarian, forceful challenge would be, “Number three and now you can't bend it no matter how hard you try.”)*

“Try and you'll find that it just won't bend at all, the harder you try to bend it the more stiff and rigid it becomes.”

*(the second half of the preceding suggestion is a double bind. When the subject has successfully used the suggestions:)*

“Now you have experienced rigid arm, or full arm catalepsy. Notice how you feel about that? In a moment I'm going to have you relax that arm. As you relax the arm, go deeper into the relaxation. Deeper, deeper, deeper down. Now you can relax, relax and go deeper.

## Another Arm Catalepsy

“Make sure you are completely comfortable. Stretch your legs, your arms. And now begin to relax. Close your eyes and take a deep breath and as you exhale, relax. Completely relax. Relax your legs, lower back, relax your shoulders. Relax your shoulders, your arms, your neck, your face. Relax your whole body, just relax. Take another deep breath and exhale, let go and relax.

Become aware of the rhythm of your breathing. Begin to flow with the rhythm of your breathing. As you inhale, feel how awareness of your breathing relaxes your being. Begin to let the body drift and float into relaxation with the rhythm of YOU'RE BREATHING! Air Breathing Mammal, and the backgroundsounds around you are unimportant, let them go, and relax. Breathe. Let every muscle in your body completely relax from the top of your head to the tips of your toes. As you inhale gently, relax. As you breathe deeply, go deeper. As you exhale, release any tension, any stress from any part of your body, mind and thoughts.

Now raise one arm above you. Hold it up straight. Close your fist and make it very tight, make your fist tight, and now your arm is getting stiff, it's getting stiffer, it's getting very, very stiff. Your arm is stiff, very, very stiff. Your whole arm is stiff from your shoulder to your fist. Very still, very stiff, stiff and rigid, like a metal bat, like a wooden bar, your arm is so straight and so hard that will not bend. Even if you try to bend your arm, it becomes more and more stiff. The harder you try to bend it, the stiffer it becomes. Your stiff arm is stiff and straight and nothing moves it. It is so completely balanced, stiff, straight, nothing can move it, it is completely stiff from your shoulder to your fist, completely stiff. Your arm is completely stiff.

Once you have observed the stiffness of your arm, once you are satisfied that it is so stiff, so rigid that it just won't bend, just say, 'I'm satisfied'.  
*(Wait for the response)*

Now I will count from five to one. When I say five you will begin to relax your arm. It will relax slowly, easily, gently, and descend softly to your lap or beside your body. As you hear each number you will relax your arm more and more, then when I say one, your arm will be completely relaxed at your side or on your lap. Five begin to relax your arm. . . breathing deeply, breathing gently . . . four. . . feel your arm relax. . . breathing gently, breathing deeply, three with every breath go deeper into your knowing, your understanding, your wisdom . . . relaxing into your peak potential for growth and development, learning growth and development in ways that surprise and delight you, and you are curious. . . two relaxing more fully with each breath. . . one. Your arm is completely relaxed.

Now open your eyes and tell me about your experience.”



## Postural Sway Test

*(This test checks the subjects' trust in the process and the hypnotist. If the subject is doubtful or hesitant, this is a chance to gain confidence. This test works with the natural phenomenon of the body in the slight swaying while on the feet. As the individual turns over a bit of their equilibrium to the hypnotist, trust and rapport are quickly established.)*

*"Stand here and put your feet together like this." (Heels together and toes pointed slightly out.)*

*"We are going to check your relaxation reflex." (Step behind the subject and place both hands on the shoulders.)*

And this exercise helps use to explore your ability to respond to suggestion. Look up and as you breathe in, allow the eyes to close. Hold that breath for a count of three and as you exhale, all those little muscles of the eyes relax to the point where they just won't work until I ask them to. When your eyes have relaxed to the point where they just don't work, forget all about them, remember to forget all those things you don't need to remember and send a wave of relaxation all the way down to the tips of the toes. Good. Legs strong beneath you."

*(Touch the subject's shoulders, giving a slight push to enhance the natural sway of the subject from side to side and then slightly to the front and back.)*

"How is that? Notice that slight swaying sensation. It is a natural function of your body in maintaining equilibrium. When I moved you, your own inner balance moved to accommodate for my touch. As I stand behind you, notice the slight swaying from side to side, front to back. I'm here . . ."

*(touch the subject lightly on the shoulder blades)*

". . . and you are safe to go deeper into relaxation. In a moment, a very curious sensation is going to be occurring, want it to happen, watch it happen, allow it to happen.

*(You may want to put a foot slightly behind the other to brace yourself for people heavier than yourself)*

"Imagine that you are falling back, back, back, as if there is a huge pool of water behind you, a huge soft bed. Imagine there is a magnet pulling you back, back, back, back, back. All the way back. Coming back, back, back, back, back, back . . ."

*(Stop the subject before they fall back too far. A couple of inches is fine to establish deeper rapport. Some subjects sway slightly forward or from side to side during this test. This is normal. Some people may get loose legs, and at risk of a fall so be alert and ready to prevent a fall.)*

### **Hands Closing**

*(This method can be used with subjects standing or seated with their arms extended in front, or with subjects laying on their back with their arms stretched toward the ceiling. The hypnotist stands or sits with arms outstretched toward the subject, palms facing each other, fingers held together, and thumbs pointing up.)*

“Extend your arms out in front of you like this. Let the arms become stiff and lock your elbows; palms of hands facing each other, thumbs up and fingers pressed together. In a moment, I am going to bring my fingers between your two hands, until I do, I want you to look right here . . .”

*(Use left hand, index finger to point to the outside corner of the left eye. Look at the subject with your own focus on the point between the subject's eyes, where the nose and the brow come together. You may want to narrow your eyes slightly to reduce the surface area of your eye and reduce your own need for moisturizing blinking.)*

“. . . Keep looking toward the corner of my eye until I bring my finger between your two hands. When I place my finger between your two hands, take your eyes away from mine and fix them between your hands on the tip of my finger. When I remove my finger from that space between your hands, leave the attention of your eyes on that spot where you saw the fingertip between your hands. Keep right on looking at that space between your hands.”

*(Now put your fingertip between the subject's hands as you say:)*

“Now bring your eyes down here to my fingertip. As I move my finger leave the focus of your eyes on that space between your hands.”

*(Raise your hand, watching the subject to see if their eyes remain on the spot between their hands, and say:)*

“In a moment I will count from 1 to 3, your eyes easily close down and as soon as the eyelids close down, you become more and more aware of perception and sensation, a feeling of your hands coming together, hands moving toward each other . . .”

*(Grasp their hands and slowly say:)*

“ . . . closing, closing, closing . . . ”(as you push the hands together. This muscle rehearsal shows them what to expect to do. As soon as the hands touch, say:)

And as soon as the hands touch, you experience a sense of relaxation and release, letting go, going deeper into relaxation

(Notice how they are expected to respond. Then separate the hands and say:)

“As soon as the eyes close down, you notice the hands begin to move toward each other. At the very moment that your eyelids close down your two hands begin coming together. Just as if there is a magnet on the palm of each hand . . . ”

(Press the center of each hand with your thumb tip to give the impression of placing something in the hand, the suggestion being that of a magnet, allow your hand to rise up and bring your hands into a sweeping motion together beneath their hands.)

“ . . . drawing them closer, closer, closer . . . ”

(This gives them a visual image of what to expect and do.)

“Until they touch and you relax deeply. Closing and moving until the two hands touch, and you relax more than right now. Number 1 . . . ”

(touch and press closed beneath the subject's hands as you start the count so that the subject sees the hands closing, a visual, non-verbal suggestion to close the hands).

“ . . . close the eyelids down and the hands start coming together. 2, 3. As the eyes are closing the hands are closing. Closing, closing, closing, closing, imagine the magnet in the palm of each hand. They are pulling and tugging and moving in toward each other. They are closing, closing, closing, and moving in and closing and getting closer and closer and moving in and moving and closing and moving until the two hands touch.”

(When the hands are half way closed)

“The moment the two hands touch, a wave of relaxation moves all through the body. The moment you feel the two hands touching, every muscle, cell, tissue and nerve in the body relaxes completely. Now they keep closing, closing, almost there, almost touching, closing and closer and closer.”

(As soon as the hands touch you can use either a **permissive** or an **authoritarian** approach:)

**(Permissive)**

“The very moment your eyelids closed down the two hands began to move closer and closer and now they touch. Feel the wave of relaxation that moves all across your body having followed those thoughts, ideas and feelings to completion. It is a natural function of your being to relax when you achieve things. Now as the feelings of relaxation flow through the body, let the head come forward on your chest, let the arms drop limply into the lap, let every muscle and every nerve grow loose and limp and relaxed and good and excellent. Let the head come forward on the chest, and the arms drop limply into the lap. Every muscle, cell, tissue and fiber of the being grow loose and limp and relaxed and feeling good all over.”

**(Authoritarian.)**

*(As soon as the hands touch, put your hands on the back of their hands, pressing their hands together, and say:)*

Sleep Now!

*(while simultaneously pushing their hands down toward the lap. For the standing subject, it is wise to place an arm around the shoulder to help the subject maintain a sense of balance)*

“. . . and let the head come forward onto the chest and continue going easily, pleasantly, smoothly, elegantly, fully into a wonderfully pleasing feeling of hypnotic relaxation.”

“Now open your eyes and notice how you feel. You kind of surprised yourself with your response, didn't you?” *(whether he or she answers yes or no)*, “Tell me about that.”

“Describe the experience of your hands closing together.”

## Hand Clasp

“Clasp your hands in front of you and push them tightly together. Push them together very tightly. As you hold them tightly, imagine that a very strong, strong glue has been spread on your hands. and the glue is beginning to dry, hard and fast. It is drying and keeping your hands together, your hands are tight together. Your hands no longer feel as if they are two separate hands. They are one. Your fingers and palms are glued together, hard and fast, tightly glued together. Even if you test to see how strongly the glue is holding your hands, and you find your hands, the palms of your hands, your fingers are stuck

together. They are stuck together. They are glued together so tightly they feel as one. They are glued together very, very tightly, and feel as one. On the count of three you will be unable to pull your hands apart. The harder you try to pull them apart, the more they stick together. They stick together more each time you hear a number one . . . two . . . three . . . Now try and find you cannot pull them apart and when you are satisfied that they are glued firmly and thoroughly together, just say, 'I'm satisfied'."

*(wait for the response).*

"Notice how you feel about all that, and tell me about it. As you tell me about it, allow a feeling of well being to spread through every muscle, cell, tissue and fiber of your being."

### **Hand Clasp(Disguised Authoritarian)**

*(If there is resistance to this approach, avoid authoritarian suggestions)*

"Sit comfortably with the elbows straight and the hands clasped in front of you, fingers interlocked. Focus on your hands. Concentrate on this idea, this thought, imagine what it would feel like if they are two metal gears intermeshed. Or perhaps they are carved from one piece of beautiful hardwood or stone. Perhaps they are cast from concrete. Imagine they are one and binding tighter and tighter together. Imagine the fingers locking down, becoming one with each other and with growing tighter, merging with the other hand. Imagine they are changing. Perhaps you notice a slight twitching sensation, as they twitch slightly moving closer and closer together. As the movement increases, you begin to feel tension in your fingers. You may see the tension, knuckles turning white. You may feel the blood pulsing in the hands, in the fingers. The hands are bound tightly together, as one. Watch the fingertips turn white as they press against the back of the other hand. Feel the small twitches, or vibrating sensations as hands grow closer and tighter, tighter and closer, as if carved from a single piece of granite or cast from molten steel. So tight that no matter how hard you try to separate them, they remain locked together, carved from a single tree. One piece.

On the count of three, you will try and open your hands and find that they are bound together, one piece, you cannot open your hands. The harder you try the tighter they bond, they do not open. One. Tighter and tighter, locked so tightly, you cannot open them. Number 2, even if you try they stay locked tight shut, fused, bonded, one piece. Number three, they just won't open, as if they are carved from stone."

*(A few seconds are enough time to determine success. Once you are satisfied that your hands are locked tightly, so tightly they just won't open, just say, 'I'm satisfied'")*

"Now stop trying and as you relax your hands and fingertips, fingers and thumbs, wrists and arms, you see that they now open easily. That was good, that was fine."

## Chevreul's Pendulum

*(Anything which dangles can be used for a pendulum. I prefer to use something shiny, eye catching, a pendant on a thin chain, a string and crystal, even a long hair and a paper clip can be used. Have a circle drawn on a piece of paper and divided in quarters. Whatever is suspended needs enough weight to dangle and not fly around in slight breeze.)*

“Sit or stand comfortably. Hold the pendulum between the thumb and forefinger, trailing over the tip of the thumb. Dangle the pendulum over the paper with the circle divided into quarters. Have the weighted piece dangle directly over the center of the circle, where the two lines cross. Look directly down at the pendulum and circle.

Stare at the center of the crossed lines for several deep breaths.

Now without moving anything else, allow the eyes to move back and forth on that horizontal A-->B line. Let the eyes move steadily back and forth, back and forth, back and forth . . . Focus on that horizontal line, and notice how the pendulum begins to follow the line on which you are focusing . . . back and forth, back and forth, back and forth.”

*(Once you have noticed the pendulum demonstrating movement back and forth along the A-->B line, change the movement of the eyes to the vertical C-->D line)*

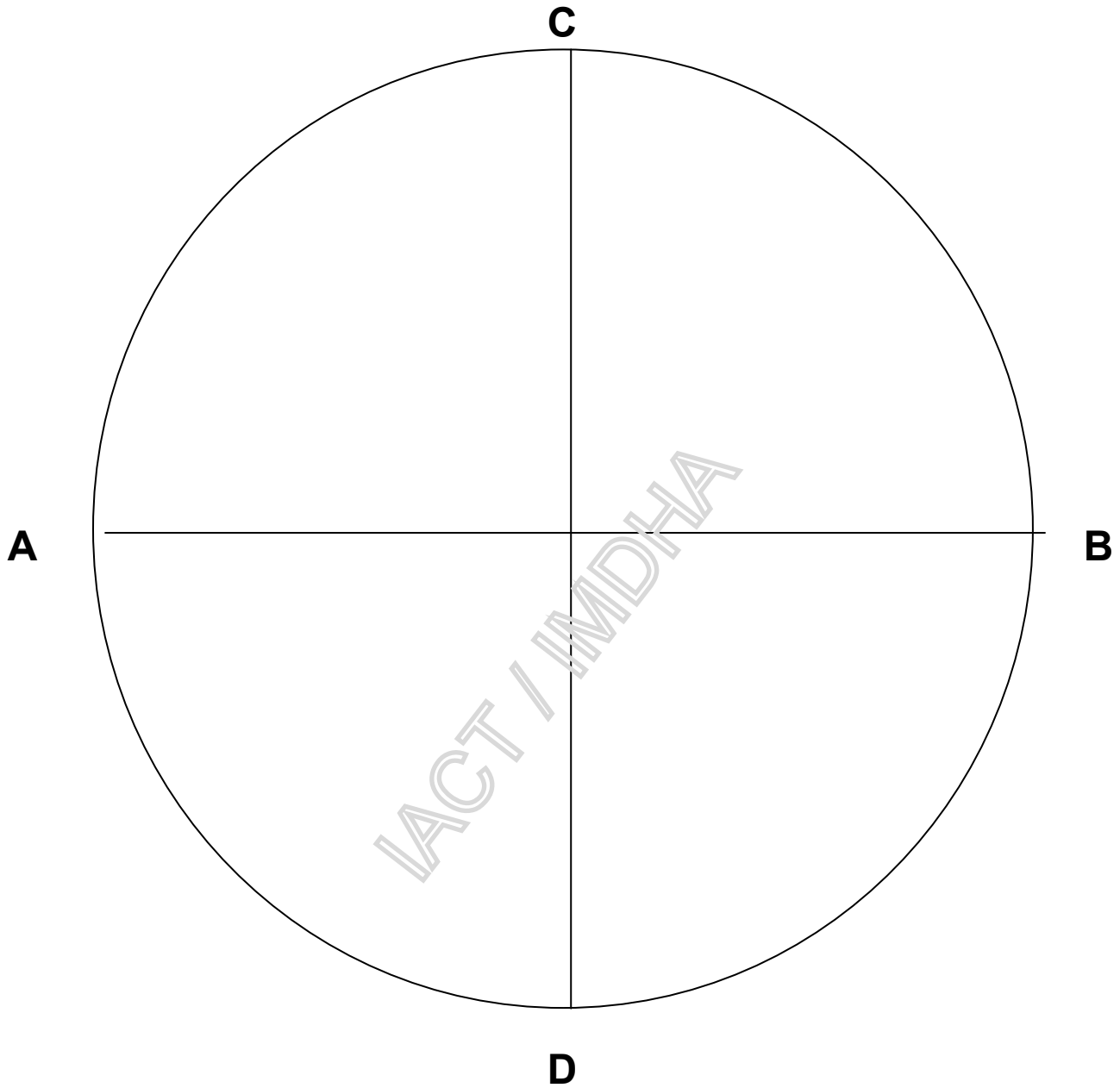
“Now without moving anything else, allow the eyes to move to and fro on the other line, the one back and forth between C and D. To and fro, to and fro, front and back. . . up and down . . . Let your eyes and mind follow the line up and down . . . front and back . . . to and fro . . . notice how the pendulum begins to follow the line you are focusing on.”

*(Once the pendulum is demonstrating moving along the C-->D line, front to back, change the eye motion to follow a circular pattern.)*

“Now without moving anything else, allow the eyes to change what they are doing and go around and around, around and around the edge of the circle. Let your eyes and mind go around and around, moving around and around the circle and notice how the pendulum begins moving around and around.”

*(Once the pendulum is moving around . . .)*

“Now allow the eyes to go in the opposite direction, around and around, around and around the circle.*(Some people say to make sure the subject's elbow is not touching the body or resting on something. Although this makes the response easier, but is not always necessary in order to achieve response to suggestion.)*



Pendulum Diagram

## Closure of Suggestibility Tests

“You are beginning to understand . . . the eyelids sticking closed is the feeling of hypnosis. The automatic motion of the hand is the feeling of hypnosis, the hands becoming as one is the feeling of hypnosis. You know there are no rational reasons for these things to happen, and yet they happen because that part of your mind, the critical faculty that judges and rationalizes, is relaxed, the filtering is relaxed, set aside. It’s like a stereo sound system with all the sound coming out one side of the speakers. The other channel isn’t broken, just momentarily silenced, quiet, relaxed.

When the critical factor is suspended, your mind is open to suggestions provided the ideas and the things I do or say do are in support of your real reason for being here today, and are not evocative of conflict with your beliefs or values. The more you practice this relaxation, the easier it gets to relax deeply, quickly, automatically, like riding a bike, or brushing your hair, or walking up and down stairs.

I wonder how surprised you will be as you find it just keeps getting better, much easier to follow the suggestions you formulate using specific focusing strategies to align your inner and outer awareness and desires, and these effective suggestions will indicate the depth of our capacity for rapport and unfolding authentic self and meaningful awareness of self in relation. As we use the ideas and suggestions that we develop to meet your explicit and implicit needs, your ideas create an accurate image of your objectives, you find curious alignment and synchronicity occurring in your life and we have a wonderful rapport.

We unfold your process of growth and development in a bounded and unbounded environment. Bounded in it being a safe place for all parties to the encounter, unbounded in that a full unfolding of physical, mental, emotional and spiritual dreams and ideals are expressed

Now, as I count from three to one, on the count of one open your eyes and tell me about your experience.

Three. . . feeling wonderfully good all over, two, noticing a greater self awareness and awareness of your connection with self and the world around you. One, fully present, here, now, bringing back all the things you need to remember or know at this time, remembering to forget those things you don’t need to know at this time. Eyes open!

Tell me about that.”

*(wait for answer)*

“Did you feel like you were in a trance?”

*(wait for answer)*

“Describe what you experienced.”

*(Notice that you have not done a full emergence wording with this method. It leaves the subject hypnoidal for 20 to 40 minutes depending on the individual’s responsiveness and suggestibility. Chapter 12 has wording for effective emergence.)*



## Summary

You want your subject to leave his or her sessions, particularly the first session, feeling he or she was hypnotized. Sometimes the best you will achieve is a slight confusion about what the subject used to think about hypnosis, and his or her need to ponder the differences between what was expected, and what was experienced. There are many misconceptions about hypnosis, and environmental factors that can interfere with the individual's natural capacity for change. You can expect that the subject has curious friends and family and someone will ask what that person, "Were you really hypnotized?!"

Through the experience of suggestibility tests, the subject became familiar enough with the natural state of trance to say, "I was."

"How do you know?" "Because of the way I behaved."

The client who has explored suggestibility testing can describe the sensations and behaviors of the arm lifting or the eyelids sticking or the arm feeling heavy or the feeling of movement.

If a subject walks away without being educated about the true nature of hypnosis and their ability to respond to suggestion, convinced of their success with entering and exiting trance, the subject may leave thinking, "I wasn't even hypnotized, because I heard everything the hypnotist said," or, "That didn't work," never realizing that the ability to respond is a natural state that is something within one's personal control at all times.

The client's successes are evoked by the subject's level of desire, and the hypnotist's assistance as an educational collaborator with a mission of client empowerment.

**Chapter 106: Questions for comprehension and self exploration.**

1. What is the difference between authoritarian and permissive approaches?

Authoritarian style is directive, paternal, strong and demanding. Permissive style is persuasive, less directive, maternal, gentle and easy going.

2. What is the purpose of the pretalk?

To building expectancy for a successful outcome, discover what the client's goals are, and to debunk myths of hypnosis.

3. What are the three steps of induction?

Future pace, now, and rapport.

4. What is the difference between eye catalepsy and the arm levitation or hand clasp?

The eye catalepsy is targeting small muscles, the arm levitation and hand clasp are targeting larger muscles. It is advisable to start with the smaller muscles to assess suggestibility, and then build up to the larger muscles.

5. What is Chevreul's Pendulum and what can it be used for?

Chevreul's pendulum is anything that has a string / chain and a small weight on the end of it that amplifies the activity of the muscles. It can be used as a suggestibility test, an induction, and an assessment of information that is not yet at the conscious level.

6. What is the difference between authoritarian and permissive approaches?

Authoritarian style is directive, paternal, strong and demanding. Permissive style is persuasive, less directive, maternal, gentle and easy going.

7. What is the difference between peripheral and foveal attention?

Foveal attention is detail oriented focus on something at the center of our attention. Peripheral attention is the stuff at the edges of awareness. Attention is a constantly shifting process of what is at the center and what is at the edge of attention and awareness.

8. What is the purpose of the pretalk?

To building expectancy for a successful outcome, discover what the client's goals are, and to debunk myths of hypnosis.

9. What are the three steps of induction?

Future pace, now, and rapport.

10. What is the difference between eye catalepsy and the arm levitation or hand clasp?

The eye catalepsy is targeting small muscles, the arm levitation and hand clasp are targeting larger muscles. It is advisable to start with the smaller muscles to assess suggestibility, and then build up to the larger muscles.

11. What is Chevreul's Pendulum and what can it be used for?

Chevreul's pendulum is anything that has a string / chain and a small weight on the end of it that amplifies the activity of the muscles. It can be used as a suggestibility test, an induction, and an assessment of information that is not yet at the conscious level.

## 107 - Formulating Suggestions

Your perceptions effect your decisions and actions. Anything that can be perceived creates ideas, suggestions for things you may experience, do, or think. Successful suggestions create perceptual arousal that lead to some form of response. Your thoughts are generally not put into action until at least two senses are stimulated. When a series of perceptions connect to form a thought, the thought can lead to action in which each idea in its proper place is certain to appear and it is beyond the power of the individual to resist it. For example, when you read, "Think of a horse," you may have a variety of perceptual memories that comprise a horse. Perhaps its form, smell, and sound may flash so quickly through the inner images that you do not notice them consciously, or you may leisurely savor your perceptual memories and stimulations regarding the word horse. The word "horse" is only a word symbol for your perceptual aware of a horse. Effective suggestion requires the hypnotist and the subject to have some common foundation of semantics, and capacity for rapport so as to formulate effective, productive suggestions.

Once the subject has clearly defined his or her goals for the session, the hypnotist helps the subject paint a picture on the canvas of his or her mind with the power of suggestion. Pacing your voice to the breathing of the subject is useful. Speaking slowly when learning is helpful for the novice hypnotist, but is not necessary for delivery of suggestions. The words, of them self, may arouse no action. The environment, the tone of voice used, the expression on the speaker's face, and body movements all influence thought. These non-verbal communication skills tend to create easier communication patterns among people of the same culture, and a potential for miscommunication cross culturally, and intergenerationally. The more one senses congruity in words and actions, the greater the ability to trust and rapidly respond to the incoming ideas and suggestions.

**Saying "yes" while shaking one's head "no" is incongruent.**

As you paint a picture in the mind of the subject with your voice, words and actions, comment on what you perceive with your senses. Natural phenomenon are truisms, common and shared perceptions that can help you establish and maintain rapport. Comment on shared perceptions. Use truisms to establish and deepen rapport. Help the individual learn to trust his or her perceptions, identifying and understanding subtle behavioral and cognitive patterns.

While giving suggestions, give the subject complete focus of your attention as best you can. The focus of attention creates a powerful rapport. This focus is more commonly found in moments of intense emotion. Few people willingly devote such focused attention to another person, other than a mother, father, or grandparent.

As you lead the subject gently through his or her own response to relaxation, ask questions, solicit feedback and mirror the subject to enhance the subject's experience.

When you get to the challenge line of a suggestibility test, take a more direct approach, using the rapport that has built to lead the subject's mind. The subject's mind has already been receiving suggestions, followed by suggestions, compounding the effects of all suggestions given. The goal is for the subject to be so deeply into what they are doing that they rarely notice when you give a direct command of, "You will try to . . . (*open your eyes/open your hands/bend that arm*) . . . and you cannot. It just won't work."

*(With the acceptance of this perception, the imagination has been excited and the critical faculty has been bypassed.)*

### Developing Effective Suggestions (Hypnosis Training Institute, Glendale, CA. 1987)

The purpose of affirmations and suggestions is to help your subconscious conceive of, believe in and achieve your goals. Developing positive suggestions can help motivate, boost your energy and self esteem, with a focus on life affirming thoughts and actions. Negative suggestions are equally powerful in disrupting healthy activities and thoughts. As you learn to hypnotize yourself and others, you benefit from learning how to phrase your words with positive affirmations. Positive affirmations are positive statements of beliefs, powerful tools that can help you create success attitudes in your subconscious. Opening to your creative subconscious with positive affirmations helps you learn to harness the enhanced gifts of your creative imagination in ways productive for you.

#### 1 - Use Positive Statements.

State what you want, instead of what you don't want. Take a moment to envision your desired outcomes, the solutions, rather than the problem itself.

#### 2 - Awareness is Crucial.

Whatever you are most aware of is what you attract. When you put mental energy into something, you tend to find it everywhere. Use your affirmations to focus on the result you desire, or the method of attaining the results, rather than the problem.

- I am in control of my appetite. (*incorrect - this sounds harmless, but it claims an appetite that needs controlling.*)

+ I eat as much as I need to sustain my body perfectly. (*correct*)

#### 3 - Use the Present Tense.

- I will diet until I lose \_\_\_\_\_ lbs. (*incorrect - this gives you the opportunity to do it later and it implies that you are losing something. You may trick yourself into letting yourself lapse today by this wording.*)

+ I am more and more slender each and every day. (*correct. The conscious mind knows that this suggestion is future based, but present improved. The subconscious can make oneself comfortable using of open ended life affirming ideas.*)

4 - Be Specific.

Carefully state exactly what you desire, avoiding slang or wording with multiple meanings.

- I am losing 20 lbs. (*incorrect - my mind goes nuts when I lose things. I do not want to lose weight and find it, again. I must shed, reduce, discard, take off, eliminate, get rid of, throw away.*)
- + Each and every day, I am closer and closer to my goal of \_\_\_\_\_ lbs. (or size \_\_\_\_\_). (*correct*)

5 - Use "I Am".

Identify who is doing what. Be sure to include yourself. The action, behavior, thoughts, feelings, and responsibilities are things for you to do or experience, not something you want someone else to do.

- Each and every day, more and more relaxed. (*incorrect - who is doing it? There is power in the words, "I am." They are the same words used by the voice from the burning bush, with Moses. Write your affirmations in the first person, in the present tense.*)

### How to Edit Affirmations

When you have written your affirmations, be sure that you have been specific and written in the present tense. Once you have corrected any wording errors, enter self hypnosis and relax for several minutes before reviewing your affirmations, again. Discard any affirmations that make you feel uncomfortable. Affirm the method as well as end result. Affirm proper attitudes and your own personal beliefs in the attainment of your goals. You can bypass the logical arguments against your goals by using ideomotor finger response to confirm your choice of affirmations.

### One Word Key / Hypnotic Triggers

Instead of reading your affirmations 50 times a day, pick a key word to trigger the affirmations. This trigger word (also known as a key or an anchor) triggers the memory banks to review the entire selection of affirmations you have prepared. Select the word or short phrase which symbolizes the entire goal toward which you are striving. Regarding a weight issue, one might key in with: slender, sexy, shapely, attractive, trim, slim, fit, limber, etc . . .

Once you have selected your trigger word, close your eyes and say the word.

Does it feel right?

Once you are satisfied with the way you feel about your keyword, write it down.

### Using the One Word Key / Hypnotic Triggers

*(Read your affirmations and then think,)*

“Whenever I say, hear, see, think the word or phrase \_\_\_\_\_, it automatically reinforces all of these affirmations.”

*(When you practice your self hypnosis, think the word or phrase you have chosen, breathe deeply, knowing you have triggered your subconscious mind to mentally review all the affirmations you have prepared, reviewed and accepted. You may want to put 3 X 5 cards, post its, stick notes containing your key word on the fridge, in the bathroom, in the car, in your bedroom, in your purse, anywhere that you will bump into it regularly. You may select a common phrase or word, something you can use in daily conversation. Think the word or phrase several times a day. Once you have reached that desired goal, you can reuse that one word key or trigger phrase.)*

### Post Hypnotic Suggestions

Two types of post hypnotic suggestions:

- 1 - Response projected or continued into the waking state.
- 2 - Response elicited from sudden signal or subconscious message or stimulus.

*(An example of a projected post hypnotic suggestion:)*

“That’s fine. When you emerge from trance, and return to full waking state, you will remember to forget all about \_\_\_\_\_.”

*Another projected example:*

“That’s fine, as I count from five to one, you will return to full waking state feeling better than you felt before, better than you have felt in a long time, remembering to forget those things you don’t need to remember.”

*An elicitation example:*

“That’s fine, close your eyes. When I have you open your eyes, any time you

see me \_\_\_\_\_ /hypnotic trigger/ you will instantly \_\_\_\_\_ /post hypnotic suggestion/. You won't remember that I gave you this suggestion but you will react to it. You can forget consciously this whole conversation, but any time I \_\_\_\_ /hypnotic trigger/, you are going to \_\_\_\_ /post hypnotic suggestion/. It will happen instantaneously. You won't remember that I gave this suggestion. Forget the whole conversation, but be guided by it. All right, now open your eyes, please. How do you feel?

### Sample Affirmations for Weight Reduction

"I am more relaxed with myself. I am more aware of my feelings. I express myself with the appropriate feelings. I desire to attain and maintain the best weight for my body. I am more and more comfortable with myself and I am worth it. Each and every day, I am more and more aware of my own beauty. Every day in every way I am thinking and acting and moving toward my proper weight, growing more and more comfortable with myself and all my uniqueness. I eat just enough food to sustain my body perfectly. I listen to my body and give it the mental, physical, emotional or spiritual food it desires. I'm trusting myself more each and every day. I am enjoying how my body feels when I exercise, perhaps walking, or swimming, riding a bike or dancing, going to the gym or going about my daily affairs in ways that are healthy and good for my body. As I discover myself becoming more comfortable with a sustainable and enjoyable diet and exercise, every day in every way it is easier and easier to reach and maintain my proper weight. I now enjoy foods that are good for my body. I am more and more satisfied with myself. I eat only what I need to sustain my body perfectly because I am worth it. I am responsible for my thoughts, feelings, words and actions. As my slender image becomes more and more real in my mind, my slender image becomes more and more real in my body. I find myself enjoying the moments of exercise I get throughout the day as I go about my daily affairs, and take breaks for movement and exercise that help me feeling more limber and relaxed in my body. Today I choose to be myself and enjoy myself, more and more relaxed each and every day."



**Chapter 107: Questions for comprehension and self exploration.**

1. What are Gilboyne's recommendations for structuring effective suggestions?  
Be positive, focus the awareness on what is desired instead of what is being left behind, use the present tense, be specific about what is desired, and incorporate "I am."

2. What are keywords?

Key words are verbal / auditory triggers to summarize a larger body of suggestions

3. How do you use keywords aka hypnotic triggers?

Read the body of suggestions, and then conclude, "all these ideas, thoughts, feelings, goals, plans, and dreams of successful outcomes are summarized with the word or phrase \_\_\_\_\_ (the keyword). The keyword can be taped to mirrors, the wall, places where the person will encounter it multiple times throughout the day..

## **108 - Things That Influence the Ability to Respond**

### Pretalk

*(It is important to discuss the subject's previous experience(s) with hypnosis. Dispel the myths of hypnosis. The primary interference with a good response to hypnosis is fear and related lack of trust. Generally the fear is nothing more than a fear of the unknown. Sometimes it may be a fear of change. Fears must be identified and released for the subject to experience and feel the full benefits of hypnosis and for good rapport to occur. Educate the client about the nature of hypnosis. Explain that hypnosis is a consent state. Mention the feelings of well being that come with the relaxation. Say:)*

“Start with relaxation and trust yourself.”

*(Use progressive relaxation. If this is unsuccessful, use suggestibility tests to open the door to the subconscious and use whichever test gives the best response as the induction. Every person has a unique quality of response to hypnosis. Some people pick up hypnosis faster than others. Use direct suggestion to offer your clients a choice in how much time they want to invest in learning how to more fully utilize their innate gifts of learning and health.)*

“Some people get their benefits in one session. They are ready, they rapidly assimilate the tools offered to their own best advantage and achieve their desired results in one session. Some people require two to six sessions to respond well to hypnosis. These people sometimes encounter minor setbacks, obstacles or blocks to an immediate response, but after a short period of training, they have the hang of relaxation as a self awareness tool, a tool of change. Some people take a long time to achieve their goals. Perhaps a year or longer. Through patience and persistence, these people, too, achieve their goal(s). Some people are out to prove that no one can make them change. They are absolutely correct. They will prove them self correct every time and it is a waste of time to attempt to convince them until they change their mind. Change can only occur with the subject decides that change is possible and it is something they strongly desire.”

### As a Hypnotist

Your poise, clothing, diction, manners, and pretalk will create an impression, set the mood, and build anticipation. Tell your subject, or the audience, a bit about hypnosis, including your experience, the benefits and how it is going to be used by them. In groups, you can do group tests and relaxation before asking for volunteers for a show or group demonstration, selecting only those who respond well. In private work, you can use suggestibility tests to help the subject establish a pattern of positive and effective hypnotic

response.

## **Ambiance**

### **- Temperature**

Too much heat or cold is detrimental to good response. Cold breezes or drafts are detrimental. A temperature slightly on the warm side is preferable. Cold hands and skin need to be addressed for most favorable response.

### **- Sound**

It is handy to have a quiet soothing environment, but this is not absolutely necessary. Some people report that background sounds are distracting. Others say that they don't even notice the background sounds. Others say they hear the background sounds, but they are unimportant. Some people enjoy background music. Some enjoy sounds of nature. Some prefer quiet. Headphones and a lapel microphone are handy for creating a quiet space.

When working in loud areas, be an opportunist, use the sound disruptions as deepening tools with suggestions like, "All background sounds send you deeper," or, "Every time you become aware of any background sounds, it assures you all is well in the outside world, and you go deeper."

### **- Light**

Quiet or subdued light is good for most subjects. Some subjects prefer a dimmed room, with sunlight or bright artificial light creating a hindrance to full relaxation.

### **- Color**

Light blues, purples and soft greens are thought to be spiritual enhancers. Red, orange and yellow are thought to stimulate the animal grounding, the animal knowing. You can use color and light to set the mood of the environment, and to stimulate non-logical therapeutic results.

### **- Smell**

Fragrance has a powerful effect. What one person considers strong unpleasant odor, another may find helpful. Strong, sweet or pleasant odors can be helpful in some cases, distracting in others. Incense reminds some people of the occult or drugs and is undesirable to them. For others, incense is religious or inspirational.

## Physical Comfort

The body enjoys relaxation. Good physical support for the head, neck and body enhances the relaxation. Loose clothing is good. Have the subject remove or loosen any tight fitting clothing or accessories. Hands and legs need to be comfortable. Working with a subject who is intoxicated, drunk or high, is less desirable as the mind and mood altering substances can create a barrier to good rapport.

## Three Things Necessary for Hypnosis

There are many things that can affect a person's ability to respond to suggestion in any given situation. Every Normal person is hypnotizable. When you want to be hypnotized you must do three things. YOU must:

- want to be hypnotized;
- trust the hypnotist(*and self*);
- be free from any fears of hypnosis !!!

## Mental Expectancy

A visual demonstration of the state has tremendous value in assisting others in the exploration of hypnosis. When working with groups, use the most responsive subjects to first demonstrate the exercises you will be using with the other members of the group. This establishes expectancy quickly. Fascination and curiosity are excellent tools to augment the response to suggestion. Respect from and for the operator is imperative. Emotions can enhance or destroy rapport. Distrust and dislike are not favorable. Anger, fear and a desire for revenge can block the ability to respond to suggestion. Sadness can be a door into the subconscious for therapeutic work, but ungrieved sorrow can also be a barrier to success. Joy, happiness, love all enhance the quality of response to suggestion.

## AA and NA

I do not recommend working with alcoholics or addicts unless they are also working the 12 Step programs of AA or NA.

**Chapter 108: Questions for comprehension and self exploration**

1. What things can influence a person's ability to respond to hypnosis?

Smells, sounds, temperature, color, light, the image presented by the hypnotist, the professional, mental expectancy, drug influence, and physical comfort.

2. What is mental expectancy?

It is what the person expects to have happen. That which is expected tends to happen because at some level the person is seeking that solution.

3. What three things are needed for a person to enter hypnosis / trance?

Want to be hypnotized, trust the hypnotist and self, and be free from fear of hypnosis.

4. What is recommended when working with drug and alcohol issues?

Request the person to engage in the 12 Step program for support in this life long plan of sobriety

## **109 - Depth vs. Quality of Response**

Many hypnotists work on the theory of needing depth to achieve good, lasting results. Since depth varies according to the subject's state of mind, I recommend that you note the signs of depth and focus on the quality of response. Depth will change from moment to moment. The only times depth is crucial is during surgery, when the Esdaile State (*also known as Coma State and Ultra-Depth*) must be maintained for effective hypnotic anesthesia. Each individual has a unique ability to respond or quality of response to hypnosis. This response will change from moment to moment, and from session to session. The question in most subject's mind is "how will I respond to this process," though some subjects will talk about how "deep" they felt they had gone.

You are no doubt curious about how you are at this very moment being transported into the realm where hypnotic suggestion is possible, where the door to the amazing capacities of your mind to learn new things, and recognize resources that may have been present for some time, or new opportunities to achieve goals and dreams, is always available, ready to serve you in remarkable and wondrous ways. You may want to participate in hypnosis, perhaps you have some reservations about how or if it will work for you. Perhaps you have a need for hypnosis or hypnotherapeutic treatment and are ready, even eager to improve some specific area of your life.

The level of your desire is what will determine the quality of your response. Even a slight response or light trance has the opportunity for good, lasting results. The so called "light trance" subject can have as good a result as the "deep trance" subject when you have a desire for change, a readiness for change and a willingness to change present.

There are those who argue that a deep state is needed for effective hypnosis. What kind of depth is being sought? A depth of relaxation? A depth of understanding? Perception? Awareness? Clarity? Feeling?

## B A T D

There are scientific methods for measuring brain wave activity in which slower brain waves are related to sleep and faster brainwaves are related to waking states. Brain wave activity has been explored scientifically through the use of EEG equipment. The four primary brain wave activity groups are Beta, Alpha, Theta and Delta.

### Beta

*(Waking State/Full Awareness. Per Canadian Biofeedback researcher, Hal Myers (1993), Low Beta = 14 to 18 Hz, Sensory Motor Rhythm = 15 - 17 Hz., Hi Beta = 18 – 30 Hz)*

This is the critical thought level. Beta brainwave patterns from 14 to 33 Hz with an average of 21 Hz absorbing our waking hours. Heightened emotion may push the Hz into the 30's. The emotions are considered a back door to hypnosis.

### Alpha

*(Light Trance, Physical Relaxation)*

This is the relaxation level. Brain wave pattern from 8 to 13 Hz. We go in and out of this state from 5 to 30 times a minute. Hypnosis and self hypnosis open the door to this state for the amount of time that it takes to deliver suggestions or use hypnoanalysis. 10.5 Hz is proposed to be an optimum regeneration level for the body. Healing from surgery and illness is proposed to take place rapidly in this state of being.

### Theta

*(Deep Trance and Sleep, Physical and Mental Relaxation)*

This is the creative level. Brain wave pattern from 4 to 7 Hz. Scientists, creative people, inventors, writers and thinkers pull a lot of useful information from this level. This is medium depth hypnosis.

### Delta

*(Deep Sleep)*

This is a basic state of being. Body relaxed. Mind relaxed. Emotions relaxed. Conscious awareness, gone. Brain wave pattern from .5 to 3 Hz.

## Signs of Depth

Dave Elman

Hypnotherapy, (1964). Westwood Publishing, pp. 299-300.

- Waking Hypnosis - Suggestions received and acted on in full waking state.
- Light State - Physical relaxation.
- Somnambulistic - Physical and mental relaxation. The mind can be made blank in this state. The only thing which prevents deep relaxation is when fear is present.
- Esdaile State / Coma State / Plenary State - When people get "stuck" in hypnosis and refuse to follow any suggestions including the suggestions to emerge from trance, they are most likely in this state. It is one of euphoria. The subject does not want to be disturbed from this pleasurable experience. Body becomes catatonic in this state. If you move a limb it will stay in the position you put it in until you move it again. There is full awareness on the part of the subject during this state.
- Hypno-Sleep - Loss of awareness as in natural sleep. No response to suggestions.

Charcot

(1825-1893)described three states of hypnosis:

- 1 - lethargy, (*physical relaxation*),
- 2 - catalepsy, (*limbs remaining in any position they are placed*), and
- 3 - somnambulism (*able to walk, talk and be anesthetized*).



Arron's Master Depth Rule

*(Obtained from the Omni Hypnosis Training in 1985).*

- First State - Light - Subject achieves eye catalepsy.
- Second State - Light - Client achieves large muscle catalepsy.
- Third State - Medium - Complete muscle control. Cannot rise from chair if told properly. Stiff and rigid as a steel rod if properly suggested. Establishes selective amnesia, like number drop. Glove anesthesia can be produced.
- Fourth State - Medium - Amnesia. Retains sense of touch, and feels no pain. Open eyes without exiting trance. Enhanced awareness of memory. May hallucinate taste and smell.
- Fifth State - Somnambulism - Positive hallucinations, visual and auditory. Anesthesia, during and post hypnotically.
- Sixth State - Negative hallucinations, no response, coma state

Carol Hadley, & Josie Staudacher

Hypnosis for Change, (1987). Ballantine Books, pp. 5-8.

- Alert - normal intellectual and motor activity, and reflexes.  
*(Playing a sport or game.)*
  
- Daydreaming/Light Trance - Relaxation of body, slowed breathing and pulse, withdrawal into self. Attention has been redirected to imagined activity, dialogue, or events which may be possible or impossible.  
*(Daydreaming about playing a sport or game.)*
  
- Moderate Trance - Loss of awareness of surroundings. Closed eyes. Increased awareness of internal functions such as heartbeat or breathing. Increased receptivity of senses. Intensified imagery. Literal interpretation of speech.  
*(Greater focus on imagining self playing the sport or game.)*
  
- Deep Trance –Reduced behavior. Limpness or stiffness of limbs. Narrowing of attention. Increased suggestibility. Opportunity for illusions of senses. Loss of auditory receptivity and environmental awareness. Heightened function of creative process.  
*(Such a strong image of self playing a sport or game that the body feels sensations as if playing.)*
  
- Sleep - Suspensions of voluntary exercise. Severe reduction or absence of conscious thought.  
*(You dream of participating in a sport or game.)*

Hadley and Staudacher claim that the three middle levels are the ones in which

behavior modification occurs due to an openness to post hypnotic suggestion.

The Husband and Davis Depth Scale indicating depth of hypnosis is found in Lecron & Bordeaux (1947).Hypnotism Today, Wilshire Book Company, pp. 64-67.

Hypnoidal

Light State

Medium State

Deep or  
Somnambulistic State

color sensations experienced

Plenary Somnambulism

### Somnambulism

Working within depth theory, the goal is to get the subject as deep as possible. In lighter states of consciousness, the critical faculty has a greater opportunity to say, "Is this working?", while in deeper state of enhanced rapport and response there is the thought and feeling, "This is working."

Somnambulism is the royal road to the subconscious. It facilitates hypnotherapy, amnesia, age regression and anesthesia. In order to achieve somnambulism, start with an induction, use fractionation, and compound suggestions for well being. Then test for amnesia.

Amnesia Test #1

"In a moment, I will ask you to count from 100 on down to 97. By the time you reach the number 97 or before, you'll find the rest of the numbers gone. With every number you speak, you go twice as deep into relaxation as you are right now. With every count the numbers go further and further, deeper and deeper. You will relax so deeply, you will find it more and more difficult to remember the next number because it's just too much effort. Because you are so relaxed, you cannot remember and the numbers just disappear. You can resist this if you chose, that's not what you are here for. Allow your subconscious mind to do its perfect work. Begin counting, now, and watch them disappear."

*(As the subject counts, intersperse their numbers with the suggestions:)*

"Letting them go. Fading away. Relaxing them right out of your mind."

*(If, on or before the number 97, the subject is unable to remember the next number, you've got somnambulism. Ask,)*

"Are all the rest of the numbers gone?"

*(If the subject never hesitates in counting, or begins speaking and then stops, you have aphasia. Aphasia is a False Somnambulism. It indicates an unwillingness to talk instead of an inability to remember. This can be a gateway to true somnambulism. Be sure to get true somnambulism. Suggest:)*

"As I grasp this thumb. . ."

*(touch one of subject's thumbs)*

“grasp up all the remaining numbers in the palm of your hand”.

*(Grasp the thumb and lift the hand. If you have genuine trance, the arm will be loose and limp. Give it a jiggle as an unspoken test of relaxation. If the arm is loose:)*

“As I drop this hand, this hand drops with a plop and all those numbers drop out until you desire them again. Watch all those numbers drop out, let them go. They drop with a plop.”

*(Drop the hand to the lap. If the arm is stiff, one of two things is happening. Either the subject is past somnambulism and entering Catatonic or Coma State or the subject is refusing to enter trance further. You can check for Coma State by giving a tug on the arm and letting go. If the subject is in catatonic state, the arm will remain in the exact same position you left it. If the arm goes down slowly, the conscious mind is controlling the movement. If it drops with a limp plop, you have achieved your goal.)*

“Are all the numbers gone now?”

*(Wait for affirmative. True Somnambulism gives an inability to remember.)*

## Amnesia Test #2

“Relax and notice that you are so relaxed that time is unimportant to you NOW, You don't care what day or time it is. You are so relaxed, you don't care, it's unimportant, right now. You forget the day. You are so relaxed that even if you try to recall the day and time, it slips away. The harder you try and remember it, the more it slips away, coming back later, after we are done with our session. When you are truly relaxed, if you try, the harder you try, the less you remember.”

### Amnesia Test #3

“Relax and notice that you are so relaxed that as I stroke your hand, you forget all about your name. It is changing, changing to \_\_\_\_\_ (*Dolly Madison, George Washington . . . whatever name you would like to use*) NOW. If I ask your name, you will tell me Dolly Madison/George Washington. You are so relaxed, this happens automatically and that’s alright, right now. You are forgetting, forgetting, forgetting. You are so relaxed that even if you try to recall that name all you will find will be \_\_\_\_\_ (*Dolly Madison. . . George Washington . .*)”

### Amnesia Test #4

”Now, as I stroke your hand, all the numbers are back, except for the number between five and seven. All of the numbers are back except the number between five and seven. It is disappearing, disappearing. Even if you did remember this number, and tried to say it, your throat would lock up and no sound would come out whatsoever. Want that to happen, watch it happen, allow it to happen. Please count from one to ten for me.”

*(Once the subject has successfully dropped the number between five and seven, have the subject open their eyes and count your fingers. Have both hands stretched out in front of their face with the thumbs of your hands touching. Have the subject point at the fingers as they count.)*

Coma State

“Now close your eyes. You can clench your fist to the point where it can't get any tighter. That is the height of tension. You can relax that hand to the point where it can't relax anymore. That is the basement of relaxation. To get down to the basement of relaxation, imagine that there are three floors in a building. If you are standing on the top of the building, you have to relax twice as deeply as you are right now to get to floor A. Then you have to relax twice as deep to get to floor B. Then you have to relax twice as deep to get to floor C and that is the ground floor, the base level of relaxation. This building has a basement, and that is the basement of your ability to relax at this time. You will give me the signs that you are at the basement of relaxation. You don't know what these signs are, but I do. Every person who has ever been to the basement of relaxation gives off these signs.

Now take a ride on an imaginary elevator, escalator or down a flight of stairs that will take you down to the basement of relaxation. Imagine that you are on that elevator, escalator or on those stairs NOW and as I snap my fingers, you start down. When you relax twice as deeply as you have relaxed right now you will be down at floor A. When you reach that floor, let me know by saying A, and so on.”

*(Wait for response. If the subject has difficulty saying a letter, that is good.)*

“Now when you relax twice as much as you have relaxed already you will be at floor B.”

*(Wait for response.)*

“And when you relax twice as much as you have relaxed already, you will be at floor C, the ground floor.”

*(When the subject is not be able to form mouth around the letter, this is good.)*

“Now go deeper still, all the way down to the basement of relaxation.”

*(Watch for eye flutter.)*

#### Four Step Check for Coma State

When coma state is reached, the subject will not speak, will not respond to suggestions to move. This applies to large muscles like the leg or arm and small muscles like those around the eyes. When an arm or leg is lifted, it will stay in the position it has been placed in. The balance between the flexor and extensor muscles is so good that any position is received and maintained easily. Despite the euphoria of the state, should anything occur which requires immediate attention, the subject will emerge from hypnosis and tend to what needs tending.

You can check for anesthesia using a clamp or strong pinching. If you have to use suggestion to obtain anesthesia, your subject is in somnambulism, not the deeper states that are useful for medical intervention strategies.

Ask subject to move large group of muscles (*leg or arm*). If the large muscles move, your subject is not in the deeper states. In Coma State, the muscles may quiver slightly.

Ask subject to move small muscle group (*eye*). If the small muscles move, your subject does not have the depth of Coma State, there should be no response to suggestions for moving small muscles.

Move a body part and look for catatonia. This can be produced in light trance, but is effective when reviewed as the fourth step of a check for coma state. No suggestions, this



catatonia must have occurred spontaneously.

### Medical Application of Coma State

When used for surgery or delivery, the subject benefits greatly from verbal support about the progress of any surgery or delivery. Words like, "It's going great; it's going well; you are doing a wonderful job," are much appreciated by the subject. If physical cooperation is required, or a greater physical response to suggestion is required, the subject can be brought from the basement to floor C and taken back down to the basement when the physical assistance is no longer required.

This state is excellent for relieving the pain of headaches, arthritis, PMS, surgery, cancer, immobilizing someone in a body cast, and delivery. Hypnosis finds useful application in these areas through the use of post hypnotic suggestions even while pain is not occurring at the time of coma state.

**Chapter 109: Questions for comprehension and self exploration.**

1. What is Lecron and Bordeaux' deepest state of workable hypnosis?

Colors

2. What is an indicator of the somnambulistic state?

Number loss / amnesia

3. What is aphasia and how do you know it?

Aphasia is false somnambulism, as evidenced by the hypnotic subject hanging onto the numbers he/ she has been suggested to forget.

4. What is referred to with BATD

These are the brainwaves measured by EEG indicating activity of the brain.

B is beta, waking state.

A is alpha, daydreaming.

T is theta, dreaming while asleep.

D is delta, sleep without dreams.

5. Is depth required for a person to respond to suggestions?

No.

6. When is depth recommended?

For medical applications, and for uncovering.

## **110 - Inductions**

### The Contract

There is a contract between the subject and the hypnotist. The nature of the contract is this:

The subject wishes to enter the trance state and experience hypnosis.

The hypnotist agrees to help this happen.

### 3 Steps of Induction

#### **Future Pace**

Tell the subject what they are going to experience, what will happen. Speak in future tense. Build a picture of the future and condition the mind to respond in the way that is desired. The subject then knows what to expect. This is an absolutely critical step. Even if the subject has been hypnotized before, IF the hypnotist fails to tell the subject what he can expect to happen, the induction may not work. The length of future is determined by the response of the subject and the skill of the hypnotist. Once relaxation of the body is achieved, the eyes may have narrowed slightly, the eyelids are becoming heavy and starting to droop. The shoulders may sag and the head may be leaning slightly due to the relaxation of neck and head. Watch for the other signs; flattening of facial features, fixed stare, lack of blinking, increased lacrimation, reddening of whites of eyes, slight waxy or shiny facial skin response, relaxed body position, the hypnotic sigh and the softening in voice quality.

Observe the reaction(s) of the subject and determine the openness of the subject to receive the next suggestion.

#### **Present Tense**

This is practically an imperceptible shift to the untrained observer. Comment on what you see happening. Pace their breathing, blinks, movements of the body, sounds in the outside world. Use everything that happens as an opportunity to increase rapport. Without changing rhythm or voice quality describe the sensations

the subject is experiencing based on what YOU are perceiving about the person. Watch for and comment on deeper breathing, eyes narrowing, eyelids drooping, sagging shoulders, the head relaxing forward or to the side, telling the subject that these are signs of the body relaxing. Comment on external events, like outside sounds, a breeze, etc., the things you perceive from around you and the things you perceive the subject to be doing and experiencing, and suggest that those natural things send the person deeper into relaxation, deeper into awareness of self and the real reason for coming in for hypnosis today. Use of these truisms, accurate comments on what is occurring, serve to deepen the level of rapport as the subject becomes aware that he or she is sharing a reality with the hypnotist.

## Rapport

This is where the hypnotist presents the suggestions requested by the subject. When rapport has been established, the work of the Hypnotherapist is most effective, regardless of the depth of the trance state. It is the quality of response that reconnects the subject with a comfortable knowing of what is appropriate for him or her. With rapport, the hypnotist can be firmer and more authoritative in delivering suggestion, the subject remains in complete control over acceptance or rejection of each suggestion, accepting only those ideas that are deemed appropriate by the subconscious/emotional mind.

Rapport is a collaborative state of mind.

## Induction Techniques

Try as many induction techniques as you can find, and design your own. You are limited only by your imagination. You will discover for yourself what works for you and what doesn't. As your familiarity with hypnosis grows, you will develop your own style.

Remember, there are two types of hypnosis inductions and techniques:

Authoritarian, which is a powerful, strong, commanding style, and

Permissive, which is a soft spoken, persuasive style.

### Progressive Relaxation – Toes Up

“Many people fail to relax completely when they decide to relax. This is a basic technique to make you more aware of the different parts of your body and their need to relax. In a moment, I am going to ask your body to relax more fully. As you begin to relax more, you may become aware of an inward focus. As you begin to focus inward, you become more and more aware of your ability to respond to suggestions for relaxation.

So sit or lie comfortably, loosen or remove any article of clothing that may restrict or confine you. Spread the legs slightly so the thighs aren't touching. Uncross legs or ankles, hands or arms. Allow the hands and arms to rest on or beside the thighs without touching each other. Breathe deeply, from the belly, or the diaphragm, the way you breathe when you are sleeping. And when you are ready, allow your eyes to close. Breathe deeply, as you breathe while you are sleeping. . . and become aware of the toes. Turn them loose and limp and lazy. Some people like to relax by flexing and contracting the muscle, taking them to the peak of their level of tension before dropping them to the basement of their level of relaxation. Some people just let their muscles go loose and limp and easy. Whatever you do is right, trust yourself, relax and let them go.

Feel all the muscles of the feet, turn them loose. Ankles, shins and calves, relax them. Feel the knees, relax them, loose and limp and good. Thighs and buttocks, turn them loose and limp and good and excellent. Feel all the muscles of the back, the small muscles and the large muscles, turn them loose and limp and that's fine. Feel the rising and falling of the rib cage, as you breathe deep and easy, giving all your internal organs a beautiful massage. With every breath, go deeper into relaxation.

Let the hands, fingers, and wrists turn loose and limp as a handful of loose, limp rubber bands. Feel the forearms, elbows, and upper arms relaxing. Feel the shoulders, turn them loose, let them go. Feel all the muscles of the neck, relax them. If your teeth are touching, allow them part slightly, relaxing all the muscles of the jaw and chin and mouth. Feel the ears relaxing, all background sounds reassure you that all is well in the outside world, you are very safe to continue this inner exploration. If anything should occur which needs your immediate attention, you attend to it refreshed, rejuvenated, regenerated. For now, just rest. Let the nose relax. Nose, sinuses, windpipe, bronchial tubes, relax and open, open, open. Feel the cheeks, turn them loose and limp, and all the muscles of the scalp, all the small muscles of the scalp and forehead relax.

Let the eyes relax to the point where they just won't work. When you are certain THEY WILL NOT WORK, test them and find you have been completely successful. Then forget all about them, and send that feeling of relaxation all the way down to your toes.

**<Insert direction suggestions here>**

*(give a 60 second pause to allow the suggestions to seep in, percolate, and add anything else from the inside that is needed to gain the full desired outcome)*

Take a moment to notice how good you feel and then let yourself come all the way back to full waking state, noticing the feelings of relaxation, noticing that relaxation has a power, a wonder, a feeling wonderfully good all over.”

*(Complete this process with follow up questions about the experience).*

Kind of surprised yourself, didn't you? (*whether yes or no*). Tell me about that.

IACT / IMDHA

## Sensory Motor

“Feet flat on the floor, hands on your thighs. Take a good deep breath and as you exhale I want you to look down at one of your hands, you decide which hand. Once you have chosen a hand, raise the index finger on that hand so I know you have selected that hand as your chosen hand. Then let yourself gaze at that hand in a dreamy sort of way. . . softly, easily and effortlessly, just as you have a certain level of tension you reach when you make a fist and press it tight, there is also a certain level of relaxation you reach when you sleep at night. . . and right now, you sit there motionless. . . gazing easily at your hand. . . allow yourself to notice how easily and effortlessly. . . you are motionless. But that is not quite true. Right now, no matter how still you are, there is always some small movement, some motion taking place in your body.

There is always movement, change, rhythm unfolding in your body, in your life. Heart beat, digestion, breathing. While you are sitting there the beating of your heart is a motion in the body and still you are sitting still. Some people feel their heartbeat when they sit still and relax still deeper. You are curious. And it is an interesting thing to become more aware. More aware of oneself, with every breath, relaxing deeper. Breathing is the first gift of life out of the womb. Your lungs function, your nose filters, your throat serves as passage. You were practicing breathing before you were born. Getting your muscles ready for life as an air breathing mammal outside of your mother's body.

There is movement here as your body sits so still and you observe the hand you chose. Your blood is moving through the body bringing oxygen from the lungs to the heart to the brains and body parts and in that hand. There is movement with every moment, with every breath, with every beat of your heart, even while you sit so quietly, so still. You are more aware, now, that even though you are sitting still there is always some motion, some movement taking place within your body.

Notice your hand. As you look upon your hand you may notice some small movement, a flushing or a twitch. Every person has a different way of perceiving motion and movement. You may see it or feel it, or just get an impression of that movement occurring constantly in that hand. Different people have different reactions. Sometimes the hand feels heavy. Sometimes the hand feels tingly. Sometimes the hand feels numb as if there is no feeling there at all. But usually and most interestingly, you will be interested to see this, watch it happen, usually the hand begins to feel light. It's going to feel lighter and lighter. Soon your hand will feel so light that it wants to float right up.

Imagine I am tying a string to your hand and it is attached to a helium balloon, a huge, helium filled balloon floating right above you. You know helium is lighter than air and it is rising. Notice how the hand feels lighter and lighter and lighter. Feel it moving higher, higher, higher. As though there is a helium balloon attached to it tugging it up, up, up. Watch your hand, allow your subconscious mind to do its perfect work. I can't do this for you. You can resist this if you chose, but that's not what you are here for. Allow your subconscious mind do its perfect work.

You may notice it as a twitching sensation in the knuckles or in the nails. You may notice it as a lifting sensation at the wrist or arm or even in the palm of the hand. You may

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notice it as an arching up of the palm of the hand. Lighter and lighter and lighter. A feeling of floating up, up, up.

*(Watch for any motion and point it out with suggestions of lighter, lighter, lighter. Once it starts to lift up:)*

Starting to lift up now - higher and higher and higher. Lifting up, up, up, higher, higher and higher.

*(Keep up the suggestions until the hand lifts off the leg.)*

As you notice the hand rising you begin to notice a wonderfully pleasant feeling or a sense of relaxation and release. Watch the hand lift higher and higher. All the muscles of the body, especially your eye muscles, will soon feel so relaxed you'll want to close your eyes. But please don't close the eyes until your hand touches your face. Even though you would like to close your eyes, don't close your eyes until the hand touches the face. Watch the hand rise higher and higher, faster and faster until it touches your face. Then you close your eyes because you would like to do that. Do not close the eyes until your hand touches the face. Let the hand go higher and higher.

*(As the hand approaches the face, change the suggestion)*

The hand is approaching the face now. It's approaching the face and you would like to close the eyes, now, but wait, don't close the eyes just yet. . . let the hand go up and soon it will touch the face and then you close the eyes and go deeper and deeper into deep relaxation. In a few more moments, the hand will be touching your face and when it touches the face, you close the eyes and sink into deep, droopy, drowsy relaxation. As soon as that hand touches the face, your eyes close and you go deeper into droopy, drowsy relaxation.

*(When the hand touches the face and the eyes close)*

As you close your eyes, you sink into deeper serenity and you slowly lower your hand and arm. As the hand goes down, the relaxation deepens further. As soon as the hand touches your leg, you go twice as deep as you are right now. As the hand goes down you relax and go deeper, deeper, deeper into droopy, drowsy relaxation. As soon as the hand touches the leg, go twice as deep as you are right now.

*(Once the hand has touched the leg)*

Become aware of how relaxed you are. Who did this to you? Not me, I'm not your mind. My voice, presence are tools that you have used to go deeply into relaxation. You know that you are aware of all your surroundings and you may notice sounds in the background and they don't bother or disturb you in any way, they reassure you that all is well in the outside world. All the background sounds reassure you that all is well in the outside



world and send you deeper into the droopy, drowsy relaxation. The most important sound is the sound of my voice guiding you deeper and deeper into the sounds of your breathing, deeper and deeper into the sound of the quiet place deep in the middle of your being.

*(Complete this process with an emergence and follow up questions about the experience).*

Kind of surprised yourself, didn't you? *(whether the answer is yes or no)*, Tell me about that.

*(Eye Fixation - Learned at Omni in 1985)*

"Sit or lie comfortably. If you are seated, allow your feet to be flat on the floor. Allow your hands to be separated and your thighs to be slightly parted. This is beneficial because in the state of hypnosis your arms and legs may become heavier and heavier and if you're not in a comfortable position you will feel uncomfortable. So adjust your body and relax. Any time you need to readjust your body to relax more deeply, do so. Breathe deep and pick a spot on the wall above eye level. Allow your eyes to remain on that spot easily and effortlessly, in a dreamy, foggy, vague sort of way. Take a good deep breath, hold it for a count of three and as you exhale, breathe out all tension. That's good. That's fine. Now take another good deep breath, and as you exhale become aware of a feeling of relaxation coming into the body and mind. That's fine.

In a moment, I will count from 1 to 20, as I count, you will close and open your eyes with each and every number. As I count you will close and open your eyes with each and every number. Now look at me for a moment.

*(Wait until they look at you)*

When I say 1, close and open your eyes like this . . .  
*(close and open your eyes)*

. . . 2 . . .  
*(close and open the eyes)*

. . . 3 . . .  
*(close and open the eyes)*

. . . and so on. If you understand me just nod your head and return your awareness and gaze to the spot you selected on the wall just above your normal eye level. Allow your attention to focus on that spot and as you allow yourself to become more and more aware of that spot, the more and more you will relax and the sound of my voice assists you in going deeper, deeper into droopy, drowsy, relaxation. You may find my voice fades way but at

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some level you still hear me and your eyes continue to close and open with regard to my counting until it is just too much effort for those eyes to open. Then stop trying.

As you close and open your eyes, all the muscles of the body are going to be relaxing. With every blink you are relaxing yourself more and more deeply, more and more effortlessly, entering a baseline of excellent relaxation, the kind that allows you the most restful, easy, restoration of your capacity for peak performance in all your endeavors. You may notice your arms and legs become heavier and heavier. You may experience a feeling of lightness. You may notice a warmth or a cool sensation. You may notice a feeling of getting longer or shorter, or a feeling of going in or going out or of just going somewhere. You may notice colors or hear sounds. You may notice, perceive, feel nothing at all, except the increased awareness of your breathing, and a growing sense of relaxation. Every person is different and the feelings, experiences, and perceptions are unique, perhaps different for each person, unique to you, trust yourself. As you continue to close and open the eyes, you'll notice the eye muscles, especially the eye muscles, relax most easily of all. And you go to that place, the liminal place, that place at the edge of the awareness, like the edge of the horizon, that place, and then a bit beyond, aware, into that marginal place in which your awareness expands, it's like, you know, and you've been there before, many times, it is a place of enhanced learning, growth, and development. It just happens, unfolds, a place inside where you know, and you know that you know, and it feels good when you are doing whatever it is that is calling to you, and after the fact when you look back, and realize with joyful appreciation that you have a capacity to unfold in excellence. And good.

As the count continues, you find it more and more difficult to open the eyes after each and every number, so that at some point in the count, when you find that you would rather keep them closed, or you become aware, you feel that it is a lot of strain to open them and you then you forget all about them and that's fine. It's good to let go, into that awareness, that liminal place where learning is enhanced, and you are more aware, wise, prudent, joyful, intelligent, compassionate, generous, and loving, its natural to unfold into a wisdom and understanding.

You are always aware of your surroundings. At some level, always aware. All background sounds of traffic, nature or people reassure you all is well in the outside world and you go deeper, deeper, deeper into the relaxation. Those background sounds don't bother or disturb you in any way as you allow your awareness to be on that spot you have chosen, each and every moment you become momentarily aware of is a cue to trust your inward journey, to go deeper. The most important sound is the sound of your breathing. . . and my voice in the background guiding you deeper, deeper, deeper into the knowing, that relaxed place of well being, isn't that so, just nod your head if you understand.

*(Wait for head nod)*

Ok, now I'll begin the count.

*(Count and watch the eyes. By this time, a good subject is generally in a light state of trance. When the eyes are used to deepen the state of relaxation the technique is called "fractionation".)*

Number 1, eyes close and open, allowing your focus to remain easily calmly and gently on that spot you've picked.

*(Watch for hesitation in opening the eyes. When the hesitation occurs, go to \*\*\* below)*

Number 2, a wonderful feeling of relaxation permeating every muscle, cell, tissue and fiber of the being. Number 3, 4, 5, notice the feelings of relaxation in the body, and number 6, let the relaxation flow through any part that needs more relaxation, number 7, with every blink going deeper into the knowing. Number 8, resting the body, mind, spirit. Number 9, there's a marvelous ability of the mind, number 10 to enjoy a moment of rest. Number 11, it is like breathing. Number 12, there comes that pause between breaths, number 12, a spark that starts the next breath. Number 12, it comes from that quiet place inside. I may even forget what number I'm on, and that's not important. You'll notice it, because you are growing more aware with every breath with every Number 12, and go deeper. Number 13, there is a spark of life that starts the breath, number 14 the heartbeat, number 15 the response to stimulation, number 16, it is life, number 17, love, joy, number 18, peace and humor, number 19, and the perfect blueprint of health, number 20.

*(if the eyes haven't remained closed,)*

Close the eyes down, now, and keep them that way until I tell you to open them.

*\*\*\* (as soon as you notice hesitation about the eyes opening, tell the subject.)*

Just keep those eyes closed down now and keep them closed until I ask you to open them. As I finish my count you notice the breathing, the sound of my voice, the feelings of relaxation. Go deeper into the knowing. Trust yourself.

*(Once you have gotten eye closure,)*

Now, just as I promised, you are aware, at some level, of all your surroundings and sounds. Notice how much more relaxed you are at this moment. Who did this to you, not me, I'm not your mind. Your mind is a most valuable aspect of your being, and it is different from the brain, you have many interesting aspects of self in the physical, mental, emotional, and spiritual perspectives of what it means to be human. Trust yourself. Notice the feeling of relaxation, and expanded awareness of the vast potential of working collaboratively with all the different, creative, dynamic aspects of who and what you are as a human being. Nobody, nothing can make you relax. You relax yourself by allowing yourself to relax. You are in charge of your state, your relaxed state, and notice how curious it is to be relaxed and alert at the same time. This is a pleasant awareness, that you can rest yourself fully, and be alert / aware, clear and observant at the same time.

Notice how relaxed you are right now, you can relax still deeper. Would you like to do that?

*(Wait for an affirmative, if no affirmative, do emergence and questions about the experience. If affirmative, the person would like to relax still deeper:)*

Allow all background sounds to send you deeper, deeper, deeper into the knowing. Allow my voice, my words, my presence to assist you as you go deeper, deeper, deeper into the knowing.”

*(If the numbers are not done, keep counting to deepen the trance. It is good to fulfill any suggestions you say you are going to do and finishing the count to 20 trains the mind to expect you to speak what is true about what you are going to do. This implies you know what is going to happen, which facilitates acceptance of direct suggestion. If eyes are not closed at the count of 20, give the description of what to expect with hypnosis and start the count of 1 to 20 again.)*

### Eye Fixation

“Get comfortable. Put your hands together like this.  
*(Press the hands together, fingers together with the hands flat, as if in prayer.)*

”In a moment, I am going to ask you to look at the end of this pencil (or tip of my finger). If you will do so and think of it, your eyelids will get heavy and close, or, if I close them for you,”

*(close your own eyes with your fingers and allow them to remain closed until you say the words “ALL RIGHT,” and clap your hands),*

“allow them to remain closed until I say the words, “All Right,” and clap my hands. When your eyes close, your head may roll, drop or fall forward, relaxing completely. Your hands will drop limply to your sides, you will forget where you are and go even deeper into relaxation. When I want you to emerge I will say "ALL RIGHT" and clap my hands"

*(open your own eyes).*

“If you understand just nod your head.”

*(Wait for nod)*

“Now look at the end of this pencil (or tip of my finger),”

*(Put the end of the pencil or tip of your finger slightly higher than normal eye level to pull the eyes upward, with a goal of fatigue.)*

“and allow your attention to remain there. I will use words pertaining to sleep, but I do not refer to the sleep you sleep at night. I refer to the sleep the body feels, but the mind experiences it differently. At no time will you feel sleepy, but the body will be as if sleeping

and by giving me your undivided attention you will slowly RELAX WHERE YOU ARE.

Droopy, drowsy, sleepy, drowsy, sleepy, drowsy, sleepy; as you go deeper, your eyelids get heavy and close.

*(Repeat this until the eyes have closed.)*

Droopy, drowsy, sleepy, drowsy, sleepy, drowsy, sleep; as you go deeper into the relaxation, deeper into the body sleep, the head rolls, falls, droops down to the front, down to the chest.

*(Repeat this suggestion until the head rolls forward.)*

Droopy, drowsy, sleepy, drowsy, sleepy, drowsy, sleepy; as you go deeper into the relaxation and body sleep, your hands get heavy and fall limply to your sides.

*(Repeat this until the hands separate and drop to the sides. This method demonstrates the subject's response to suggestion through the eyes closing, the head rolling forward as the neck muscles relax, and the hands falling to the sides. When an action is part of a thought, the degree of the response to the suggestion corresponds directly to the degree of arousal of the mind. Once the hands fall to the sides, the subject has unfocused from his environment and is refocused inward in hypnotic trance.)*

You open your eyes only when I ask you. You emerge only when I say "all right" and clap my hands. Now pay attention . . .

*(Now deliver the direct suggestions. Use the suggestions you have formulated based on the conversations you have had with your hypnosis subject. When the suggestions are complete, say, "All Right," and clap your hands, the trigger for the subject to return to his or her normal waking state. This is an abrupt emergence, and if the person is a bit foggy, groggy, use a slower count out emergence. Ask about the experience.)*

You kind of surprised yourself, didn't you. *(whether the person says yes or no)* Tell me about that.

Mrs. Milton Erickson Technique

"Sit comfortably. Pick a spot slightly above your normal line of vision and allow your gaze to remain on that spot. Breathe deep and tell me three things that you see without moving your eyes.

*(Wait for response.)*

Now three things you hear.

*(Response)*

And three things you feel surrounding or touching your body.

*(Response)*

And three things you feel inside.

*(Response)*

Now tell me two things that you see that you didn't mention before.

*(Response)*

And two things that you hear that you didn't mention before.

*(Response)*

And two things that you feel touching you or surrounding the body that you didn't mention before.

*(Response)*

And two things that you feel inside that you didn't mention before.

*(Response)*

Now tell me one thing you see that you didn't mention before.

*(Response)*

And one thing you hear that you didn't mention before.

*(Response)*

And one thing surrounding or touching the body that you didn't mention before.

*(Response)*

And one thing you feel inside that you didn't mention before."

*(Response)*

*(The purpose of this induction is to help the subject become aware of how to focus, defocus, and refocus the mind, discovering how aware the individual is of sensory based,*

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*external and internal stimulation. You can go into uncovering from here.)*

## Breathing

Children tend to breathe naturally, from the belly. Belly breathing tends to indicate feeling, or kinesthetic awareness. Diaphragmatic breathing tends to indicate hearing, or auditory awareness. Chest breathing tends to indicate vision, or visual awareness. For more information regarding visual, auditory, and kinesthetic sensory strategies, review Instant Rapport by Michael Brooks. When people are breathing from the chest, the lungs do not open fully, allowing the individual to numb out feelings. Chest breathers are not pulling the full capacity of oxygen into the body. They are failing to get full creative use from the body, by inhibiting the natural, deep breathing process, functioning more in fear based survival mode, than in creative mode. Help your clients reclaiming the youthful ability to breathe deeply from the belly.

### Belly Breathing

“Place a hand on your chest and a hand on your belly. Breathe and notice, does the chest lead the breath, or does the belly lead the breath? Many people breathe from the chest area. Modern American culture is highly visual. Visually oriented people tend to breathe from the chest. Chest breathing is shallow, utilizing only about 1/3 of the lung capacity. It can cause you to live in the realm of observer and watcher, severed from the creative feelings of Living NOW. People who breathe from the belly utilize more lung and air capacity, more available oxygen. More oxygen gives you more fuel to burn and more energy to use. With more oxygen, you experience enhanced relaxation, creativity and performance. Learn to breathe more deeply, and notice the benefits that deep natural breathing bring into your life.

Let the hand on the belly lead the breath, rising and falling first, as the chest follows. Let the belly swell like the bulb of a turkey baster when you inhale, and pull the belly toward your spine flattening the belly when you exhale. Notice the feeling of well being that comes

throughout the body when you use the entire lung capacity to oxygenate the body. Breathe deeply from within your abdomen.

Now, place your hands on your waist. Breathe deeply. Notice if the waist rises and falls. The diaphragm separates the upper body cavity from the lower body cavity. Effective breathing causes the waist to expand as you inhale, and contract as you exhale. Are you breathing deeply enough to use the muscles of your waist when you breathe?

Now place your hands on your back, at the waist. Breathe deeply and notice if the back rises and falls as you breathe. Complete breathing will cause noticeable rising and falling of the back at the waist level. Are you breathing deeply enough to use the muscles of your back?

If you observe a child sleeping, the belly leads, the waist and chest follow. This is natural, deep breathing. You probably still do it when you are sleeping or reclining. The upright world of the adult, public realm, is not always conducive to this relaxed state of breathing. It is time to relearn to breathe deeply again. This style of natural breathing does not comfortably fit some forms of fashionable attire, it functions best within loose, comfortable clothing.”



**Chapter 110: Questions for comprehension and self exploration.**

1. What is the contract between the hypnotist and the client?

The client wants to enter the trance state and experience hypnosis, the hypnotist agrees to allow this to help.

2. What are the three steps of the induction?

Future Pace, Present Tense, and Rapport.

3. What is progressive relaxation?

It is a progressive shifting of awareness to interconnected parts of the body in the process of self awareness, and self regulation to a relaxed state.

4. Does it matter if you start from the head or the toes in Progressive Relaxation?

This appears to be a matter of preference.

## **111 - Deepening**

The body and mind generally appreciate suggestions for relaxation. Look at all the marketing geared toward relaxation, or the impression of relaxation and well being. A suggestion for the body to relax is often quickly accepted. Each idea accepted tends to create greater response to each preceding suggestion the subject accepted, compounding the subject's ability to respond to suggestion, increasing the complexity of the suggestions that are being delivered, accepted and acted on.

You are aware, and you are curious. Trust yourself.

The purpose of the following deepening techniques is to help develop deeper and deeper levels of relaxation. Even after you have asked subjects to go to the basement of their ability to relax at that moment, as soon as a subject affirms being at the basement of his or her ability to relax, you can use fractionation, demonstrating the possibility of still greater depth. The welcome relaxation deepens the rapport between the hypnotist and the subject.

### 1 - Counting (*Up or down are equally valuable, use what feels best for you.*)

"And now as I count from 5 to 1, go all the way back to a time when you felt the most relaxed, calm, peaceful and serene . . ."

*(Counting is also a useful way to make transitions between ideas and suggestions.)*

"On a count of 1 to 5, come all the way back to . . ."

### 2 - Number Loss / Number Drop

"When I lift your hand and drop it I want the number between the numbers \_\_\_\_ and the number \_\_\_\_ to disappear from your mind. You'll find that it will drop out as I drop the hand. Now when you try to think of the number between the number \_\_\_\_ and the number \_\_\_\_ it just goes further and further away. You can't find it at all. Try it and find that's just what happens. It's gone completely let it be gone completely."

*(Drop hand again, and bring the number back and ask the client:)*

"What happened to that number? Where did that number go?"

### 3 - Silence

*(The pause between suggestions enhance the response. A minute or several minutes of silence can serve as an excellent tool to send the subject deeper. When giving the subject suggestions to visualize, the subject has much greater response rate when the suggestions are paced with enough space to create the picture you are painting with your words. Also the suggestion):*

“Until I touch you again, you will continue to go deeper and deeper into relaxation.”

*(When working with groups:)*

“Until I \_\_\_\_\_ (*touch you on the shoulder/wrist/hand/forehead*) again, you will continue to go deeper and deeper into relaxation paying no attention to my voice.”

#### 4 - Fractionation

“In a moment I'm going to ask you to open your eyes and let me look at them. Each and every time you open and close the eyes, you go deeper into the knowing, perhaps even deeper into the understanding of self and others. When I ask you to open your eyes, open them and keep them open until I ask you to close them. When you close them you'll go deeper into the relaxation. Want that to happen, watch it happen, allow it to happen. Now open your eyes, take a good deep breath and as you exhale, close them, going deeper still. Now open your eyes, again, and as you close them, again, go ten times deeper.”

#### 5 - Truism

*(Bring the subject's attention to things that are happening. The sound of the breathing, the background sounds, their body movements, and do it using their language.)*

#### 6 - Verbal Feedback

*(Repeat the subject's responses.)*

#### 7 - Non-verbal Feedback / Mirroring

*(Follow the subject's body posture and movements, blink and breathing rate, voice quality and speed, with your own. Cross your legs after they cross theirs. If you observe incongruence, such as saying yes and shaking head no, or say negative things while smiling, and mirror that behavior back, the subject may seek to clarify the incongruence without conscious recognition of why he or she has begun to discuss this particular aspect of life. Effective mirroring helps you bring the subject's attention to what you perceive about him or her, which may or may not match his or her self image.)*

#### 8 - Compounding

*(Use and, as, while, and but to put ideas together into compound thoughts. With practice, you will develop a comfortable patter of zipper words or phrases to help you maintain a relatively steady patter as you shift between thoughts using affirmative words, words of praise and encouragement to inspire and support the subject in his or her hypnotic experimentation.)*

#### 9 - Pyramiding

“On the count of 3, open your eyes and your eyes only. When I \_\_\_\_\_ (*trigger*),

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the eyes will close and you will go deeper, deeper into droopy drowsy relaxation.”

“As I count from one to five, on the number five, your eyes will open, you will tell me what you are experiencing, and when you are ready, you will \_\_\_\_\_ (trigger) and return to this level of relaxation or deeper.”

#### 10 - Hallucinations

*(Create an image in the mind using the senses: the beach, walking up or down stairs, sailing, in a tunnel or a corridor, sliding, riding in a car or a train or a bike, sliding down a bannister, etc.)*

#### 11 - Ideomotor and ideosensory suggestions

*(Eye catalepsy, arm catalepsy, arm levitation. Sensations of hot or cold or anything effecting any of the senses.)*

#### 12 - Indirect Suggestion

*(While the subject is hypnotized, or not, direct your suggestions to someone else. Explain what is happening to someone else and explain what is going to happen. This way, the subject receives the suggestions about what they are going to do, indirectly. At this point, many subjects begin to respond, even though the suggestions are not being delivered directly to that individual.)*

#### 13 - Placebo

*(Give an imaginary drink, pill, or glass of water, and suggestions that the subject will go deeper when ingesting this.)*

#### 14 - Breathing

“Listen to the sound of your breathing. It has a very special acoustical sound as it flows in and out of the body. It flows in and out and with every sound, every feeling of breathing, you go deeper, deeper into the knowing.”

(Exhaling)

“Every time you exhale you will automatically sink deeper. Every time you exhale you automatically sink deeper.”

(The Wings of Your Nose)

“To help the breathing muscles function more effectively, notice how your nose moves, or doesn't move when you breathe. In order to enhance your breathing, narrow the nostrils slightly when inhaling and flair them out when exhaling. You can

use your fingers to narrow the nose slightly by pressing on each side of the nose, just above the wings of your nose, as you breath in. As you exhale, release the nose and let it flair.”

(Alternate Nostril Breathing)

The left side of the spinal column (*ida*) is female, the right side of the spinal column (*pingala*) is male (Douglas and Slinger, 1979). Alternating nostrils can effect what form of energy you are utilizing. According to Eastern traditions, when you want to energize, or renew energy, you breathe through the right nostril. This enhances strength. Shut down the left nostril with your finger pressed on the left side. This gives you access to the positive energies only. If you are feeling nervous, tense, worried, breathe from the left, shutting off the flow of air with a finger pressed on the right side of the nose. This restores calm, poise, harmony and self confidence. For balance, breathing in the one nostril, while holding the other shut, then imagining energy flowing across the base of the spine, releasing the nostril previously held shut to handle the exhalation, and following inhalation, again imagining the energy passing to the other side of the spine after the in breath.

15 - A Disguised Test

*(This deepening strategy allows to you test the subject's quality of response. It is used along with the fractionation: eyes opening from a closed relaxed position, and returning to that closed position. When the eyes open, you can observe for increased lacrimation, focused or defocused appearance of the eyes, reddening of the eye whites, and eagerness to return to the state of relaxation with eyes closed. As you do your count from one to three, speaking one and two rather quickly, and pausing between two and three. When you pause, if the subject's eyes open before you say "three", they are not following the suggestions, they are not in trance, they are faking their readiness to relax and respond while maintaining a logical anticipation of the next instruction. Hypnosis is established when the critical faculty, which is logic, is bypassed. This disguised test is used to "increase mental relaxation" and is an excellent bridge from future to present tense.)*

“In a moment, I will count from 1 to 3(evenly spaced as if 1 2 3). On the count of 3, and not before, open your eyes and look at me, noticing how good you feel. Let me take a good look at you and as soon as you notice, notice that feeling of relaxation, as you notice that feeling of relaxation let it grow stronger, spreading through every muscle, cell, tissue and fiber of your being. When you hear this sound \_\_\_\_\_ (*finger snap/ sleep / hypnosis*), again” or ”see me \_\_\_\_\_ (*stroke my chin / tug my ear / point at you*), your eyes will close back down and you'll go twice as deep into the relaxation as you are right now. Good. Number 1, 2, (*pause*) 3 now open your eyes and look at me. Let me look at you, notice how relaxed you are. Tell me what you are experiencing.”

*(Look for the signs, and note what, if any, signs for hypnosis the subject is exhibiting. Give the post hypnotic signal and notice the response. When the eyes close:)*

16 - Post Hypnotic

“Notice how much more you are relaxed. Each and every time you practice relaxation you relax deeper and faster than the time before.”

**Chapter 111: Questions for comprehension and self exploration.**

1. What is the purpose of deepening?

Deepening allows a person to improve the awareness of state, ideally a relaxed state. Deepening allows the depth metaphor of the unconscious and collective unconscious to open a communication with the conscious mind.

2. When the eyes open and close during induction or trance state, what is occurring?

Each time the eyes close and open and close again, the client enters a deepened state of relaxation. The repetitive opening and closing is called fractionation. Sometimes a client will spontaneously open the eyes during a session, which doesn't mean that the trance has ended, it could be simply the person orienting self in time and space. Suggest that the person close their eyes and go deeper into relaxation.

## **112 - Emerging**

Some subjects will find complete and full relaxation their very first attempt at hypnosis. Some subjects take a very long time achieving relaxation. The emergence from hypnosis into the activities of daily life is an interesting integration of what has been learned into a systemic approach that ideally generalizes to the subject's overall attitude toward life, specifically an ability to relax. Then we must ensure the subject is comfortable, clear, and alert when they go back into the world at large. It is important to emerge the subject fully before allowing them to leave your office. The intent of effective emergence is to have your subjects feeling clear headed at the end of the hypnotic experience.

When the subject has experienced complete relaxation, and there are no serious problems, the session is often reported to be pleasant, relaxing, and for there to be a lingering feeling of well being. This feeling of well being may last only minutes, or for much longer. When the subject has issues that are mucking around below his or her conscious awareness, and arrives with a sense of tension and heaviness, the client who has followed suggestions for relaxation will tend to report subjectively measurable success with reports of feeling lighter, clearer, ". . . somehow things are brighter."

Residual tensions infer hidden issues. Frozen, unresolved issues that are stuck within, brushing uncomfortably up against the conscious mind, can result in the subject avoiding relaxing fully during a session. When a person experiences a tension that is not resolving with direct suggestion and breathing, the issues that are hidden issues in those tensions may be a surprise encounter, or may be familiar issues for the client to encounter. The hypnotic subject has complete control over what is addressed during the session, he or she is the determinant in quality of response and level of relaxation. In therapy, the unresolved issues create incomplete catharsis, and result in only partial relaxation. When sessions end with expressions of fatigue, feeling a needing for sleep, feeling drained or tired, confused or uncertain within, there are unresolved issues, and you may be working interacting with a hypnotic subject who needs to move more slowly.

Sometimes a subject will report a sensation of big head, tight head, headache, hot flash after the session, and the energetic processes of Taoist microcosmic orbit breathing can be helpful in reducing this discomfort, see the reading list for Mantak Chia's work. The microcosmic orbit of the Taoist traditions can encourage a more normative, spiritual flow of energy in the human body.

"Imagine energy flowing up the spine with the in breath, flowing along the inside of the skull to the point between the eye brows and the nose. Imagine the out breath flowing down the front of the body, soothing the organs, flowing down to the perineum. Each breath, a circle of energy flowing up the spine with the in breath, clearing, cleaning, and nourishing the nervous systems, flowing across the organs of the front with the out breath, clearing, cleaning, and nourishing all the internal organs with the outbreath. Notice that

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moment of pause as the one breath completes and the next breath is about to start.

Imagine opening a window in the head, imagine the flow of energy up the spine, spouting out the top of the head, allowing the pressure to blow out the top like a fountain, or a dolphin or whale spouting, with the energy reaching a peak and flowing back around, flowing down along the outside of the body, the outside of the aura, washing you off, rinsing any dust or residue into the earth where it can become food for the plants. Letting the warm winds of change blow through your mind, body, and spirit bringing love and support.

*(Formal emergence serves to train the mind to recognize the shift between subconscious awareness and conscious awareness. Be an opportunistic hypnotist, the emergence is an excellent time to lay in the idea of growth, health, change, and bring the subject out of trance with suggestions of well being, of feeling good all over.)*

*(If a subject uncovers traumatic memories, and has not experienced complete catharsis, you may find it helpful to suggest,)*

"Coming back to full waking state now, remembering to forget all the things you don't need to remember at this time."

*(Here are several emergence patterns:)*

1 - In a moment, I will count from 5 to 1. On the count of 1, bring yourself all the way back to full awareness, full waking state, feeling wonderfully good all over, better than you've felt all day. Number 5, feeling relaxed, and who did this to you? Not me, I'm not your mind. Inside you have a wonderful place in which your abilities to learn are enhanced, your creativity is revealed and harnessed to achieve your goals, and you feel really good all over. Number 4, physically perfect, mentally perfect, emotionally calm and serene. Want that to happen, watch it happen, allow it to happen. Number 3, feeling better than you've felt in a long time, and you are curious. In some way, you remember everything you have said or done today in hypnosis. If there are any remaining tensions from the days activities or old ideas . . . Number 2, by the time I say the next number, allow those tensions to be gone. Just breathe them out, let them go. And good and excellent, number 1, eyes open feeling wonderfully good and relaxed all over.

2 - Notice how relaxed you feel. Bring that relaxation all the way back with you, back to waking state. As I count from 5 to 1, bring that relaxation all the way back with you. Number 5, slowly, calmly, easily and gently come back to full awareness. Number 4, there are very special things which you do which only you can do and only you know what they are, trust yourself. Number 3, as if you have been bathed in fresh clear water, rejuvenated, regenerated, revitalized, coming all the way back with the dynamic relaxation of a professional athlete, ready to tackle anything. Number 2, when you were a child, you thought as a child, you spoke as a child, you saw through the glass darkly, now you are grown, and you SEE CLEARLY NOW. Number 1, eyes open, take a good deep breath, reach out and stretch, feeling wonderfully good all over."



3 - Each time you practice relaxation you relax more quickly, more deeply and more easily than the time before. Relaxation is a skill that you are easily developing with practice. Now I'm going to count from five to one and then I'll say, "fully alert, refreshed and feeling wonderfully good all over." At the count of one, your eyes open, and you find yourself fully alert, feeling calm, rested, refreshed, relaxed, and wonderfully good all over. All right number five, slowly, calmly, easily, gently returning to full awareness once, again. Number four, each muscle and nerve in the body is loose and relaxed and you feel wonderfully good all over. Number three from the top of the head to the tip of the toes you are feeling perfect in every way, physically, mentally, emotionally and spiritually calm and serene, want that to happen, watch it happen, allow it to happen. Number two, reorienting to the world around you, the space around you, the surface beneath you, the clothing you are wearing, and your eyes begin to feel sparkling clear, as if they have been bathed in fresh, spring water. There is no other like you anywhere. If there were, you would have no purpose. There are special things which you do, which only you can do and only you know what they are. You are the equal of any person who has ever lived, any person living now or any person who has yet to live. Number one, eyes open, fully aware feeling calm, rested, refreshed, relaxed, invigorated full of energy, reach out and stretch, feeling wonderfully good all over.

4 - All the new ideas, thoughts or feelings triggered by this experience are being assimilated, collated, correlated and filed away in the warehouse of learning for future use in positive, powerful, life affirming ways that surprise and delight you."

### Resistance to Return to Waking State

Should you encounter full catalepsy and a refusal to return to waking state, several theories can be applied with varying success:

- "If you do not exit trance and return to full waking state when I ask you to, I will never let you enter this state, again, and you will never be able to enter the relaxation of trance, again."

*(I do not recommend this approach, as I prefer not to lie to my clients. It obviously is a lie, as you are not the one who took him or her to that level of relaxation, he or she did. But he or she may be unaware that this is the case. The suggestion can serve to bring him or her back into contact with the critical faculty of consciousness, the part that determines whether this suggestion applies.)*

- "This wonderful state is a natural state which is available for you anytime, anywhere that you need or desire it. Since you have allowed yourself to experience this relaxation fully AT THIS MOMENT, you have allowed yourself to relax to a point of natural relaxation. This well being is the true source of all peace and balance. In this relaxation, love, light, truth, warmth, peace, balance,

joy, serenity, humor and a perfect blueprint of health surrounds, soothes, bathes, permeates and penetrates every part of your being. This relaxation and its related feelings is found in the very center of your being. Deep inside, you know everything about you and you know that you know. Trust your true source of power and knowing. Trust yourself completely. Who relaxed you? Not me, I'm not your mind. You relaxed yourself. Your mind is the most powerful tool you have available to you. You can access this state whenever you desire. Now, it is important to develop the capacity to exit and enter the state rapidly, going deeper and faster each and every time. On a count of three to one, bring yourself up to full waking state, look at me and when I snap my fingers, the eyes close and you immediately return to this level of relaxation, or deeper.

*(I prefer to approach this as a learning experience, whereby he or she becomes aware of how much more control he or she has over his or her own ability to relax. Do the three to one count several times. It will serve two ways, 1 - to deepen the quality of response, and 2 - to teach the subject to come in and out of state easily.)*

Now you are aware that you can enter and exit the state of relaxation any time, anywhere, each and every time going deeper than the time before. You know you now have a tool for well being and relaxation that serves you well. When I count from five to one, emerge easily from the depths of the relaxation to a relaxed feeling of well being, fully aware and feeling good, feeling better and better each and every day, growing more and more relaxed each and every day."

*(This form of education assists the subject in reclaiming a sense of personal power, establishing an enhanced feeling of well being that carries over into the waking state.)*

- "You can stay as long as you like. After 5:00 p.m. your rates double, they triple over the weekend, but no problem we can wait. If I have other subjects waiting, you will have to pay their rate, plus your rate for our time together, no problem, stay as long as you like."

*(This usually works as it puts the critical faculty in gear figuring out how much he or she is willing to spend.)*

- "You can stay as long as you like, I'm sure that you will notice your bladder shortly. You've been relaxed, and there is that urge to have a drink of water and relieve yourself in the toilet. So relaxed. And when you are ready to relieve yourself with the movement of fluids, allow your eyes to open.
- "I'll bet you are so relaxed that you are hesitating to come back to the pace of the rest of your life, and that's ok. Today you have learned to relax deeply. You did this to you, and you have the power and skills to do this to you, again. And again. And again. Each time your practice, it gets easier, faster, the feelings of

relaxation become residual, it is a good thing to practice. So when you are ready to open your eyes, you will do so with delight that you have learned a new tool, a familiar tool, a natural tool of relaxation and well being that you can take with you and practice wherever you are, wherever you go, and you can enjoy your life more fully and more relaxed. Now open your eyes and tell me about all that.”

### **Chapter 112: Questions for comprehension and self exploration.**

1. When a hypnotized person opens his or her eyes, does that mean trance is done and they have fully emerged?

No. A hypnotized person remains hypnoidal (enhanced suggestibility) for 20 to 40 minutes after emergence. Just because the eyes have opened, doesn't mean that trance is done. A person can open and close their eyes during the session without adversely impacting the quality of the response, and the repetitive opening and closing can be linked to a suggestion to go deeper into relaxation, a process referred to as fractionation.

2. What is the ideal emergence outcome?

The person feels relaxed, calm, light, bright, contented, joyful.

3. What is happening when a person ends a session with less than a relaxed joyful response?

The person is encountering residual stress that did not give way to direct suggestions for relaxed well being.

4. How do you interact with a hypnotic subject that refuses to emerge when instructed to do so?

You can stay as long as you like, I charge double for the time that you stick around after your session is done.

Or

If you are enjoying this, allow yourself to smile so that I know you can hear me and are enjoying this. *(there will normally be a beaming smile. If there is no response)*

I am going to touch your forehead (*gently tap the forehead*), it is time to come back to waking state, eyes open, fully alert as I count from 5 to 1, you come all the way back to waking state, 5, clearer, brighter, all the way to full waking state, 4, more

and more alert, 3, calmly, gently easily, beautifully, as if you are being bathed in cool spring water, your eyes feeling refreshed, 2, feeling more and more aware, awake, alert, 1, eyes open, feeling refreshed and rejuvenated.

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## **113 - Identifying Your Subjects**

### Who Cannot Be Hypnotized?

You cannot hypnotize those below the age of five, the insane, or the senile, none of whom have sufficient attention span. There are exceptions, such as the case of an insane person having moments of lucidity, or a child having a longer attention span. All normal people have an ability to respond to hypnosis. Certainly anyone who can focus sufficiently to count from five to one can experience hypnosis.

In order to fully experience hypnosis, the subject must be free from fear of the hypnotist or of the process. Repeated exposure to effective, enjoyable relaxation methods is effective in reducing the hesitancy or fear which are natural when exposed to new ideas or behaviors. Some individuals will leap into the unknown or unfamiliar, some will test the water before wading slowing in. Each being will respond in precisely the correct manner at the moment of the experience. Self trust is crucial. Once the subject experiences the hypnotic pleasure of enhanced relaxation, hypnosis tends to be viewed as a desirable state.

### All Hypnosis is Self Hypnosis

You can learn hypnosis in five minutes. It is only a matter of identifying a natural process of learning and growth, one you have used many times to learn many things. Anyone can learn to "hypnotize" someone else, and identify signs that indicate the person is in trance, but the successful process includes a willingness to be hypnotized. As a hypnotist, you are not going to hypnotize others, you are going to teach them methods for hypnotizing themselves. The job of the hypnotist is to help the subject gain greater control over a natural power, something that is already within the subject's grasp without being fully accessed and utilized in a deliberate manner.

The tools the hypnotist uses to help trap the subject's mind into thinking for itself are his or her voice, words, ideas, presence, inflection, touch and timing, but without willingness on the part of the subject, hypnosis fails. The hypnotist is not hypnotizing the subject, the hypnotist is a living tool, offering the subject reminders of his or her own innate powers. All hypnosis is self hypnosis. The hypnotist can help inspire and building anticipation, demonstrates the state of relaxed, alert, calm, fully present, authentic awareness, and the client has mirror neuron's that can reflect that back if he or she is eager to engage in that lovely state of relaxation, and the subject is in complete control of the session.

The quality of the relationship between hypnotist and subject determines the quality of response of the subject. A subject may find good rapport immediately, or may require several sessions to achieve his or her objective(s). Sometimes a change in hypnotists provides deeper rapport. The most common response to hypnosis is that each time the subject explores the power of his or her subconscious, his or her quality of response

improves, and he or she may report increasing feelings of depth and well being. There may also come times of plateaus in the experience of hypnosis. Sometimes the quality of response will be better than others.

## Choosing Your Subjects

The stage hypnotist has advantages over the clinical practitioner in that the work of the stage operator is with volunteers for entertainment. In a private office, you work with whoever walks in, within your level of comfort and experience. When working with a group, you have more leeway in choosing subjects who appear to be the most suggestible. Less responsive subjects can be winnowed out and returned to the audience with minimal disruption. The individual who is an excellent subject for rapid emotional catharsis in the hypnotherapy office, can be a problem for a stage operator who is seeking only entertainment value from his or her use of hypnosis.

## Using Pretalk

Use the pretalk to determine if your subject is a refractory or good subject. This helps you decide if you are going to use a permissive or authoritative approach. Those who are unable to focus their attention for any long period of time will generally need quick, authoritarian inductions.

## Good Subjects

Most hypnotists will refer to a "good" subject as one who is creative, artistic, spontaneous and easy to work with. The more intuitive or creative individuals tend to have a faster response to suggestion. People who are able to imagine and pretend are easier and faster to hypnotize than those that are trying to figure out "the right answer" or a logical reason for the suggestions. Religious people, people accustomed to boring jobs, taking orders, or following instructions tend to be excellent subjects. Lower ranking military personnel are generally "good" subjects. As the rank increases, individuals tend to become more refractory. A "good" subject is the one who says the first thing that comes to mind when asked questions. A "good" subject is imaginative, impressionable, passionate, emotional, sensitive, spontaneous and willing or able to express the experience. Good subjects respond to both authoritative and permissive techniques.

## Refractory Subjects

The refractory subject tends to be highly rational, logical, accustomed to being in control or in charge. This subject will generally fear the unknown and rejects direct challenges because of his or her fear of being out of control and/or under someone else's control. This is a logical, analytical person who tends to respond best to permissive techniques. Doctors, lawyers, mathematicians, high ranking military and other people taught to think things through tend to be refractory subjects. The refractory subject

is not so easy to get to play along, as he or she will attempt to figure out what the hypnotist really means, or what the right response might be, instead of following his or her own intuitions and impressions.

### Bad Subjects

There is no such thing as a bad subject, there are only incompetent hypnotists, and subjects who chose not to be hypnotized at that particular time. There are those with insufficient attention span, mistrust, or fear are difficult to engage in the relaxed interaction of this style of hypnosis.

### Skeptics

Skeptics tend to be some of the best subjects. True skepticism involves putting aside both beliefs and disbeliefs, standing before the experience or phenomena with fresh eyes, ready to perceive and possibly comprehend what is being revealed. A skeptic is a true scientist. A rationalist may put aside his or her experience(s) as coincidental, or odd if it does not fit his or her preconceived notions, maybe even irrelevant, particularly if it challenges a strongly held belief or value system. An economic rationalist will make obvious efforts to obscure all data that controverts the source of his / her revenue stream(s). Be aware that some counter-advocates attempt to disguise themselves within the claim of being skeptics, attempting to claim moral high ground to which they are not entitled. If they are counter-advocates, they are to be challenged to state their position(s) and to observe if what they perceive and what they already know have a goodness of fit or mismatch.

I find skeptics to be the most intriguing, fun subjects to work with. They are bright, responsive, aware, and willing to observe that data which is an outlier or omitted from their awareness indicates that they have incomplete theoretical paradigms.

Mention that there are many misconceptions about hypnosis, and that it is a natural state, but at this point in your hypnosis education, do not argue about hypnosis until you feel proficient with your skills, can identify specific misconceptions that you know the facts about, and debunk false information.

### Four Types of Response to Hypnosis

The speed of response is dependent on the subject's level of desire:

**unmotivated** <----- 4 ----- 3 ----- 2 ----- 1 -----> **highly motivated**

#### 1. Immediate

These responders usually gets what they need in one session, they are highly motivated (~30%).

2. Slower

These responders usually take two to six sessions. These folks may think they are motivated until they start the process of change, and then they run into little things, issues and glitches that slow down the process of change (~30%).

3. Very slow

These responders take a very long time, a year or more. These folks are smart, stubborn, and may have big payoffs in remaining exactly as they were. It takes a long time before these individuals are willing or able to change (~30%). There is a lot of backsliding.

4. No response

These individuals are indicating unwillingness or inability to change at this time.

## Hysteria

Hysterical people are those who can, with slight provocation, experience laughter, tears, and other intense displays of emotion which are known as abreaction (see *Chapter 114, and index*). There are productive methods for handling abreaction which are not included in this Basic Hypnosis Course. At this time it is advisable to refer subjects who demonstrating hysteria and abreaction to a more skilled hypnotherapist.

## When the Subject Fails to Respond

*(Perhaps the subject refuses trance because they are uncomfortable, have something else on their mind, are trying too hard to achieve the suggested goals. Perhaps they don't like or trust the hypnotist. Some people resist just because of the word hypnosis. You may want to substitute the word relaxation for the word hypnosis and avoid using the terms: sleep, wake up and hypnosis. A doctor can refer to medical relaxation. A dentist to dental relaxation. Fear is the primary thing that will prevent a person from entering hypnosis. This may be on a conscious or subconscious level. Ask questions like,)*

“Is there any tension in your body?”

*(If yes, ask the subject to discuss with you what is bothering him or her, or use breathing to relax that part. Either approach may trigger abreaction. If there is still no response or only minimal results, give the subject a self hypnosis tape. Recommend a book for self hypnosis training such as Charles Tebbetts - Self Hypnosis and Other Mind*

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*Expanding Techniques. Send him or her away to practice self hypnosis for a given time before coming back for another session. Or you can start an uncovering process of helping the person become more self aware.)*

“What do you think is holding you back from relaxing at this time?”

“What’s bothering you right now?”

“What is going on inside right now?”

### Practice Improves the Experience

Every time the person enters and exits the experience of hypnosis, he or she tends to go faster and deeper, each time utilizing the feelings of relaxation more efficiently. Each attempt to enter the state creates more and more awareness of the bridge between the conscious and subconscious. Giving the logical analytical mind something to do is an excellent way to relax the mind further.

#### Mental Exercise #1

“Draw the letter A on a blackboard of your mind. Then draw a circle around it.

Then erase it and go on to the next letter of the alphabet.”

. . . and so on through the entire alphabet.

## Mental Exercise #2

“Draw a large circle on the blackboard of your mind. Then draw a large square. Then draw a large triangle. Then starting with the circle. . . trace the circle three times to the right and three times to the left. Then go to the square . . . trace it three times to the right and three times to the left. Then go to the triangle . . . and trace it three times to the right and three times to the left. While you are doing this, the words I say won't bother or disturb you in anyway. Focus on the task at hand. When you are finished tracing those geometric forms, erase them in reverse order, let them slide back down into the unconscious, easily calmly and gently. Taking all the ideas and goals you are about to hear into your powerfully relaxed unconscious mind to function as automatically as you breathe, as easily and automatically as your blood flows through your body, as easily and automatically as something you learned when you were young that you continue to use automatically today. Maybe like tying a shoe, or brushing your teeth, you know, and you know that you know, and you are smart, trust yourself.

*(Now deliver the direct suggestions as requested by the subject.)*

When you are finished tracing those geometric forms, erase them in reverse order, let them slide back down into the unconscious, easily calmly and gently. Start with the triangle, erase it three times to the left and then three times to the right. Then go to the square. Erase it three times to the left and then three times to the right. And then go to the circle. Erase it three times to the left and then three times to the right.

And when you are ready, come all the way back to full waking state and tell me about your experiences, notice how funny it is to be remembering to forget to tell me the things you don't need to remember because they work just fine and automatically. It's so great how that works, and you may find yourself chuckling, or smiling about how humorous it is, the amount of things that you do automatically without having to think about it. I wonder how surprised you will be when you notice in retrofect that you have automatically done positive things, allowed these things to occur, accepted the positive things you expressed as hopes, and dreams to come to you in your life. I wonder how pleasing the sense of appreciation for self will flow through your body? That lovely sense of appreciation and gratitude for the strength, kindness, and willingness that unfolds in your life and generalizes into a contagious kind of thing that shares itself automatically in positive ways with others.”

### Mental Exercise #3

“Close your eyes and imagine a blackboard. Imagine the chalk. Imagine that you are writing the number 100 on the chalkboard, say the number out loud and draw a circle around it. Then imagine erasing it. Count down from 100, and with each number, say the number out loud, draw it on the blackboard, draw a circle around it, erase it and then allow your eyes to open and close. Every time the eyes open, you reassure yourself that all is well in the outside world and you are safe to continue going deeper, deeper, deeper into the knowing. Every time the eyes close, you go deeper and deeper into the relaxed state of self awareness known as hypnosis. Trust yourself completely. Please count backwards, out loud, starting with 100,

*(eyes open and close after it is erased)*

99, 98, and so on, imagining that you are drawing or seeing the number drawn on a chalkboard, a circle being drawn around it and then erasing the number and circle. Do this until all the numbers fade away and it's just too much effort to do and you can just forget all about it and relax.

All background sounds reassure you all is well in the outside world. The most important thing is the sound of your breathing and my voice guiding you deeper, deeper, deeper into the knowing. Rest deep and easy.

*(Watch for the subject to hesitate on the numbers. Listen for the subject's voice to get softer. Listen for pauses. Watch the skin tone on the face. Notice the eyes as they open and close. When the subject begins to hesitate on the words and/or the eyes have difficulty opening say,)*

Forget all about that now, and just rest, deep and easy. As I take your hand and lift it, allow that hand to be loose and limp as a loose, limp rubber band, or a wet dishrag.

*(Grasp the thumb and lift the hand and arm, giving it a jiggle to determine relaxation.)*

As I drop the hand, let it drop with a plop to your lap and go deeper into relaxation and notice how good you feel. Who did this to you? I'm not your mind. You did this to yourself. Your mind is the most wonderful tool you own. Trust yourself completely.

*(If the subject manages to get all the way to zero, they are trying too hard. Say:)*

The harder you try, the harder it gets. If you get all the way to zero, your mind is out of control because you have not yet learned to control it enough to relax when you ask it to. *(You may want to use Progressive Relaxation for further relaxation training.)*

## Emergence

“Now as I count from 5 to 1, return to full awareness and notice how good you feel, better than you've felt in some time. Number 5, slowly, gently, easily returning to full awareness. Number 4, feeling wonderfully good all over, better than you've felt in some time. Number 3, a refreshed feeling of well being throughout every muscle, cell, tissue and fiber of your being. Number 2, feel as if the eyes have been bathed in fresh spring water, refreshed, rejuvenated and revitalized. Number 1, feeling wonderfully good all over, eyes open, take a good deep breath and stretch, and good and excellent, and tell me about that.”

**Chapter 113: Questions for comprehension and self exploration.**

1. What is a bad subject?

There is no such thing as a bad subject.

2. What is a good subject?

Someone who is easy to work with, goes into trance quickly, is highly motivated and clear about the goals for the session.

3. What is a refractory subject?

A logical, rational individual who likes to be in charge of every detail.

4. What is a skeptic?

A true skeptic is a person who suspends belief and disbelief to discover what is unfolding in the moment. A false skeptic claims the moral high ground of skepticism, and then promptly starts arguing for position or opinion that reveals an advocate with a bias. Advocates are counter to something, and for other things.

5. What are the four types of response to suggestion?

Quickly.  
Slower.  
Much slower.  
Non-responsive.

6. Who cannot be hypnotized?

The insane, the senile, and those below the age of 5, none have an attention span. The person who does not trust cannot be hypnotized. The person in fear is already in fear hypnosis.

7. How do you teach hypnosis to a non-responsive person who claims to want to learn hypnosis?

Give that person the progressive relaxation exercise to practice for a week, at least once a day. From the top of the head, From the tip of the toes. Come back after a week and report what you learned. This method of repetition demonstrates a motivated person who is genuine about wanting to improve self awareness and self regulation.

## **114 - Abreactions**

Abreaction is an emotional reaction to some form of stimulation; external, internal, or both. Severe abreaction is evidenced by screaming, crying, hysterics, intense emotions, nervous twitches and tics, rhythmic movement and possible withdrawal or dissociative behavior. In its most productive form, abreaction allows for a catharsis of some repressed pain or trauma. The release of the tension or trauma holds a potential for healing. An abreaction is more than a simple remembering or recall of an experience, the body tends to display behavior indicating that it is reliving the experience.

Western culture is steeped in a human capacity for fight or flight, the capacity for freezing or getting stuck is not a well discussed part of the cultural mythos.

### Identifying Abreaction and Hysteria

You may notice a continuing back and forth rhythmic, circular or elliptical movement of the head, rocking or swaying movement of the body, exaggerated breathing, hands, legs or other body parts moving in a rhythmic and continuing manner. These movements are signs of some unresolved inner trauma. Do not use these people for stage show entertainment or simple relaxation demonstrations. These individuals require therapeutic intervention strategies.

At this stage of your basic hypnosis training, when you encounter people displaying abreaction, if you are in a classroom setting, send someone for the instructor or the “catcher”

for the program. The catcher is an advanced student or former student who is sitting in, or participating. Maintain contact with the abreacting person, do not touch the abreacting person without permission, give suggestions for calming, relaxing, distancing, breathing, stepping back, relaxing, breathing deeply, coming back to the waking state only as fast as it is comfortable to remember to forget that which is not yet fully ready to come forth.

Within a safe bounded and unbounded learning environment providing a sanctuary for all parties to the exchange to be safe, excellent therapeutic unfolding can emerge in an educational setting. Demonstrations of how to work with abreaction are wonderful teaching tools for new hypnotists, and are the standard practice in the additional 150 hours of education following this fifty (50) hour basic hypnosis class. As an opportunistic hypnotist, when I observe phenomenon unfolding in a demonstration subject, or a group, I like to stop and ask the group if they want to continue on with the planned exercises, or observe something unfolding that I find interesting, presenting an opportunity for demonstrating the therapeutic strategies that can be used to help a person rapidly improve an overall sense of comfort and well being.

It is not unusual for my classes and groups to have advanced students and former students / current colleagues attend groups and classes to refresh themselves and to provide service for clients or students who are falling out, in need of something more than basic hypnosis methods to restore the feeling of rest and well being. Turn the abreacting client over to a hypnotherapist with a skill set beyond the basic relaxation, deepening, direct suggestions, and emergence of this hypnotist training.

## Artificial Trauma

A good client history can help you can avoid pushing a button on a hidden fear, phobia or allergy.

### Responding to Abreaction

*(Remain calm. The hypnotized subject is highly sensitive and can sense what you are experiencing. If you are confused or uncertain, they will pull away from your suggestions. Stop giving any more direct suggestions, except for suggestions of calm, self control, relaxation, peace and well being until you are more skilled with hypnosis. After the rhythmic motions stop, proceed with induction or suggestions. If movements start again, stop giving suggestions other than ones of relaxation, breathing gently, calming down, emergence, and end trance with a suggestion like:*

It's alright to remember to forget. Remember to forget those things that you don't need to know or remember at this time.

*(View all experiences as normal. Each individual will experience hypnosis in their own very special way, a way that may be very different from your experience. Cultivate a working relationship with other professionals in the community, and refer these subjects to an appropriate therapist: psychologist, psychiatrist, mental health counselor, social worker, minister or priest.)*



### Relaxation as an Emotional Outlet

The relaxation of hypnosis provides a natural emotional outlet. A subject may be perfectly normal until they enter hypnosis. Should the subject begin to toss or turn or do any repetitive action, you are exposing an emotional energy that is seeking release. By the time most people become adults, they have learned to control and put their less acceptable quirks, social deviances, and idiosyncrasies, particularly in public settings, into a quiet place within. The natural capacity for deep relaxation allows squished down emotions, feelings and perceptions to be identified, and perhaps freed for more productive purposes.

### Lethargy

*(When the subject does not respond to suggestions or remains indifferent during the session, include in the emergence suggestions:)*

"All the new ideas, thoughts or feelings triggered by the experience being assimilated, collated, correlated and filed away in the warehouse of learning for future use in positive, powerful, life affirming ways that surprise and delight you. Each and every time you practice hypnosis you go deeper and faster than the time before."

*(Give the subject a self hypnosis recording and, if they are interested, recommend reading to continue the developmental process of self discovery. The subject's level of desire for change is going to impact his or her outcomes.)*

### **Chapter 114: Questions for comprehension and self exploration.**

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1. What is abreaction?

Rhythmic, circular, elliptic movements. Rocking and swaying. Intense crying, emotional outbursts, twitches. These all indicate an area of frozen distress or traumatic unresolved memories locked into the nervous system, as yet unprocessed or stored away in the memory banks.

2. What is hysteria?

Ungovernable emotional excess.

3. What is the freeze response?

In Western world with a fight or flight focus, the freeze is the stuck point of being unable to move toward or move away from the conflictual or perceived dangerous situation.

4. What is artificial trauma?

This is the error of pushing a hidden fear or phobia or allergy, and can be more easily identified and avoided with a lengthy client interview. *ie. Telling someone that they will experience a floating sensation as light as a feather when they are allergic to feathers.*

## 115 - Red Flags

What you learn about your clients in private sessions is told to you in confidence. This frees the subject to allow free flow of experiences. Unfortunately, the confidences told to a hypnotist are not protect under law as are the communications between a doctor or lawyer and a client. I address this issue as a hypnotherapist by keeping minimal written records about my clients.

I also remember to forget what my clients tell me, and do not approach clients on the street to say hello and ask how they are doing. If they approach me on the street, with friends or family members that they want to introduce me to, I do my best to let them tell the stories of their experiences of hypnosis.

The Greatest Dangers to Hypnotists are:

Transference

Emotions are transferred, projected, from the client's mind, onto the hypnotist (*love, anger, fear, etc*), so you may want to ask:

“Who do I remind you of right now?”

Or

“Who do these feelings remind you of?”

Rape fantasy

This can happen due to what is perceived of as the intimacy of the moment.

In order to avoid this problem, maintain a professional relationship with your subjects. Making video and audio recordings of the sessions can protect you from false accusations. Recognize when the subject begins showing up with flowers, chocolates, invitations for movies or dinner, that you have been transformed into an intimate other. If you cannot return the relationship to a professional tone, refer the subject to someone else.

The Greatest Dangers to Subjects:

An incompetent hypnotist.

There are claims that a hypnotist working beyond his or her level of competence and

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training is dangerous to the subject. I take the position that the mind is sufficiently aware to shut out the incompetent, refuse to stay in trance with someone untrustworthy, and able to reject any suggestion it finds to be unacceptable. I hold the client 90% responsible for the work being done, as a hypnotist, it is my job to show up and hold a bounded and unbounded environment within which that person can unfold. I think that a hypnotist working beyond his or her abilities may be ineffective, but not dangerous, because the client is always aware and in charge at some level.

When something is uncovered in hypnosis that is beyond the training and skill set of the hypnotist, the hypnotist can benefit the subject by referral to appropriate groups and therapists.

Some hypnotists think that because they know how to "hypnotize" others, that they have some special power(s). It is the hypnotist's job to treat his or her subjects with respect and care. Anything dangerous to health and welling being in normal waking state, is dangerous in trance state. The subject will reject any suggestion adverse to her or his well being and/or self preservation, the desire for self preservation is universal and is not repealed by hypnosis.

Failure to remove a suggestion.

A hypnotist who attempts diagnosis or prescribe substances.

A professional hypnotist (which those who want to exclude non-degreed folks from this field refer to as lay hypnotists) is not a physician, or a psychiatrist. Unless you have other training and advanced degrees, recognize that as a professional hypnotist, you are limited by training and experience, and not licensed to diagnose or prescribe.

When seeking a hypnotist, ask how many years the hypnotist has been working in the field, and if they have any previous history with cases such as yours. I don't think a history of familiarity with a particular issue is necessary for competence, but by asking the question, you find out the hypnotist's attitude about your issue(s).

Somewhere between two and four years in the field professionally, with ~300 hours of hypnosis training, I reached a point of smooth confidence with hypnotic patter. Ask how many hours the hypnotist has received in formal hypnosis training. Some schools certify their students as hypnotherapists after an eighteen hour training program. I consider this to be a bare bones training that gives a foundation for relaxation, scripts to read aloud to one's subjects, and a minimal training in how to formulate direction suggestions specific to the situation at hand. I do not think these individuals are competent outside of those skills. I think a minimum of 150 hours of training sets a solid foundation for the development of one's own style, and that hypnosis is a lifelong process of learning. Start over with a basic course every two or three years, and you will be amazed at the things you notice over time, things that you didn't notice the first time(s) you studied the material.

You will learn at your own pace. As you memorize and practice techniques, you will find that you are combining them in unique ways, developing your own style with time and practice.

## Simple Ethics as a Hypnotherapist

Do No Harm!

Be Benevolent.

### DO NOT:

- X treat hypnosis as a parlor game or joke.
- X hypnotize someone without their consent.
- X do anything to cause physical, mental or spiritual distress to the subject.
- X use false titles.
- X try to hypnotize people who challenge you or defy you.
- X use hypnosis for medical applications without prescription from a physician.
- X offend someone's religious belief.
- X recommend actually ingesting anything.

**Chapter 115: Questions for comprehension and self exploration.**

1. What are the dangers to a client.

Anything that can hurt a person in the real world can hurt a person in the trance state. The danger of hypnosis for a client is an incompetent hypnotist, failure to have a suggestion removed, and a hypnotist who attempts to prescribe or diagnose.

2. What are the dangers to a hypnotist.

Transference and the rape fantasy.

3. Do no harm

4. Take the IMDHA ethics class online

IACT / IMDHA

## **116 - Hypnosis and the Law**

<http://www.flsenate.gov/Laws/Statutes/2017/485.004>

### **485.004**

When practice of hypnosis prohibited.—It shall be unlawful for any person to engage in the practice of hypnosis for therapeutic purposes unless such person is a practitioner of one of the healing arts, as herein defined, or acts under the supervision, direction, prescription, and responsibility of such a person.

**History.**—s. 4, ch. 61-506; s. 201, ch. 2000-160.

**Note.**—Former s. 456.33.

[http://www.leg.state.fl.us/Statutes/index.cfm?App\\_mode=Display\\_Statute&URL=0400-0499/0491/Sections/0491.0141.html](http://www.leg.state.fl.us/Statutes/index.cfm?App_mode=Display_Statute&URL=0400-0499/0491/Sections/0491.0141.html)

### **491.0141**

#### Practice of hypnosis

A person licensed under this chapter who is qualified as determined by the board may practice hypnosis as defined in s. ~~485.003(1)~~. The provisions of this chapter may not be interpreted to limit or affect the right of any person qualified pursuant to chapter 485 to practice hypnosis pursuant to that chapter or to practice hypnosis for nontherapeutic purposes, so long as such person does not hold herself or himself out to the public as possessing a license issued pursuant to this chapter or use a title protected by this chapter.

**History.**—ss. 15, 19, ch. 87-252; ss. 19, 20, ch. 90-263; s. 4, ch. 91-429; ss. 121, 127, ch. 92-149; s. 2, ch. 95-279; s. 513, ch. 97-103; s. 215, ch. 2000-160.

### **How to Find the Laws About Hypnosis in Your State?**

The fastest way to answer this question is to ask an attorney in your area.

If your community still has a physical law library, you can go to the local courthouse and ask the librarian to show you where the State Statute books are kept. You can also go on line to explore what the laws are in your State.

Hypnosis is no substitute for medical, psychological, or psychiatric care, proper nutrition, exercise and sufficient rest. It is an excellent tool to complement existing programs, and wonderfully helpful for giving a mental, emotional and spiritual boost. Hypnosis has been used successfully for accelerating change, startlingly rapid results and personal discoveries. It is an excellent tool for pain control, reduction and elimination. The innate capacities of the human mind are not limited to the domains of health care and law. Hypnosis can be used for personal purposes, and is a powerful tool for augmenting sports, creativity, study habits, test taking, public speaking, and any other aspect of human life that an individual might want to change, or improve.

### **Chapter 116: Questions for comprehension and self exploration.**

1. What is the law pertaining to hypnosis in Florida?

There are two tracks for hypnosis in Florida: certification (FS 485) and licensure (FS 491). Florida law is a title act, not a practice act. To use hypnosis for therapeutic purposes requires a license or supervision, direction and prescription of a licensed member of the healing arts.

2. What is the fastest way to learn about the laws regarding hypnosis in other states?

Ask a lawyer in that state.

Perhaps start an online search on the state statutes / laws about the practice of hypnosis and hypnotherapy in the state you seek to work in.

The hypnotherapists' union has a list online at:

<http://www.hypnotherapistsunion.org/statelaws>



## **117 - Vocabulary**

**Abreaction** - Emotional purging by acting or talking out repressed or partially repressed trauma.

**Age Regression** - Returning in one's mind or in one's behavior to an earlier period.

**Amnesia** - Loss of ability to consciously recall past experiences.

This can occur spontaneously or in response to suggestion.

- Localized Amnesia - Loss of memory regarding a specific incident or experience.

- Post Hypnotic Amnesia - Spontaneous loss of memory of hypnosis experience or as a result of direct suggestion from hypnotist.

- Spontaneous Amnesia - A naturally occurring psychological defense mechanism to protect the individual from excessive or traumatic emotions.

**Animal Magnetism** - Mesmer's version of the hypnotic experience based on the theory of bioelectric fluids being influenced by the passing of hands, magnets or touching inanimate objects.

**Aphasia** - False Somnambulism

**Arm Levitation** - Causing the arm to rise through suggestions. (*Lifting, floating and rising up, up, up . . .*)

**Auto-Hypnosis** - Verbal conditioning done through a hypnotist, or a tape, to help a person develop as a "good" subject. Also known as Self Hypnosis.

**Autonomic Nervous System (ANS)** - The part of the nervous system involved in involuntary bodily functions (*breathing, heartbeat, digestion, elimination, blinking, glands, circulation, etc.*). It is comprised of the sympathetic and parasympathetic nervous system. The ANS is constantly influenced by suggestions and emotions.

**Auto-Suggestion** - Suggestions made to the self. Also known as self talk, old tapes, inner voice, daydreams, wishful thinking and all other forms of self persuasion.

**Bernheim, Hippolyte (1837-1919)** - Used Braid's theory of induction via suggestion.

With Liebeault, became the first researcher's to identify hypnosis as a natural state.

Physicians from around the world, including Freud, came to study with them.

**Braid, Dr. James** - A Scotsman who coined the name "hypnosis" taking the name from

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Hypnos the Greek God of sleep.

**Brauer, Joseph** (1842-1925) - Leading medical hypnotist of his day. Discovered that symptoms were reduced or disappeared after the subject was able to describe their experience. Developed the theory of catharsis and used hypnosis to accelerate the process.

**Catalepsy** - Highly suggestible subjects exhibit rigidity of limb or limbs.

Arm Catalepsy - So stiff, so rigid, it cannot bend.

Body Catalepsy - So stiff, so rigid, it cannot bend.

Eye Catalepsy - Stuck so tight they cannot open.

**Charcot, Jean Martin** (1825-1893) - Developed theory that only "hysterics" could be hypnotized. Freud studied with him before developing his ideas of psychoanalysis and psychotherapy.

**Chevrel's Pendulum** - A pendulum, anything with sufficient weight to swing, but not blow in a breeze. Used for ideomotor response. Excellent for training in suggestion and concentration when used with a piece of paper with a circle and cross.

**Conditioning** - To establish a learned or conditioned emotion, reflex, response or behavior.

**Conscious** - The normal waking state of being.

**Couie, Emile** (1857-1926) - Founded therapeutic method on auto-suggestion, "Every day, in every way, I am getting better, and better and better."

**Counter Suggestion** - A suggestion offered to challenge a fixed idea or ideas about something or to inhibit the effect of a previous belief.

**Critical Factor** - Also known as the Critical Faculty

**Critical Faculty** - The logical mind. The part that reasons, and figures things out. The part that judges things, right and wrong, good and bad. This is the judging, conscious mind.

**Davis and Husband Scale** - A hypnotic scale showing thirty effects that can be achieved at various depths of hypnosis. Four general categories.

**Detachment** - An awareness of the environment, but no wish to participate.

**Dream**

Hypnotic - A dream suggested by the hypnotist.

Recall - Always better in hypnosis than in waking state.

**Elliotson, Dr. John** (1791-1868) - Prohibited from using hypnosis in the London Hospital.

Labeled a madman, he was forbidden to speak before medical gatherings.

**Elman, Dave** (1900 - ?) Lay hypnotist and master of suggestion. Developed and used rapid inductions. Taught thousands of physicians, including the Mayo brothers.

**Esdaile, James** (1808 - 1859) - Originally from Edinburgh. While working in Calcutta, learned hypnosis to relieve the pain in operations. Recorded several thousand minor operations with painless results, and many major operations, including amputations.

**Fascination** - Hypnotizing by eye fixation on a small shiny object held a bit above the subject's eye level. Originated in modern hypnosis with Braid. Works well combined with suggestion.

**Fixation** - Concentrated attention on a small spot, sensation or object.

**Fractionation** - A deepening technique of hypnotizing, dehypnotizing and rehypnotizing through eye opening and closing. *(Every time the eyes open and close, you go deeper into relaxation. Each time the eyes open, you reassure yourself all is well in the outside world. Each time the eyes close, you go deeper into the relaxation.)*

**Hallucination** - A sensory experience coming about from something other than external stimulation. It can be used as a "depth" test. It can also indicate psychosis, delirium and/or drug addiction requiring long term treatment and observation. Positive - Perceiving something that does not exist.

Negative - Produces a suggested inability to perceive or failure to observe realities, such as a door or sound of whistle.

**Hamsa** - Sanskrit word for "The great bird of the soul. The wild goose. The swan of the soul." Correlates to the acoustical sound of the out breath followed by the in breath (Douglas & Slinger; Campbell).

**Hand Clasp Test** - Accessing the imagination and ability to creatively focus on an abstract idea.

**Hangover**- Slight headache, drowsiness or nausea created by not bringing the subject out

of hypnosis completely. Sometimes drowsiness will follow a first induction.

**Hetero-Hypnosis** - Hypnosis produced by using a hypnotist or by having someone read a script.

**Hyper-suggestibility** - Heightened suggestibility characterized by deep hypnosis. (*Homoactive*). Marked increase in suggestibility caused by each proceeding hypnotic session.

**Hypnoanalysis** - Rapid self analysis conducted under hypnosis.

**Hypnoidal** - A very light state of hypnosis

**Hypnosis** - Any process which creates a relaxed feeling of well-being, opening the door to the subconscious for direct communication between the conscious and subconscious mind.

**Hypnotic Seal**- Installed as a hypnotic block, produced by telling the subject no one but the person placing the seal will be able to hypnotize him or her, again. Or that they will not go into trance, again, until a certain signal is given.

**Hypnotic State** - A state of relaxation. A focusing in which the faculties of the subject are so absorbed with a single idea or train of thought as to be detached or indifferent to other considerations and influences.

**Hypnotist** - A person who uses hypnosis to assist other people therapeutically or in learning auto-hypnosis.

**Ideo-Motor Response** - Involuntary movement of muscles produced by suggestion.

**Ideo-Sensory** - Pertaining to and effecting a response of the senses.

**Induction** - The process or technique of hypnotizing the subject.

**Kinesis** - Physical Movement

**Kinesthetic** - Body sensations of feelings and movement

**Lethargy** - A state of hypnosis characterized by general anesthesia and muscular flaccidity.

**Liebeault, August Ambroise (1823-1904)** - Used Braid's ideas of induction via suggestion. Along with Bernheim, they were the first to identify hypnosis as a natural state.

**Mesmer, Anton (1734 - 1815)** - Developed the theory of animal magnetism. A student of

theology, law and medicine, he learned about this mysterious form of healing from a priest.

**Mesmerism** - Anton Mesmer's theory of animal magnetism.

**Mimicry**(*Unconscious*) - Involuntary activities of the subject, particularly in the facial expression, reflecting the mental contents of the moment.

**Mono-ideaism** - Braid's finding that the state of hypnosis depends on the narrowing or limiting of the subject's attention. After Braid's paper was published in many languages, he tried to change the name from "hypnosis" to mono-ideaism.

**Obsession** - A driving sometimes irresistible idea; when combined with an emotion, is likely to result in action, sometimes endlessly repeated.

**Phobia** - Overwhelming pathological fear of a particular kind, generally created by one severe initial sensitizing event with intense emotions, reinforced by subsequent sensitizing events.

**Postural Sway Test** - A test of hypnotic readiness. The subject is asked to stand feet placed together, looking straight ahead staring fixedly at something slightly above the eyes, while the hypnotist stands squarely behind and begins to rock him slightly. Then the hypnotist tells the subject that the latter feels he's being strongly drawn backwards. The subject loses balance and is caught by the supporting hands of the hypnotist.

**Progressive Relaxation** - Relaxation caused by being subjected to repeated suggestions of bodily relaxation.

**Pyramiding** - Same as compounding, building one idea upon another idea, each idea lending greater strength and credence to the subsequent ideas. Start with basic ideas and get more bizarre as you go.

**Psychosomatic** - Pertaining to the bodily changes stimulated or depressed through mental influence.

**Rapport** - Working relationship between the hypnotist and subject.

**Resistance**(*Inhibitions*) - Some subjects are unwilling to be hypnotized, for reason of their own, even after giving consent to be hypnotized. Inhibitions are triggered by fear, lack of trust or lack of information. There is no such thing as a poor subject,

only poor hypnotists.

**Rigidity** - A state of muscular contractions occasionally arising in deep hypnosis. A command or sign from the hypnotist generally suffices to put an end to rigidity.

**Selective Amnesia** - Amnesia confined to a specific area of experience.

**Soham** - Sanskrit word for "I am it." Relates to the acoustical sound of the in breath followed by the out breath

**Somnambulism** - The eyes may be opened without waking, complete amnesia is usual, positive and negative hallucinations may be induced. With proper training 95% of the clients will enter somnambulism.

- Sleep walking. This is a condition in which the individual is walking in a dream and even performs fairly complex tasks while being for all practical purposes asleep.
- Deep hypnosis. One out of every five subjects will, on their own, go into this deep state of relaxation.

**Spirit** - from the Latin "*spirare*", to breathe.

**Subconsciousness** - The state in which mental processes and possibly the resulting behavior take place apart from one's conscious awareness.

**Suggestibility** - Willingness or ability to utilize suggestion(s).

**Suggestion** - A hint, proposal, offer, new idea, alternative idea . . . a technique of influencing a subject or modifying behavior.

- Post Hypnotic - Suggestions given by hypnotist while subject is in trance, designed to be carried out in the waking state.
- Pre-Hypnotic - Something may be suggested to the subject before a formal induction takes place. Also known as future pacing.
- Therapeutic - Suggestions aimed at restoring the God given sense of health and well being in an individual's mind, body, spirit or emotions.
- Waking - Any suggestion given, received or acted upon while in waking state, such as advertising, an instruction from an employer or a request.

**Unconscious** - Lack of consciousness. Unaware of all senses.

## 118 – Reading List

Seventy-five (75)+ Hour Hypnotherapy 100: Basic Hypnosis.

### **Required Reading**

Hypnotherapy: Volume I, Basic Hypnosis (HYP100), and Syllabus (© 1994 and revised with each class through 2020, Monica Geers Dahl)

Hunter, R. (1996). *The Art of Hypnosis: Mastering Basic Techniques*. Dubuque, IA: Kendall Hunt Publishing.

Hadley, Josie and Staudacher, Carol. (1985). *Hypnosis for Change: A Practical Manual of Proven Hypnotic Techniques*. New York: Ballantine.

Lecron, Leslie M. and Bordeaux, Jean. (1947). *Hypnotism Today*. Melvin Powers, Wilshire Books, Co., 12015 Sherman Rd., No. Hollywood, CA 91605.

### **Suggested Reading**

Arrons, Harry. (1986). *The New Course in Master Hypnotism*. LA, CA: Borden Publishing.

Arons, Harry. (2011) *Handbook of Self Hypnosis*. Literary Licensing, LLC.

Bandler, Richard and John Grinder. (1975). *The Structure of Magic: A Book About Language and Therapy*. Science and Behavior Books, Inc., Palo Alto, CA, 94306.

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Brooks, Charles, V. W. (1974). *Sensory Awareness: The Rediscovery of Experiencing*

The Viking Press, 625 Madison Ave., New York, N.Y., 10022.

**Brooks, Michael. (1990). Instant Rapport. Warner Books, Inc., 666 Fifth Ave., New York, NY 10103. (This book is required reading for HYP300)**

Campbell, Joseph. (1990). Transformations of Myth Through Time. New York: Harper & Row Publishers.

Caprio, Frank S. and Joseph R. Berger. (1981). Helping Yourself with Self Hypnosis: A Modern Guide to Self-Improvement and Successful Living. Prentice-Hall, Inc. Englewood Cliffs, NJ.

Chia, Mantak. (1983). Awaken Healing Energy through Tao. Aurora Press.

---. (2007). Fusion of the Five Elements: Meditations for Transforming Negative Emotions. Destiny Books.

---. (2008). Healing Light of the Tao: Foundational Practices to Awaken the Chi Energy. Destiny Books.

---. (2008). The Inner Smile: Increasing Chi through the Cultivation of Joy. Destiny Books.

Cooke, Charles Edward and A. E. Van Vogt. (1965). The Hypnotism Handbook. Borden Publishing Co., 1855 W. Main St., Alhambra, CA, 91801, 1965: Borden Publishing Co.

Custer, Dan. (1960). The Miracle of Mind Power Westwood Publishing, 700 S. Central Ave., Glendale, CA, 91204. 818-242-1159.

Douglas, Nik and Penny Slinger. (1979). Sexual Secrets: the Alchemy of Ecstasy. Destiny Books, 377 Park Ave. S., New York, NY 10016



**Elman, Dave. (1964). Hypnotherapy. p. 30. Westwood Publishing Co., Glendale, CA, 91204. ( this book will be referred to throughout the 220 hours required for IMDHA certification, and is required for HYP200)**

Erickson, Milton. (1982). My Voice Will Go With You, The Teaching Tales of Milton H.

Erickson, p.27. Ed. Sidney Rosen. W. W. Norton and Company, New York, NY.

Furst, Arnold. (1969). Post-Hypnotic Instructions: How to Give Post-Hypnotic Instructions for Therapeutic Purposes. Melvin Powers Wilshire Book Company, 12015 Sherman Road, North Hollywood, California, 91605. ISBN 0-87980-119-0.

Gawain, Shakti. (1985). Creative Visualization Bantam New Age Books, 666 Fifth Ave., New York, NY 10103.

**Hickman, Irene. (1993). Mind Probe Hypnosis. Hickman Systems. 4 Woodland Lane, Kirksville, MO 63501. (this book is required for HYP300)**

Keys, Ken. (1993). Handbook to Higher Consciousness. Love Line Books

Loryea, James H. (early 1900s). The Law of Suggestion. The Pyramid Press, 1686 Marshall St., Benwood, W. Virginia 26031

Morris, Freda. (1979). Hypnosis with Friends and Lovers. Harper and Row: New York.

Powers, Melvin. (1949). Hypnotism Revealed: The Powers Technique of Hypnotizing and Self Hypnosis. Melvin Powers Wilshire Book Co. 12015 Sherman Rd. No. Hollywood, CA, 91605.

Masters, Robert & Houston, Jean. (1993). Mind Games: The guide to inner space. Barnes and Noble.

Murphy, Joseph. (1963). *The Power of Your Subconscious*. Prentice-Hall, Inc.  
Englewood Cliffs, NJ.

Tebbetts, Charles. *Self Hypnosis: and Other Mind Expanding Techniques*. (1987)  
Westwood Publishing Co., Inc., 700 S. Central Ave., Glendale, CA 91204.  
818-242-1159

Wattles, Wallace D. and Dr. Judith Powell. *The Science of Becoming Excellent*. Top of  
the Mountain Publishing, 11701 South Belcher Rd., Suite 123, Largo, FL 34643-5117  
(?), 813-530-0110, FAX 813-536-3681.

Wattles, Wallace D. *Financial Success*. this books is published by three different  
publishers. I can only assume that Wallace did not copyright his material.  
Westwood Publishing, 700 S. Central Ave., Glendale, CA 91204, 818-242-1159,  
1986. It is also published by Destiny Press, I do not have that copy of my book at  
this time. It was originally Titled *The Science of Getting Rich*, which is published by  
Top of the Mountain Publishing, 11701 South Belcher Rd., Suite 123, Largo, FL  
34643-5117 (?), 813-530-0110, FAX 813-536-3681.

Zi, Nancy. (1986). *The Art of Breathing*. New York: Bantam Books.

**119 - Independent Study**

Note the signs of trance you find in the subject under reactions.

Note any abreactions or other responses which catch your eye or your interest.

Note your own perceptions, ideas and thoughts under Comments.

IACT / IMDHA

1. Name of subject: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Time started: \_\_\_\_\_ Time complete: \_\_\_\_\_ Phobias: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hobbies:

Purpose/Goal for Hypnosis (pre-hypnosis, and once again when the subject has entered trance):

Suggestibility Tests used:

Induction Technique used:

Subject's Response (signs of hypnosis, willingness to follow suggestions/booked another session?)

Do you feel like you succeeded, or failed, and why?

Comments:

Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

Objective Signs of Hypnosis

Subjective Signs of Hypnosis

Did you observe:

Did the subject report any:

- \_\_\_\_\_ The body taking a comfortable or easy position
- \_\_\_\_\_ Eye turning up or converging
- \_\_\_\_\_ Closed Eyes
- \_\_\_\_\_ Concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling longer/shorter
- \_\_\_\_\_ feeling of going in/out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation

Additional Comments:

2. Name of subject: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Time started: \_\_\_\_\_ Time complete: \_\_\_\_\_ Phobias: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hobbies:

Purpose/Goal for Hypnosis (pre-hypnosis, and once again when the subject has entered trance):

Suggestibility Tests used:

Induction Technique used:

Subject's Response (signs of hypnosis/willingness to follow suggestions/booked another session?)

Do you feel like you succeeded, or failed, and why?

Comments:

Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

### Objective Signs of Hypnosis

### Subjective Signs of Hypnosis

Did you observe:

Did the subject report any:

- \_\_\_\_\_ The body taking a comfortable or easy position
- \_\_\_\_\_ Eye turning up or converging
- \_\_\_\_\_ Closed Eyes
- \_\_\_\_\_ Concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling longer/shorter
- \_\_\_\_\_ feeling of going in/out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation

Additional Comments:

3. Name of subject: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Time started: \_\_\_\_\_ Time complete: \_\_\_\_\_ Phobias: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hobbies:

Purpose/Goal for Hypnosis (pre-hypnosis, and once again when the subject has entered trance):

Suggestibility Tests used:

Induction Technique used:

Subject's Response (signs of hypnosis/willingness to follow suggestions/booked another session?)

Do you feel like you succeeded, or failed, and why?

Comments:



Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

### Objective Signs of Hypnosis

### Subjective Signs of Hypnosis

Did you observe:

Did the subject report any:

- \_\_\_\_\_ The body taking a comfortable or easy position
- \_\_\_\_\_ Eye turning up or converging
- \_\_\_\_\_ Closed Eyes
- \_\_\_\_\_ Concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling longer/shorter
- \_\_\_\_\_ feeling of going in/out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation

Additional Comments:

4. Name of subject: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Time started: \_\_\_\_\_ Time complete: \_\_\_\_\_ Phobias: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hobbies:

Purpose/Goal for Hypnosis (pre-hypnosis, and once again when the subject has entered trance):

Suggestibility Tests used:

Induction Technique used:

Subject's Response (signs of hypnosis/ willingness to follow suggestions/booked another session?)

Do you feel like you succeeded, or failed, and why?

Comments:

Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

### Objective Signs of Hypnosis

### Subjective Signs of Hypnosis

Did you observe:

Did the subject report any:

- \_\_\_\_\_ The body taking a comfortable or easy position
- \_\_\_\_\_ Eye turning up or converging
- \_\_\_\_\_ Closed Eyes
- \_\_\_\_\_ Concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling longer/shorter
- \_\_\_\_\_ feeling of going in/out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation

Additional Comments:

5. Name of subject: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Time started: \_\_\_\_\_ Time complete: \_\_\_\_\_ Phobias: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hobbies:

Purpose/Goal for Hypnosis (pre-hypnosis, and once again when the subject has entered trance):

Suggestibility Tests used:

Induction Technique used:

Subject's Response (signs of hypnosis/willingness to follow suggestions/booked another session?)

Do you feel like you succeeded, or failed, and why?

Comments:

Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

### Objective Signs of Hypnosis

### Subjective Signs of Hypnosis

Did you observe:

Did the subject report any:

- \_\_\_\_\_ The body taking a comfortable or "easy position"
- \_\_\_\_\_ Eye turning up or converging
- \_\_\_\_\_ Closed Eyes
- \_\_\_\_\_ Concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling longer/shorter
- \_\_\_\_\_ feeling of going in/out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation

Additional Comments:

6. Name of subject: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Time started: \_\_\_\_\_ Time complete: \_\_\_\_\_ Phobias: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hobbies:

Purpose/Goal for Hypnosis (pre-hypnosis, and once again when the subject has entered trance):

Suggestibility Tests used:

Induction Technique used:

Subject's Response (signs of hypnosis/willingness to follow suggestions/booked another session?)

Do you feel like you succeeded, or failed, and why?

Comments:

Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

### Objective Signs of Hypnosis

### Subjective Signs of Hypnosis

Did you observe:

Did the subject report any:

- \_\_\_\_\_ The body taking a comfortable or "easy position"
- \_\_\_\_\_ Eye turning up or converging
- \_\_\_\_\_ Closed Eyes
- \_\_\_\_\_ Concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling longer/shorter
- \_\_\_\_\_ feeling of going in/out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation

Additional Comments:

7. Name of subject: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Time started: \_\_\_\_\_ Time complete: \_\_\_\_\_ Phobias: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hobbies:

Purpose/Goal for Hypnosis (pre-hypnosis, and once again when the subject has entered trance):

Suggestibility Tests used:

Induction Technique used:

Subject's Response (signs of hypnosis/willingness to follow suggestions/booked another session?)

Do you feel like you succeeded, or failed, and why?

Comments:



Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

### Objective Signs of Hypnosis

### Subjective Signs of Hypnosis

Did you observe:

Did the subject report any:

- \_\_\_\_\_ The body taking a comfortable or easy position
- \_\_\_\_\_ Eye turning up or converging
- \_\_\_\_\_ Closed Eyes
- \_\_\_\_\_ Concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling longer/shorter
- \_\_\_\_\_ feeling of going in/out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation

Additional Comments:

8. Name of subject: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Time started: \_\_\_\_\_ Time complete: \_\_\_\_\_ Phobias: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hobbies:

Purpose/Goal for Hypnosis (pre-hypnosis, and once again when the subject has entered trance):

Suggestibility Tests used:

Induction Technique used:

Subject's Response (signs of hypnosis/willingness to follow suggestions/booked another session?)

Do you feel like you succeeded, or failed, and why?

Comments:

Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

### Objective Signs of Hypnosis

### Subjective Signs of Hypnosis

Did you observe:

Did the subject report any:

- \_\_\_\_\_ The body taking a comfortable or easy position
- \_\_\_\_\_ Eye turning up or converging
- \_\_\_\_\_ Closed Eyes
- \_\_\_\_\_ Concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling longer/shorter
- \_\_\_\_\_ feeling of going in/out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation

Additional Comments:

9. Name of subject: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Time started: \_\_\_\_\_ Time complete: \_\_\_\_\_ Phobias: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hobbies:

Purpose/Goal for Hypnosis (pre-hypnosis, and once again when the subject has entered trance):

Suggestibility Tests used:

Induction Technique used:

Subject's Response (signs of hypnosis/willingness to follow suggestions/booked another session?)

Do you feel like you succeeded, or failed, and why?

Comments:

Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

### Objective Signs of Hypnosis

### Subjective Signs of Hypnosis

Did you observe:

Did the subject report any:

- \_\_\_\_\_ The body taking a comfortable or easy position
- \_\_\_\_\_ Eye turning up or converging
- \_\_\_\_\_ Closed Eyes
- \_\_\_\_\_ Concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling longer/shorter
- \_\_\_\_\_ feeling of going in/out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation

Additional Comments:

10. Name of subject: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Time started: \_\_\_\_\_ Time complete: \_\_\_\_\_ Phobias: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hobbies:

Purpose/Goal for Hypnosis (pre-hypnosis, and once again when the subject has entered trance):

Suggestibility Tests used:

Induction Technique used:

Subject's Response (signs of hypnosis/willingness to follow suggestions/booked another session?)

Do you feel like you succeeded, or failed, and why?

Comments:

Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

### Objective Signs of Hypnosis

### Subjective Signs of Hypnosis

Did you observe:

Did the subject report any:

- \_\_\_\_\_ The body taking a comfortable or Easy position
- \_\_\_\_\_ Eye turning up or converging
- \_\_\_\_\_ Closed Eyes
- \_\_\_\_\_ Concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling longer/shorter
- \_\_\_\_\_ feeling of going in/out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation

Additional Comments:

11. Name of subject: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Time started: \_\_\_\_\_ Time complete: \_\_\_\_\_ Phobias: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hobbies:

Purpose/Goal for Hypnosis (pre-hypnosis, and once again when the subject has entered trance):

Suggestibility Tests used:

Induction Technique used:

Subject's Response (signs of hypnosis/willingness to follow suggestions/booked another session?)

Do you feel like you succeeded, or failed, and why?

Comments:



Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

### Objective Signs of Hypnosis

### Subjective Signs of Hypnosis

Did you observe:

Did the subject report any:

- \_\_\_\_\_ The body taking a comfortable or easy position
- \_\_\_\_\_ Eye turning up or converging
- \_\_\_\_\_ Closed Eyes
- \_\_\_\_\_ Concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling longer/shorter
- \_\_\_\_\_ feeling of going in/out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation

Additional Comments:

IACT / IMDHA

12. Name of subject: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Time started: \_\_\_\_\_ Time complete: \_\_\_\_\_ Phobias: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hobbies:

Purpose/Goal for Hypnosis (pre-hypnosis, and once again when the subject has entered trance):

Suggestibility Tests used:

Induction Technique used:

Subject's Response (signs of hypnosis/willingness to follow suggestions/booked another session?)

Do you feel like you succeeded, or failed, and why?

Comments:

Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

### Objective Signs of Hypnosis

### Subjective Signs of Hypnosis

Did you observe:

Did the subject report any:

- \_\_\_\_\_ The body taking a comfortable or easy position
- \_\_\_\_\_ Eye turning up or converging
- \_\_\_\_\_ Closed Eyes
- \_\_\_\_\_ Concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling longer/shorter
- \_\_\_\_\_ feeling of going in/out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation

Additional Comments:

## 120 - Potential Applications

From an assumption of spiritual monism, being and living are much more than the physical expression of brain producing or excreting mind. There is more to life than the physical form. The subtle energies of thought and emotions can be used to assist you in your dreams, or to subconsciously sabotage you with patterns of learning, decisions of your past that have built decisions on top of decisions, compounding and magnifying the earlier decisions. The relaxation of hypnosis is a powerful tool for any human who desires self improvement and enhanced relations with self and the surrounding world. Hypnosis is not magic or medicine, it is a natural state of being, which for the purposes of this training focused upon relaxation capacities and the human ability to respond to suggestion. What you have been exploring during this course is a natural state of relaxed being.

Hopefully you have been using the exercises in this manual and have become more aware of how your thoughts and words influence your life, and the lives of humans around you. Perhaps you have reclaimed your natural ability to relax. Perhaps as you allowed yourself to relax, your awareness shifted from a focus in your conscious awareness, into something different, a larger, more creative aspect of you.

Hypnosis is not limited to the relaxed state. Athletes in peak performance are functioning in a mode of excellence which has some basis in practice and perseverance. You don't enter competition practicing, you enter to play with peak performance unleashed appropriately. You have yourself trained so well that the body knows what to do, and you get out of it's way. It flows, and you ride it, all mental, emotional and physical obstacles have been overcome or factored in with an ease and sense of mastery. You are limited only by your imagination.

Hypnosis can be used in conjunction with any existing program or treatment, to enhance or accelerate the mental, emotional and spiritual processes that are inevitable with change.

In your practice you will notice that there are those individuals who get what they need in one session, they have big motivation to change. Some will require short term training, perhaps two to six sessions, they usually have minor payoffs. These subjects might call to fuss that the audiotape you made during the session no longer works. AHmmm, and why do you think that is?" "Oh, I guess I resolved those old things." "Time for a new tape?"

Some people take a long time to change. Perhaps they have a myriad of sub-issues that need painstaking review. Some subjects will change what they state they are working on from moment to moment, perhaps to avoid what they perceive to be things too difficult to bear, or that have hidden payoffs that they are unwilling to give up

immediately.

There will be a small group of inevitable failures. Expect failures, you cannot help everyone. You will learn more from these people than from the ones that take up hypnosis quickly. Some can't be helped by you, your methods, style and assumptions. Refer to someone else in the community.

Some individuals are intent upon proving that no one can make them change and they are right. Some don't want to be helped. Some people are so stubborn, that they would rather be right than be happy. These people require training in how change occurs. They require demonstrations to bring the awareness of change. The idea is needed that it is alright to be wrong and still being happy. Being happy and being at peace are not the same as always being right.

What can hypnosis do for you? It can provide a fascinating new experience.

What can you gain from it? Hypnosis can be used to improve your general functioning, to make you feel better mentally or physically

It is understandable to have some reservations. Perhaps you have a few questions, things you may be curious about, or things that you may fear. Some of the commonly heard comments sound like, "Oh no, you might make me bark like a dog and cluck like a chicken." "I can't be hypnotized." "No way, I'm not letting someone else control my mind." "What if I don't come out of it? What if I get stuck?" "It's dangerous." "It opens the door to possession."

Having read through this program, you know you will not do anything you do not think is acceptable. You cannot be made to violate your own values or accepted patterns of behavior. Trance can be terminated by you at any time. It is your choice to enter the trance state, and you can always choose to leave it. If you were left in trance by your hypnotist or your hypnotic recording, you will automatically return to full consciousness on your own. You might open your eyes after a period of silence, or you might slip into sleep, and emerge refreshed when you were fully rested.

Hypnosis can:

- \* produce anesthesia in the body, easing the symptoms and reducing the effects of chronic problems like colitis, muscle spasm, ulcers, arthritis, back pain and sciatica.
- \* help reduce the discomfort of dental visits, surgery, injury and disease, controlling painful symptoms.
- \* control some organic functions such as bleeding and heart rate.  
*(A person who suffers from high blood pressure can slow his own pulse rate and reduce his own blood pressure.)*

- \* support and reinforce Bradley and Lamaze methods and help establish communication with the fetus, promoting positive pre and post birth phases.
- \* improve sleep and reduce stress.

*(A chronic insomniac can reduce or eliminate stress and reprogram his subconscious to improve the quality and duration of this sleep.)*

- \* make full and partial age regression possible.  
*(Reliving an experience in the distant past, just as it occurred, with the senses operating as they did at the time of the original experience. This is where benefits of hypnotherapy occur. A person may eliminate an irrational fear of something such as spiders, dogs, enclosed space, or bridges, or reduce the fear of intimate relationships which resulted from the trauma of incest during childhood.)*
- \* develop extraordinary abilities of concentration.
- \* help improve study habits and test taking through enhanced memory, and helping instill positive attitudes toward learning, incorporating self reward.  
*(Increases capacity to learn and remember in enormous detail. A student can prepare for an examination by assimilating and retaining a vast amount of material that can be recalled a will.)*
- \* compress a great deal of thinking and recall into a very short amount of real time.  
*(The time distortion of hypnosis is wonderful. A subject can review the events of his life, find a scene, and set the stage for a particular situation that needs change.)*
- \* motivate behavioral changes such as quitting smoking, weight loss, and weight control programs by reprogramming eating habits and establishing a in self regulating maintenance plan from the inside out.
- \* reduce or eliminate stress through promoting relaxation.
- \* help eliminate a fear of something, such as riding in an elevator, air travel, crowds or disease.
- \* help improve self esteem and motivation.  
*(Self-projection, reprogramming old tapes, releases past negative behavior, increases confidence and self-acceptance; programs for specific goals, instills feelings of comfort in regard to success.)*
- \* refine athletic performance by allowing strong focus on areas that need improvement, creating a sense of success in the execution of skills, increasing stamina and coordination, putting the competitive spirit in perspective, and enhancing one's

overall attitude.

- \* releases blocked creative potential.

*(Writing, painting, and the performing arts. Motivates production and promotes the use of the trance state as an aid to insight.)*

- \* enhance dreams.

*(Brings greater clarity to the manifest content - that which is remembered by the dreamer and by the latent content - the underlying wish)*

- \* resolve or reduce stuttering.

*(Stuttering may be caused by emotional trauma. Like a facial tic or contracture, the muscles of throat, larynx, face and even the diaphragm and breathing apparatus can be involved. Sometimes it represents frustrated rage and hostility or feelings of inferiority. "In trance, notice how you speak freely without any trace of stutter or stammer.")*

- \* help treat Alcoholism, which is usually a desire to escape from reality, perhaps from environment or from self. It achieves the best results when used in conjunction with a 12 step program.

*(Alcoholics are usually suggestible and easily hypnotized. Frequently, the alcoholic comes in first for treatment suffering from hangover, nerves and shakes, or memory loss, no condition to concentrate or respond to hypnosis. The desire to stop drinking must be present. When working with this individual, the subject must agree to no drink socially, or privately. The subject must stop completely and deal with the difficulty or difficulties as they arise. The biggest fear is, "I can't handle it.")*

*The withdrawal from booze can result in the subject missing the "lift" from the booze. "It takes the edge off." Direct suggestion is helpful here, in curbing and eliminating the desire. "Those old desires grow less and less as your body, mind and spirit balance itself and produce all the enzymes, chemicals, bioelectric fluids, biochemical fluids and any other essences required for balanced, peaceful serenity."*

*Work with person moving through sobriety for over a year. Toward the end of that year, once a month is plenty.)*

- \* help overcome sex problems

*(Frigidity, impotence, nymphomania.... The problem may be ignorance and/or lack of sexual knowledge.)*



Accelerated healing	Crime	Heart Problems
Acne	Crisis Intervention	High Blood Pressure
Acupuncture	Crying ( <i>Ability to</i> )	Hoarseness
Age Regression	Dental Apprehension	Homosexuality
Alcoholism	Dental Appliances	Hypertension
Allergies	( <i>Adjustments</i> )	Hypnoanalysis
Amnesia	Dermatology	Hypnotechnicians
Analgesia	Diarrhea	Hypnotherapy
Analgesia ( <i>Medical/and</i>	Disobedience	Hypochondria
<i>Dental</i> )	Dream Awareness	Illnesses cured/severity
Anesthesia ( <i>Medical and</i>	Driving	decreased
<i>Dental</i> )	Drug Addiction	Impotency
Aphasia	Education	Improved interpersonal
Anxiety	Emotional Control	relationships
Arthritis	Emotional Disturbances	Improved self esteem
Assertiveness	Emotional Instability	Improved sexual
Asthma	Emphysema	performance
Athletic Improvement	Enhanced religious	Improved study habits
Anesthesia	experiences	and test taking
Bleeding( <i>increased/slow</i>	Enhanced self	Inferiority Complex
<i>ed/stopped.</i> )	awareness	Inhibitions
Blood Pressure	Enuresis	Initiative ( <i>Lack of</i> )
Reduced	Epilepsy	Insomnia
Bowel or Bladder control	Erection ( <i>Loss of</i> )	Law Enforcement
Boredom	Extrasensory Perception	Lesions on Limbs
Bruxism	Examinations	Marital Dissension
Burns	( <i>Apprehensions</i> )	Marital Counseling
Cancer	Experimental	Medical
Cardiovascular	Fatigue	Memorizing Lines Faster
Manifestations	Fear	Memory
Cerebral Palsy	Fixation Complex	Menstrual Discomfort
Childbirth	Fleas repelled ( <i>stop</i>	Mental Block
Claustrophobia	<i>liking flavor</i> )	Mental Health/Illness
Climax ( <i>Inability to</i>	Follow through	Mental Hygiene
<i>Reach</i> )	Forensic Recall	Migraine
Colitis	Frigidity	Milk Production
Compulsive Eating	Gagging ( <i>Excessive</i> )	( <i>Difficulty</i> )
Concentration	Goal setting	Mind Over Matter
Confidence, Self	Gynecology	Molds ( <i>Allergies</i> )
Conversion Hysteria	Headache	Morning Sickness
Contact Lenses	Healing	Motivation
( <i>Adjustment to</i> )	Hearing Problems or	Musculature ( <i>Loss of</i> )
Cramps	Hyper acuity	Muscle Spasm

Music	Recall lost memories	Time Distortion
Nail Biting	Reduction in the effects	Time Management
Narcolepsy	of burns	Tinnitus
Nausea removed	Reflect ( <i>Scratch</i> )	Transference
Negative Attitude or	Regression	Tremor
Thoughts	Religion	Truth Verification
Nervous Tremor	Retention	Urinary Problems
Nervousness	Revivification	Vaginal Infection
Obesity	Sales	Vulva Irritation
Optokinetic nystagmus	School	Waking Hypnosis
Optometry	Self Consciousness	Warts ( <i>Removal of</i> )
Organization	Self Esteem	Weight Reduction
Orthopedics	Self Improvement	Wilson's Disease
Over Acid Mouth	Self Hypnosis	
Overcoming Creative	Sex Problems	
Blocks	Sinus Problems	
Overcoming Phobias	Shortness of Breath	
Overweight	Sight ( <i>Hyper acuity and</i>	
Pain Reduction/Control	<i>improvement</i> )	
( <i>Chronic</i> )	Skin temperature raised	
Pain Reduction/Control	or lowered.	
( <i>Post Operative</i> )	Sleep	
Parkinsons Disease	Sleep Walking	
Past Lives	Smoking Cessation	
Pediatrics	Space Travel	
Performing Arts	Speech Therapy	
Phobias	Spiritual growth	
Photography	reviewed	
Physical Therapy	Sports	
Police Work	Stage Fright	
Porphyria	Stammering	
Pregnancy	Study Habits	
Premature Ejaculation	Stuttering	
Prevarication	Suggestibility	
Proctology	Surgery	
Psychiatry	Sunburns resolved	
Psychoanalysis	Swallow ( <i>Inability to</i> )	
Psychology	Tactile Hyper acuity	
Psychophysiology	Temper Control	
Psychosomatics	Tension ( <i>Relief of</i> )	
Psychotherapy	Tension Headaches	
Psychic Enhancement	Thumb Sucking	
Public Speaking	Tic Douloureux	
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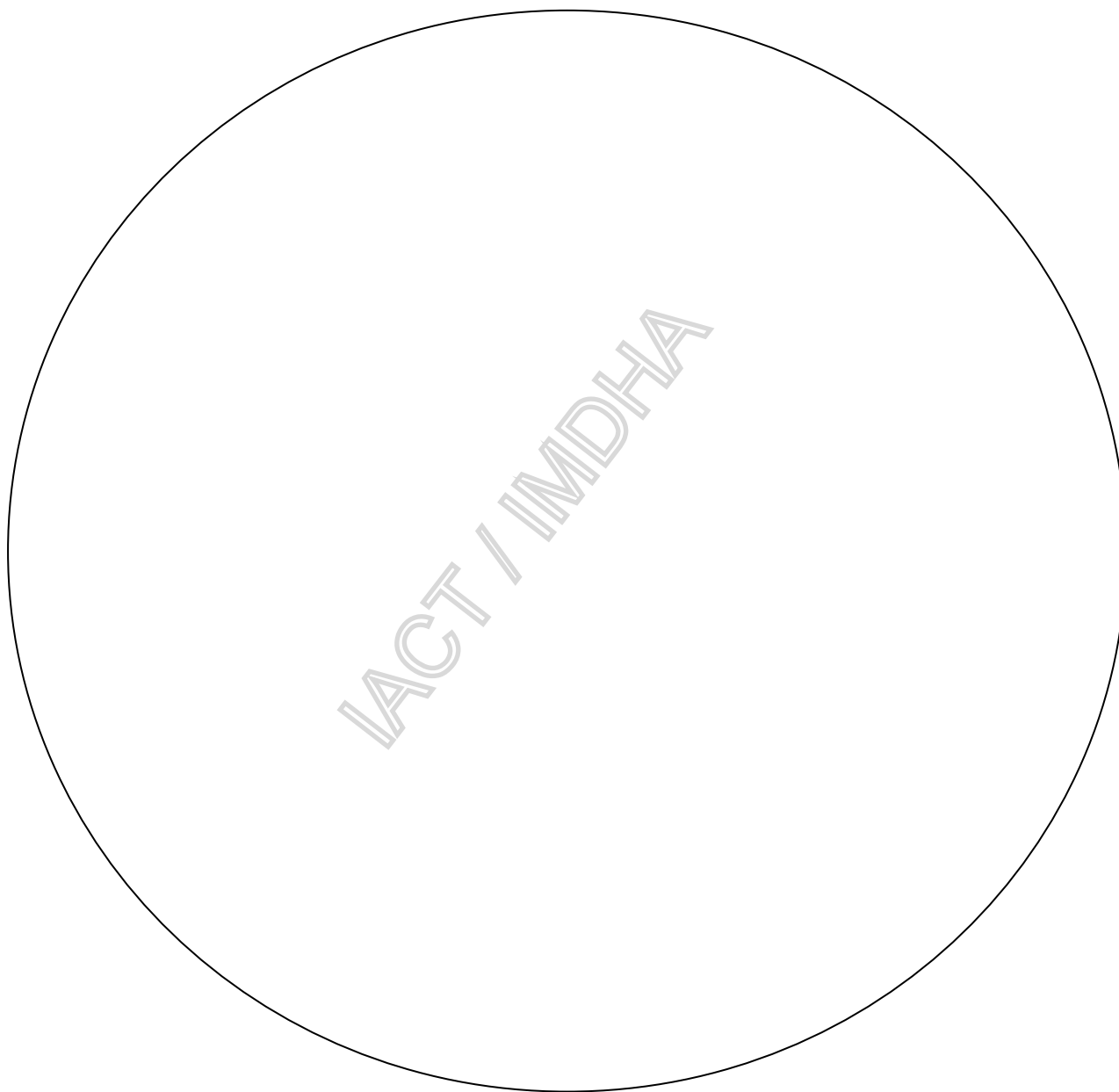
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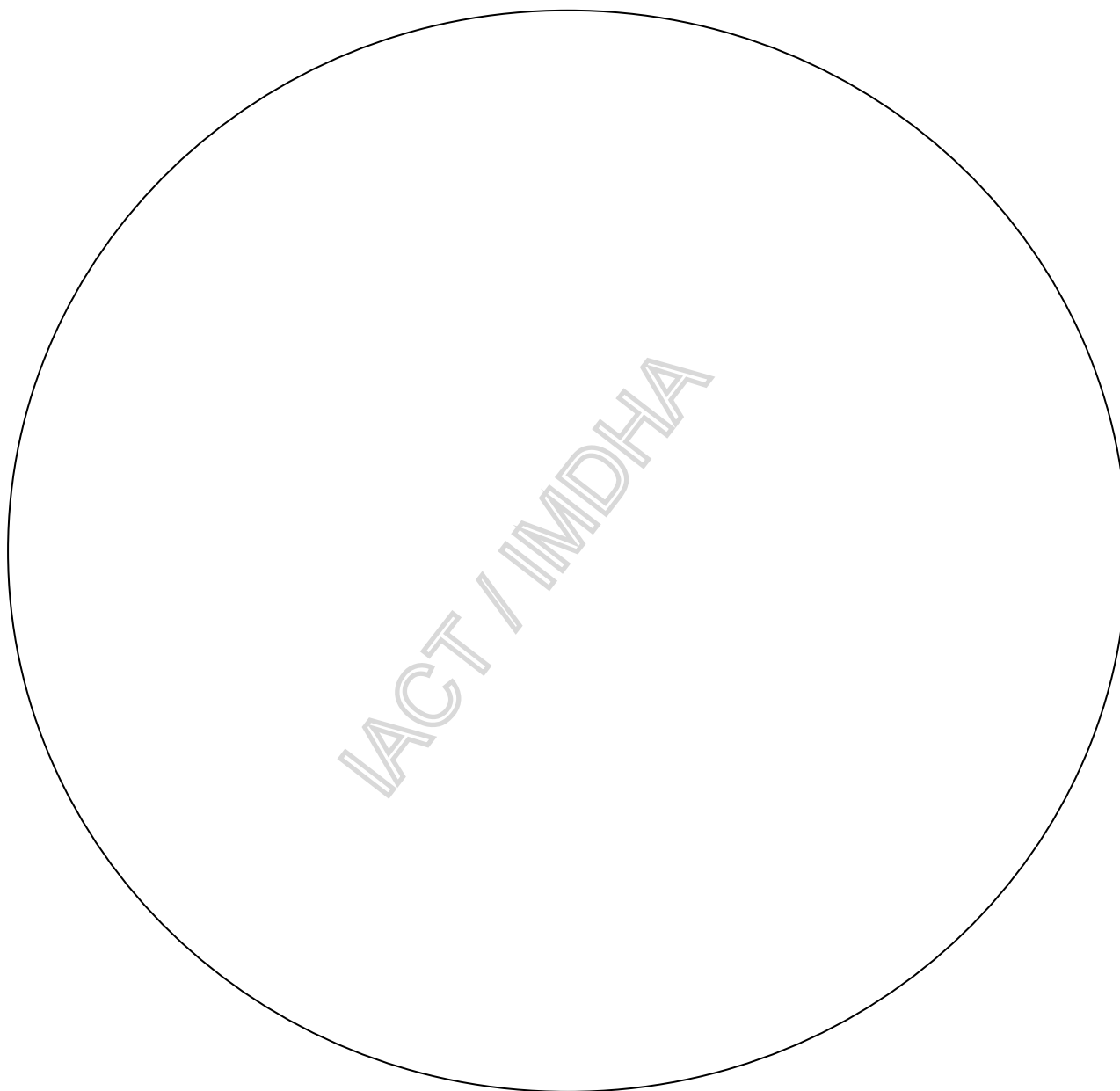
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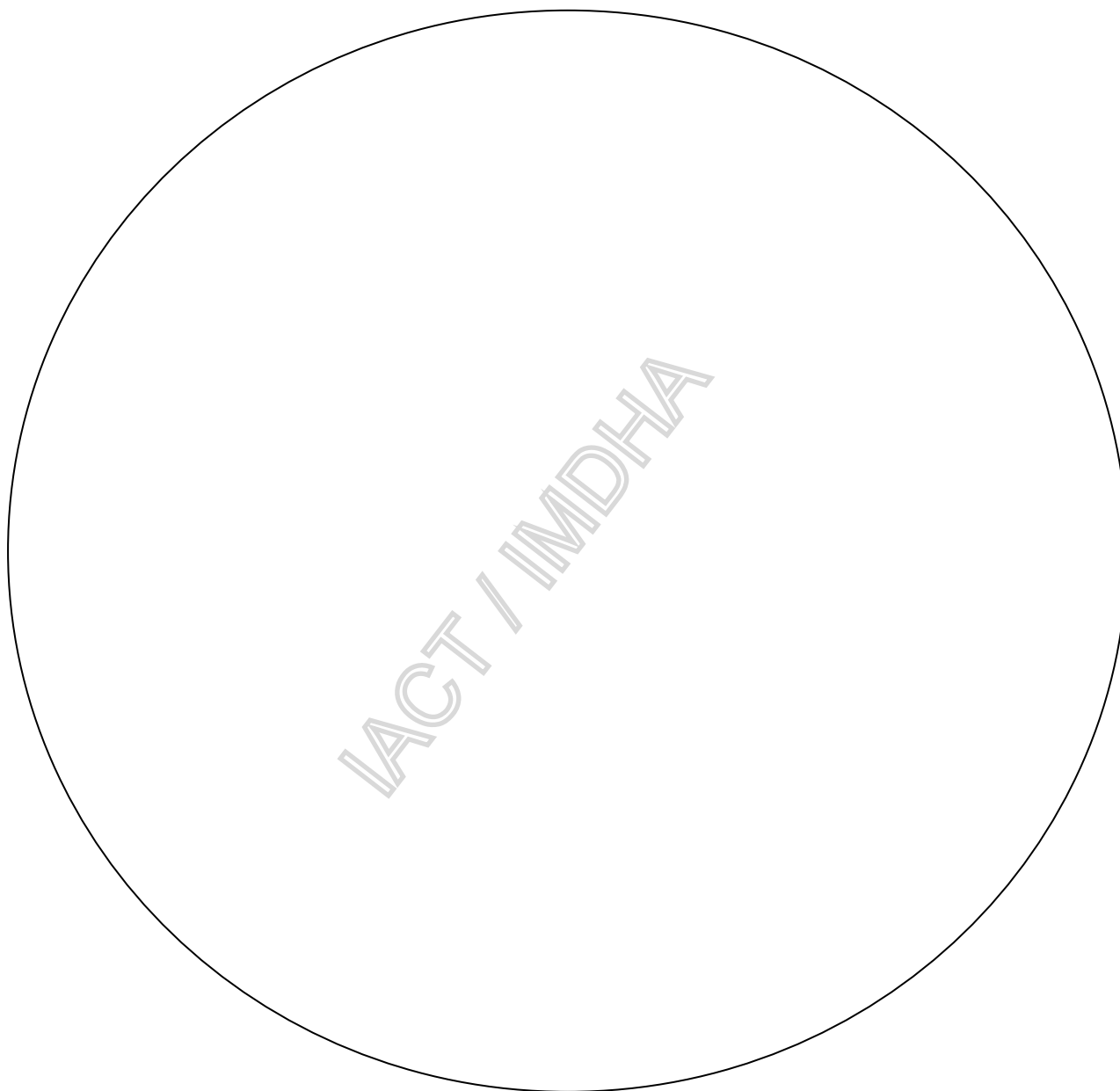


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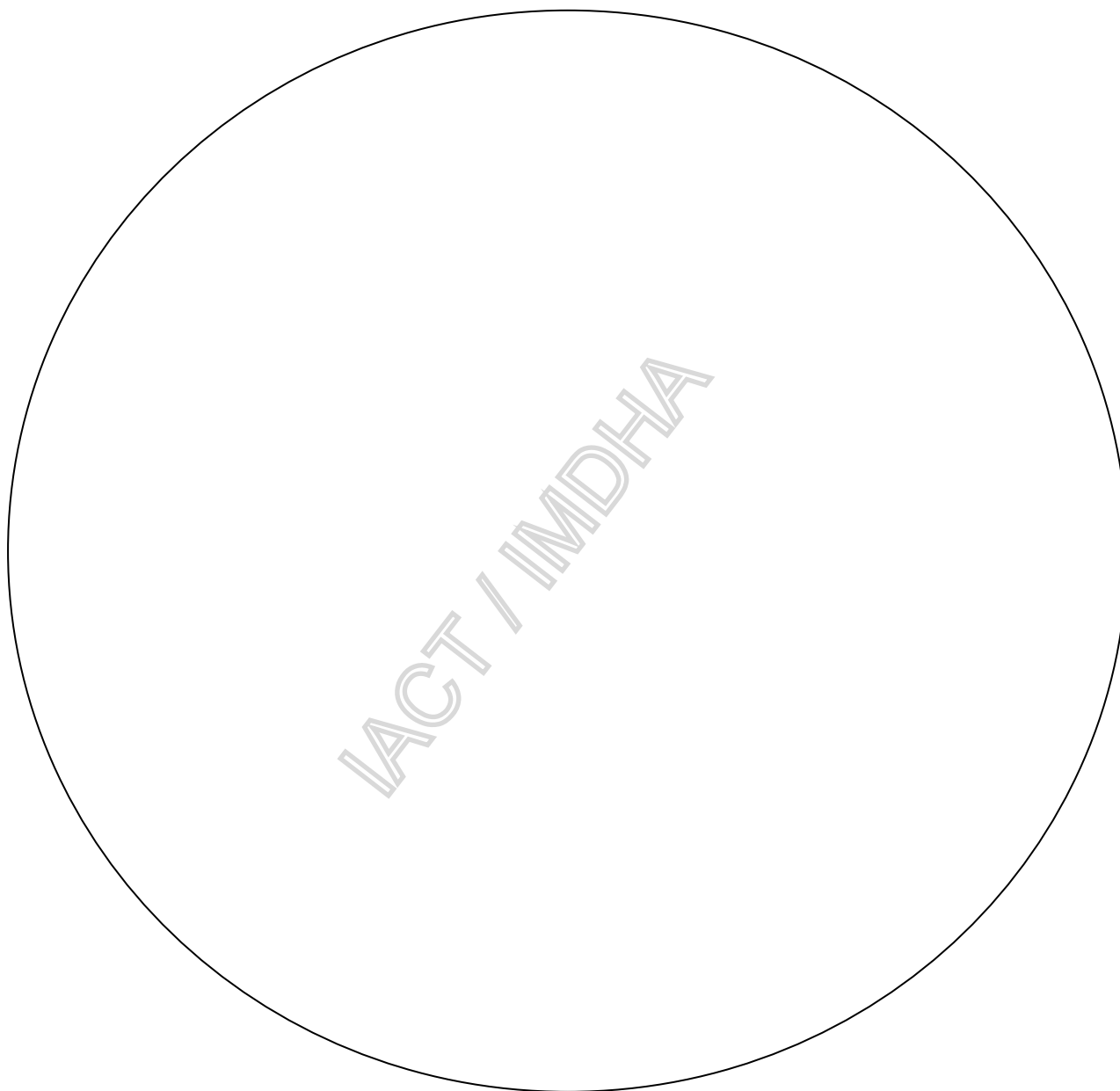


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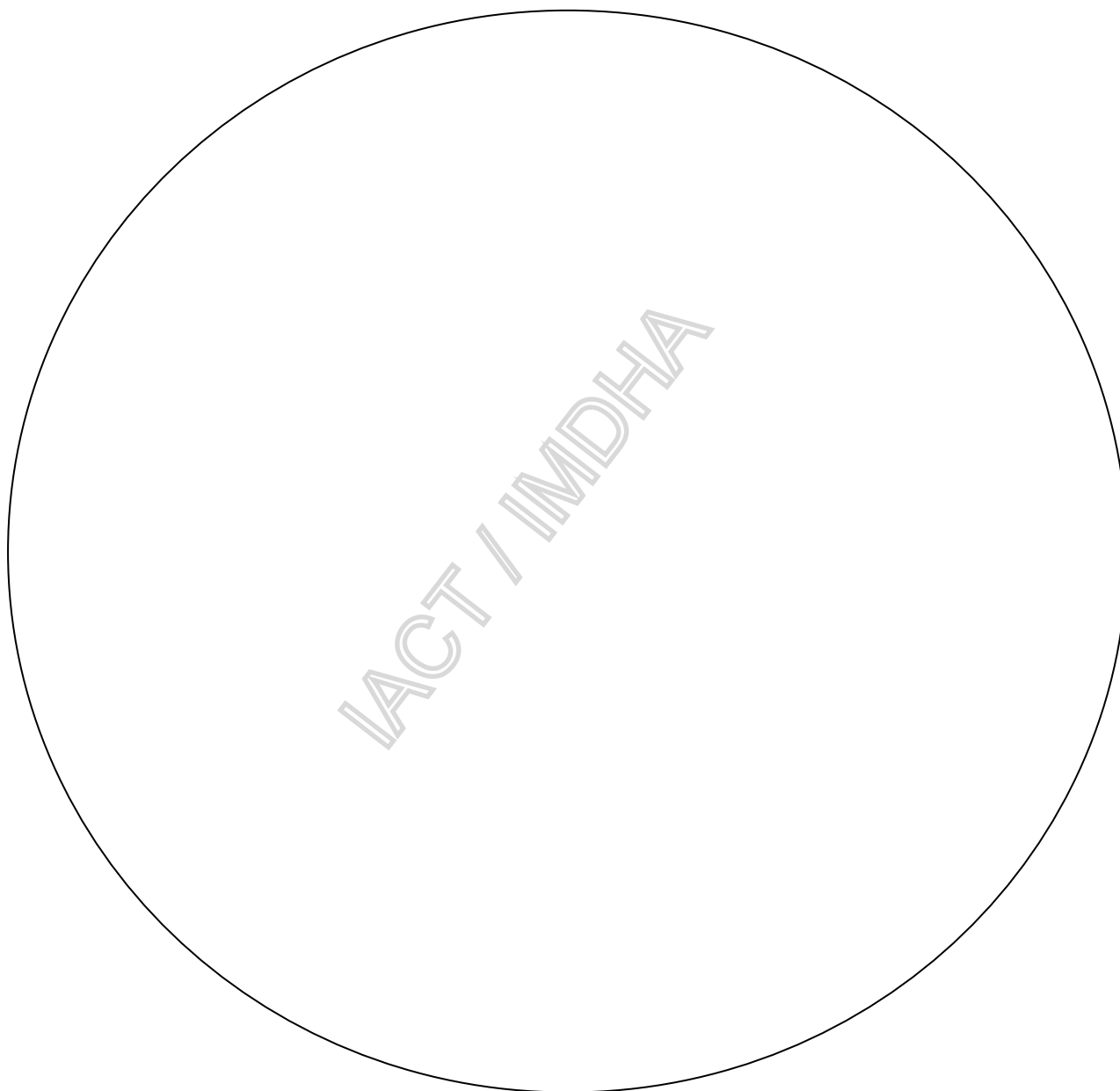


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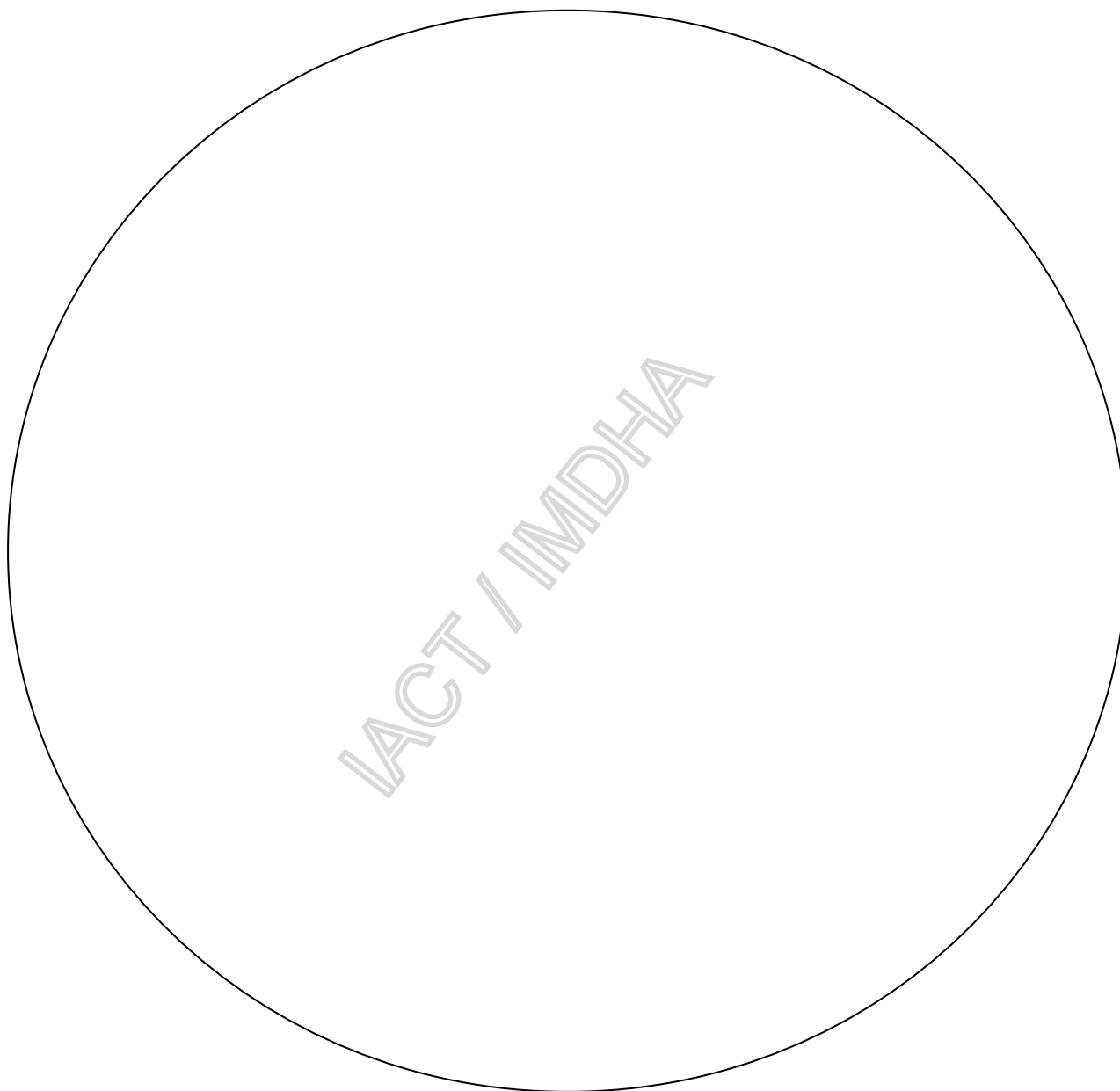
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## Open Book Final Exam

### Introduction to Hypnosis: Basic Hypnosis (HYP100)

1. Define hypnosis.
2. List five common myths of hypnosis. Then refute them.
3. What is a hypnotist?
4. Who coined the term "hypnosis" as it pertains to the field of mind power today?
5. List Elman's signs of trance.
6. List the most common subjective feelings of hypnosis.
7. What is the function of the Conscious Mind?
8. What is the function of the Subconscious Mind?
9. What does B A T D stand for? What does that mean?
10. What is the difference between suggestible and gullible?
11. What is a post hypnotic suggestion?
12. What is catalepsy and how is it achieved?
13. What is the difference between an authoritarian and a permissive technique (extra 2 points\*\*, and what style is the focus of this basic course?)
14. What is a sure sign of somnambulism and how can you test for it?
15. What is a refractory subject and what type of technique do they require?
16. What is a reliable sign of light trance?
17. What is a hypnotic seal and how do you handle it?
18. What are Hickman's three signs of deep relaxation?
19. What is deepening and how do you do it?
20. How much time does it take for a suggestion to take effect?
21. Give an example of waking suggestion.
22. Give an example of waking trance and when it occurs.
23. What is "compounding a suggestion" and how do you do it?
24. What is the purpose of using suggestibility tests?
25. As a hypnotist, what kind of things can you make people do?
26. What is Chevreul's Pendulum and when would you use it?



27. What is wrong with this suggestion and how would you correct it?  
"No more sugary foods."
28. What is pretalk, and how do you do it?
29. What three things are required for hypnosis?
30. "I can't be hypnotized." How do you respond to that statement?
31. What kind of things can affect the ability to respond to suggestion?
32. What are the steps of an induction?
33. What is progressive relaxation?
34. What is emergence and how long does it take?
35. What is fractionation and what is it good for?
36. What are the four different types of response to hypnosis?
37. Name the first three things to do when dealing with a reaction?
38. Name the primary cause for failure to respond to hypnosis.
39. What are the two dangers to the hypnotist?
40. What are the three dangers to the subject?
41. What does Florida State Law require regarding hypnosis. (Only for Florida Residents)

ORAL - Worth 9 points each

42. Select one of the following inductions (and incorporate pretalk, induction, deepening, delivery of suggestions including post hypnotic, emergence, and post hypnotic interview).

Progressive Relaxation, An Ideomotor or Ideo-Sensori Technique, Dr. Flowers Method, or \_\_\_\_\_ one of your choice

43. Use 5 different deepening techniques
44. Tell us about the law in your State as it pertains to hypnosis and hypnotherapy

Congratulations! You have completed a basic hypnosis training. Thank you for your time and attention. Please share with us what you discover when you apply the practical mind power strategies you have learned.