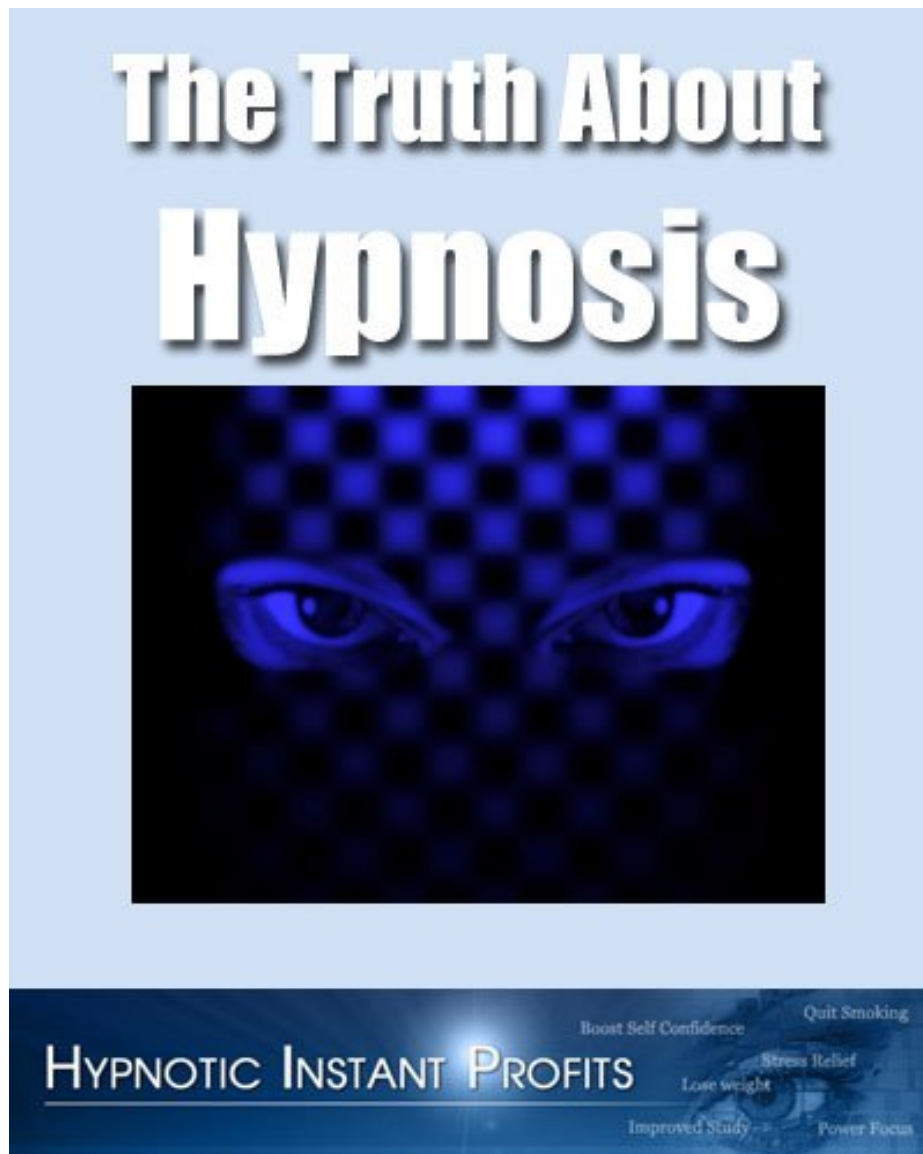


# The Truth About Hypnosis

Unmasking the Mysteries and Powers of Hypnotism



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## Introduction

*"You are completely relaxed... you feel warm and comfortable ... you feel you really need to close your eyes and sleep... your eyelids are getting heavy... heavier... and heavier... slowly, you close them... now they are closed... you are getting sleepier.... and sleepier.... you are going to SLEEP..... deeper and deeper asleep... SLEEP!"*

Many of us are familiar with this scene: A bizarre-looking man holds a clock pendant and continuously, determinedly swings it in front of a vulnerable, lost-looking young woman. He utters the phrase repeatedly, in slower and lower intonation: *"You're getting sleepy... You're getting sleepy..."* The girl stares blankly into the clock. The world turns and swirls around her, spiraling and spiraling. Then eventually, she starts to act like (a) a zombie, (b) a vamp, (c) a chicken, or (d) all of the above simultaneously.

Thanks to popular culture, hypnotism has achieved an eerie, mystical, otherworldly and sometimes evil reputation. While the scenario illustrated above may have a little ring of truth to it (Hypnosis using verbal suggestion is powerful; and people under hypnosis can be made to believe and therefore act as a different identity), there is certainly a lot more than meets the eye about hypnotism.

Doubtless one of the most intriguing – yet also one of the most bewildering – topics to come across man, hypnotism transcends boundaries as it continues to be studied, analyzed, and interpreted in diverse fields of wisdom. From medicine, psychology, new age, self-help, religion, history, media and

popular culture, hypnotism is accorded with different meanings, interpretations, and uses: the conclusions never final, the reports ever-evolving.

This may be rooted from one thesis: that studying hypnotism would inevitably mean studying the human mind, and definitely the human mind is an ever-changing overlapping universe of significance, interpretation, and purpose.

In this e-book, we will try to touch on the different aspects of understanding hypnotism, and how it was and still is being utilized (or condemned by some parties), for various reasons. There is even a chapter or two on do-it-yourself hypnotism. So, read on and judge for yourself. Join me as we try to discuss some of the major points of view regarding mind control. Explore – or reject – the possibility of controlling the human mind and the life of the person possessing it. But please – should you decide to move further into the topic – let us be clear. Nobody is controlling your decision, and anything you will be engaging in shall be done on your own free will!

## **Chapter 1**

### **Hypnosis: Fact or Fraud?**

“The Sleeping Prophet” Edgar Cayce would command himself to engage in out-of-body experiences and near-death experiences through self-hypnosis. Under a trance state, he would give readings and diagnoses to people he has never met. His followers documented almost 14,000 journeys unto the spirit realm, made through his subconscious mind – or what Cayce referred to as the soul.

Sensational historian David Lewis revealed that Adolf Hitler was once hypnotized and this may have been the root of the kind of life he has led. Lewis claimed that in 1918, Hitler believed he has gone completely blind – despite diagnoses of doctors that nothing is wrong with his eyes. Through hypnosis, a doctor suggested to Hitler that indeed, he has lost his eyesight – but through will power he can make himself see again. “That’s because God made him an exceptional person,” the good doctor added. “Since then,” Lewis said, “the hypnosis marked Hitler so much that he took life believing he was exceptional, and the rest, as they say, is history. “

Robert F. Kennedy’s assassin was under the influence of a mastermind through hypnotism during the assassination, and was said to have shown robotic, trance-like movements and repeated “RFK must die” over and over again during police interrogation.

Have you read about clairvoyants reaching into other dimensions to get rare or secret information? How about mediums meddling with the underworld and calling the dead? Hypnosis stories – are they for real?

Hypnosis may be one of the most debated upon and controversial topics known to us, but that doesn't mean we can't get our facts right. Before we delve further in our study of mind control and its twists and turns, let's try to get our facts straight first. Here are some of the most popular – **yet unproven** – takes on hypnosis.

### **The Powerful Mystical Mysterious Master Hypnotist**

No, he doesn't have supernatural powers. He's not casting an ancient spell. He's not an apostle of Satan. Neither is he a saint.

Your friendly neighborhood hypnotist – be he a licensed doctor or a new-age practitioner – does not possess that special kind of “animal magnetism” either. That theory has long been dismissed, as early as in the 17<sup>th</sup> century. Today, it is proven that to be able to initiate a hypnotism session, the hypnotist may merely provide a very specific visual element to focus on, some soothing music perhaps, and a very convincing, authoritative spiel repeated in a monotone. You need only to be relaxed, aware, and willing to be hypnotized. Of course, the effects of hypnosis can rely on the hypnotist's ability and experience; as well as the motivation and mental conditioning of the subject.

### **The Dreamer**

People claiming they are under hypnosis – are they dreaming?

The opposite is true – when you are under hypnosis, rather than sleeping, you are actually fully alert. In fact, more alert than normal. Being under hypnotism

requires your mind to focus intensely, whether it's the swinging motion of the pendulum clock, the monotone pattern of the hypnotist's voice, and the sound of your own breathing as you relax. For your subconscious to take over, you need to concentrate intently. Under a state of trance, you will still be fully aware of the things you will be saying and doing, as suggested upon by the hypnotist – including activities not related to sleeping, such as walking, running around, reading, laughing, and even acting like a chicken.

### **The Live Chicken-Eating Girl**

No way! Not eating live chicken, unless of course, you really prefer such gastronomic experiment.

It was widely believed that hypnotists can turn people into zombie-like, robotic creatures ready to obey their master's bid and call. Popular culture portrayed hypnotized people to behave differently, or do extraordinary, life-threatening, illegal or immoral acts.

Sorry to disappoint you and your cinematic notions, but hypnotism cannot force you to do things against your will (unless the hypnotist is pointing a gun at you – but that's a stickup). You, an ordinary, law-abiding citizen, will not turn wild and go trashing people's windshields when under hypnosis. You will still maintain your principles; even if instructed, you won't trample upon your religion's holiest shrine. Your sense of right and wrong will remain intact. Nobody can make you strip in front of a crowd - unless you want to. ☺

The hypnotist can only make suggestions that can alter your consciousness, making you more open and easily “manipulated” – to a certain extent. People who have experienced stage hypnotism said that they can refuse to follow the hypnotist’s suggestions, just that “it’s easier to follow him.” This is so because the active, aggressive, decision-making part of the consciousness becomes timid when under a trance. So it is “easier” to just automatically respond to suggestions. To some extent, the hypnotist can control the actions and the way his subjects behave. Conversely, the effect of hypnosis also depends upon your motivation, willingness, and faith to make it work for you.

### **The Deranged Hit Man**

It was formerly believed that the perfect assassin is one under the influence of hypnotism - someone who will be intensely focused on the task, every obstacle trampled upon; someone who will be so sure to get the job done efficiently and cleanly; a lean, mean killing machine. Snap out of it! You may have been watching too many movies and television shows.

As stated, no amount of hypnotism can force anybody to act against his instincts or his moral principles. Yes, you may not help but chuckle like a chicken when, for example, you were chosen as a participant in a hypnotism show. But you may opt not to pull that trigger given that one evil hypnotist tells you to do so. When someone mentions a suggestion as serious as this, something in your mind clicks off automatically and lets you decide rationally. Like when you’re tipsy, you may sing “My Way” without inhibitions and with all the vocal

calisthenics you could muster; but you are still aware and you can cut off the song (and probably release your audience from further discomfort) any moment you want to.

One theory on the assassination of Robert F. Kennedy was that the accused did the act because he was hypnotized. It was said that the assassin showed behavior typical of a hypnotized individual. Witnesses said he “moved like a robot” during the time he shot RFK. Tests showed that he is a highly suggestible, easily hypnotic subject. Still nothing of these was acknowledged, or even presented to the court.

But hey, that’s another story – or remake of “The Manchurian Candidate” - altogether.

### **The All-Around Wonder Drug**

On the other side of the spectrum, while some people perceive hypnosis as evil and manipulative, some have prescribed it as a cure-all for all kinds of conditions - from weight loss to finding the “key” to financial success. Hypnotists claim they can help a person quit smoking through a number of techniques. One is by suggesting that cigarette smoke will cause him to feel nauseous – so that every time somebody lights up a stick, the patient will start to feel dizzy and may even feel like throwing up.

Insomniacs or people having trouble with sleeping have been said to get their first night’s sound sleep after being treated through hypnosis. Testimonials all over the internet have also asserted that hypnotism have improved their

capacity to learn, the sharpness of their memory, their performance in sports, or their intelligence. Behavior can also be modified. Even speech defects, physical limitations, and your personality can experience dramatic changes. Your whole life can even make a turnaround with the help of hypnosis. You can be so effective a businessperson that you can experience financial growth. You can be so attractive that you can marry anyone you fancy!

Sounds outstanding – but is hypnotism really that effective?

*Yes and No.*

Yes, hypnotism really has been used as part of the treatment and therapy of various physical and psychological conditions. Through its ability to tap into the subconscious and to intensify focus and concentration, hypnosis can help you be more attuned with your intellectual and emotional capacity; thus helping you modify your habits and behaviors, or wield more control over the way you think and analyze.

But no, it is not the cure-all for your problems. It is not proven to be effective every time, as often claimed. The United States general surgeon reports there is “insufficient evidence to support hypnosis as a treatment for smoking cessation.” Again, the effectiveness of hypnotism depends on each and every different case it is being used for.

Indeed, it will not hurt to try hypnotism; but don’t rely on it too much either. It may help you and may change your life forever. It may also work for you for an allotted period only. Or it may not – and you may walk out of another hypnotism session unchanged and still be the same old self. Your results will depend on a

lot of other factors aside from hypnosis, such as determination, motivation, and will power. Your destiny is still in your own hands.

## **Chapter 2**

### **Can You Hypnotize Me to Believe in It?**

The Webster's New International Dictionary defines hypnosis as "the induction of a state resembling sleep or somnambulism, which is called hypnosis or hypnotic sleep; also loosely - the induced state of hypnosis."

There are degrees of hypnosis which have been characterized as "lethargic, cataleptic and somnambulistic hypnosis; and again, simply as light and heavy hypnotic sleep, with corresponding variations in suggestibility."

However, Encyclopedia Britannica further states "there remains no generally acceptable explanation for hypnosis, though one prominent theory focuses on the possibility of discrete dissociative states affecting portions of consciousness."

The word hypnosis is derived from the Greek word *hypnos*, meaning sleep. Hypnotism is often presumed to make someone go under a state of reduced consciousness while the person remains awake. The general behavior of those under hypnosis are being extremely positive to suggestions, and achieving a high level of relaxation. Daydreaming is another activity likened to hypnotism, wherein a person looks oblivious to his surroundings yet experiencing heightened imagination – depending on how light the trance is.

There are two ways by which hypnosis is performed: (1) hetero-hypnosis, wherein a hypnotist induces a state of being in trance and being open to suggestions; and (2) auto-hypnosis, wherein the state is self-induced.

The results are the same. Any suggestion that is carried out a period of time after hypnosis, is known as post-hypnotic suggestion.

Believe it or not, we experience being hypnotized everyday – following the definition of hypnosis as being in a trance-like state, or intensely focusing on a particular activity/subject thus tuning out almost everything else internally and otherwise.

Ever been so engrossed with a movie or a book that you did not immediately notice someone calling you already at the top of his voice? Reading, writing, closely listening to a record are examples of activities that can put us in a light trance, and altering our attention such that we can become extremely attentive to these, that we unconsciously shut off outside subjects vying for our attention.

Furthermore, we sometimes become so affected by the imaginary world of a daydream or a chapter of a book that our emotions take over. We cry over an affecting song, feel fear as the villain gets near the hero's hiding place, or even scream over a particularly frightening scene.

This kind of phenomenon, referred to as self-hypnosis, is so common and so human a trait that Milton Erickson, a hypnotism expert in the 20<sup>th</sup> century, concluded that people hypnotize themselves on a daily basis.

Note then, that this kind of “everyday trance” is different from the trance brought about by deep hypnosis, and is comparable to that relaxed mental state between wakefulness and sleep. There is also a difference between auto-hypnosis, where the state of extreme suggestibility is self-induced; and hetero-hypnosis, where it is induced by a hypnotist or another person. All these we will try to explain further in the succeeding chapters.

In all of the above mentioned categories, the hypnotized person, as stated in the Encyclopedia Britannica, “seems to respond in an uncritical, automatic fashion, ignoring aspects of the environment (e.g., sights, sounds) not pointed out by the hypnotist. Even the subject's memory and awareness of self may be altered by suggestions, and the effects of the suggestions may be extended (post-hypnotically) into the subject's subsequent waking activity...”

In self-induced hypnotism, a person feels relaxed and very open. As in while buried in a book or engrossed in a film, concerns about the “real world” seems forgotten for a while and temporarily escaped from.

This is parallel to hypnosis with the aid of a hypnotist. If the hypnotist states the person under his “spell” is in extreme heat, the person may start to sweat and experience high temperature, even if the atmosphere is perfectly fine. If he suggests to a timid and painfully shy person that he is in fact an extremely confident man who is so sure of himself, the person may suddenly feel open to socializing with other people, strangers even.

But every person practicing hypnotism worth his work is the first to admit that the effect is only temporary. For example, a person can be made to quit smoking by suggesting through hypnosis that the smoke is poisonous and deadly. That person then starts to become adverse to smoke, and feel nauseous whenever he gets near it. Thus, he may shun cigarettes. But if this is not followed up by corresponding therapy and other methods geared for long-term results, the habit will come back eventually.

Another proven limitation of hypnotism is even while under it, a person's common sense, principles, beliefs and life convictions remain unchanged throughout and after the experience. No one can also be hypnotized against his will, because the mind has to be willingly and consciously open to be affected by the hypnotist's suggestions.

For example, hypnotism cannot make a Muslim eat pork or a Superman fan fly out of a window. Since the mind is still fully alert – only this time the subconscious is more open – the person's sense of safety is still on guard. His sensibilities will continue to govern his decision-making process.

Then again, we can never really be sure. One story goes saying a man, undergoing hypnosis to boost his self-confidence, was told by the hypnotist that he "could do anything, anything as long as he puts his mind into it." For more effect, the hypnotist says: "Why, you could even rob a bank if you want to." Although the hypnotist may have meant the statement only as a metaphor, his subject then proceeds to rob a bank a couple of days later!

A study says that on the average, 25 out of 100 people can be hypnotized very easily. Almost all children belong to this group, who are perceived to be highly susceptible to suggestion. This ratio varies according to the hypnotist's personality, technique, and experience. The success of the hypnotist also depends on the subject's personality, attention span, and mental status at the moment. Interestingly, while it seems rational that persons with high intellect cannot be easily hypnotized because of their capacity to process all information that gets into their brain – it is in fact the opposite. It is believed that intelligent

people are also the most creative – thus they can easily associate the hypnotist's word play with their own visual or sensory representations.

## **Chapter 3**

### **Words of Caution**

Hypnotism is a neutral force – it is neither good nor bad. Its value depends on who wields it, and how it will be used. Mind control, the power of suggestion, and tapping into the subconscious, are dangerous if abused.

Hypnotism is more vulnerable to abuse because it does not take great effort for someone to be able to learn how to do it. Almost anybody can practice it and achieve a minimum of success. And although the effect may be temporary or minimal, still hypnotism has the capacity to alter something in the way the subject may think, behave, or decide in the future.

In this line, caution must especially be taken when dealing with hypnotherapy. First off, even when handled by a professional, hypnosis is not a cure-all by itself. It is effective if it is used in context, done the right way, and in coordination with other corresponding prescriptions. It is not a substitute for medical and psychological treatment.

Thus, only a qualified person should attempt to diagnose a person and analyze what affects him; and then prescribe an appropriate treatment. He will then be able to provide a concise evaluation regarding the case.

Likewise, an unqualified person might read the wrong impression and diagnosis on the ailment. He may come up with a wrong or inaccurate interpretation, thus prescribing the wrong course of treatment.

It is best to seek professional medical advice, rather than hypnosis, when the subject is experiencing pain or illness. Not doing so could lead to life-threatening consequences. Just imagine if you hypnotized the pain away from a

person who has a serious disease. If that person you hypnotized did not experience the discomfort brought about by the illness, he would not go to the doctor for a check-up. This could lead to dangerous outcomes and might negatively affect the health and life of that person.

So always be careful when using hypnosis. With power comes responsibility.

## **Chapter 4**

### **Hypnotism throughout History**

Hypnosis has been known to man for thousands of years. Historically, the practice of altering man's consciousness has been carried out by shamans, wiccans, spirit mediums, and spiritual doctors, for various reasons. Ancient civilizations of Egypt and Greece recorded that the fastest way to get in touch with the spiritual realm is through rituals that are similar to what are now called hypnosis, meditation, visualization, and drugs.

Experiences common to deep sleep, anesthesia and the power of the subconscious have been noted in different religious documents, such as in the Old Testament of Christianity and in the Talmud of Judaism.

Some accounts even say that many women were accused as witches and thus burned at the stake because of their practice of "cutting up" women's bellies during difficult labor in order to help the child get out of the womb. It was said the mothers felt relatively no pain during the "operation" and the babies were delivered successfully – with the midwives using only herbs and oils while uttering some comforting, soothing chant. This practice, many believed, is one of the earliest known practice of what is now called delivery through Caesarean operation, with the aid of hypnosis.

Taking the cue from their ancient traditions, indigenous cultures even in the present day, still take benefit from mind control and suggestion and its ability to heal – or harm.

### **Mesmerizing Magnetism**

In the modern world, hypnotism's first brush with science was known in the late 1700s, through Austrian physician Dr. Franz Anton Mesmer and the "phenomenon" that was called animal magnetism. Mesmer believed that through a mystical force channeled through water tubs and magnetic wands flowing from him to his subjects, he can make people and animals go under trances. He claimed this mystical power was due to magnetic waves. He lulled his subjects into submission through fixating them on a certain object, and through monotonous repetition of certain words. This was where the word "mesmerize," which we still use today to pertain to the act of being in awe and dumbstruck to a certain figure, was coined.

But soon in the further scientific study of hypnotism, the concept of animal magnetism was eventually dismissed. Abbe Faria, a scientist in the 19<sup>th</sup> century, declared that the hypnotism practiced by Mesmer was not because of animal magnetism – but through the power of suggestion.

### **The Pendulum**

More studies and experiments in mind control followed through the years, but it was a research launched in 1842 that was considered the turning point in the study of Mesmer's ideas. Scottish surgeon James Braid was one of the first scientists to attribute the process of going under a trance to a physiological process. He believed that the state of trance was not due to the magnetic power of the hypnotist; but through hard, rapt attention on a striking, moving object over

time, as in that iconic clock necklace. “Protracted ocular fixation,” Braid believed, will make the brain tired and will cause the subject to be under what he called “nervous sleep.” Thus Braid coined the term “hypnotism” and “hypnosis,” based on the Greek word of “sleep.”

Braid, with his contemporaries such as Ambroise-Auguste Liebeault, Hippolyte Bernheim and J.M. Charcot, later focused more on the impact of psychological motivation in hypnosis rather than their early concept of fatigue and nervous sleep. They were also the first ones to tread upon medical hypnosis, wherein they used hypnotism to treat different psychological and physical conditions.

Following the paths taken by Braid et al., more studies on the use of hypnosis in medicine followed – with better results this time. Mirroring (though perhaps unconsciously) the practices of ancient doctors, modern medicine started to cautiously tread upon the use of hypnosis as anaesthesia or pain killers. The medicine world then had a strong disbelief in this method; as in a case in 1842, when there was a report of a successful and painless amputation procedure through hypnotism. But it was quickly dismissed.

Still, pro-hypnotism medical professionals persisted with their studies. Dr. James Esdaille, a British physician who practiced in India, performed almost 400 pain-controlled operations with patients under hypnosis. Known as the “Father of Hypno-anesthesia,” Esdaille also integrated his Western education with the culture in India. Hand-in-hand with his medical practice, he also performed a drugless trance therapy traditionally from Bengal, India. Esdaille’s cases listed

eye, ear, and throat operations, amputations, and tumors and cancerous growth removals. Esdaille reported no pain and zero mortality under his so-called “mental anesthesia.”

What’s more astonishing is that after the surgeries, Esdaille further hypnotically suggested to his patients that their wounds would not result in any kind of infection or side effect. True enough, no one among his patients was reported to have caught any post-operation side effects. Many believed the subconscious aspects of Esdaille’s subjects responded well to hypnotism. When Esdaille suggested they would not be infected, their bodily functions acted accordingly and launched antibodies that would fight infection.

Soon, the death of Braid, Esdaille and other kindred colleagues, plus the advancement of anesthetics through chemicals, waned the interest in hypnotism.

### **Hypnotically Hysterical**

Hysteria and hypnosis? Strange bedfellows at first glance maybe; but after hypnosis kept a relatively low profile after Braid, hypnotism made a comeback in the 1880s as new versions of his work were corculated. The revival also came with new experimentations, particularly in the use of hypnosis in treating hysteria led by neurologist Jean Martin Charcot.

Charcot, and later his pupil Pierre Janet, treated various cases of mental conditions, but most particularly hysteria, through what they called *dissociation*. This technique, utilized in a big number of patients, compartmentalizes some of

the data stored in the mind, so that aspects such as a particular skill or an information from the past can be hidden or retrieved.

Considered landmark experiments at that time, these findings impressed and inspired later works of French psychologist Alfred Biet and the father of psychoanalysis Sigmund Freud

In fact, Freud used the works of Charot and another French doctor, Hippolyte Bernheim, to strengthen the framework of his initial studies on the unconscious and hypnotism.

Meanwhile, science has enriched layman's dictionary once again since it was in this time that Ambroise-Auguste Liebault coined the term *rapport* – meaning that critical and required consensus between the hypnotist and the subject for a successful hypnosis session. Today, we still use the word *rapport* to mean that pleasant communication connection between two parties, a certain similarity in wavelength.

### **Hypnotism and War**

A powerful weapon, a strategic device, an intelligence technique and a medical tool – all these roles were said to have been taken by hypnosis during World Wars I and II.

War trauma is common to soldiers who have faced the horrors of war. Hypnotism was used by physicians to help patients in letting go of their repressed memories, and to eventually treat amnesia or other resulting

conditions. This kind of therapy also helps the patient alleviate emotional and mental tensions resulting from the trauma.

The powerful suggestion invoked by hypnosis was also used as a tool for military intelligence. For example, an extremely confidential information that has to be passed personally can be protected through the power of suggestion. In this case, the information will be given to a soldier under hypnosis. After the information has been relayed successfully, the hypnotist then suggests to the courier that he will never remember a single detail about the message, thus ensuring that it remains a secret forever.

Since hypnosis can also be effective in altering the behavior of a person, it was used as a strategy to infiltrate the enemy's ranks. G.H. Estabrooks, a physician who has worked with United States Authorities in World War II, divulges in a medical journal that the behavior modification properties of hypnosis were useful in sending a deep penetration agent inside a communist territory. He also narrated: "I worked this technique with a vulnerable Marine lieutenant I'll call Jones. Under the watchful eye of Marine Intelligence I spilt his personality into Jones A and Jones B. Jones A, once a "normal" working Marine, became entirely different. He talked communist doctrine and meant it. He was welcomed enthusiastically by communist cells, was deliberately given a dishonorable discharge by the Corps (which was in on the plot) and became a card-carrying party member."

## **Chapter 5**

### **Can Hypnosis Blast Me to the Past?**

Hypnosis may not make you younger, but it can make you feel and act younger. It may not take away pain, but it may fool around with your pain sensors so that pain may virtually be nonexistent. For all the fallacies and myths surrounding hypnotism, there are still a number of things hypnosis can do that are beneficial and scientifically proven. In general medicine, psychology, surgery and dentistry, and even in the legal system, hypnosis has been known to help people gain better understanding of the situation and themselves.

#### **Age Regression**

Wise men have said: “Those who do not remember history are condemned to repeat it. Whatever you are now, the skills you possess, the ailments that bother you, may have something to do with your past.”

In regression, the person that initiates your hypnotism dips into a particular period in your life – say, when you were still in kindergarten. This suggestion triggers you to seem to live out significant incidents in that period. Since you are “re-living the past,” it will relatively occur that you think, talk, or act as you were in kindergarten. Your therapist and you can then determine how a particular incident in that particular period may have connection with a condition affecting you presently. Reliving a part of your past may help you recover some vital information, establish insights, or aid you to know yourself better and how to cope with the present.

### **Past Life Regression**

Stretching the theory further, some have claimed regression can make them go into the past deeper – and can let them experience their lives when they were in the womb. Still an area of contention, more so because this theory touches on religion, the concept of a past life or reincarnation is relative to a person's faith. Scientifically, it is not possible, as scientists say that the brain is still underdeveloped during pre-natal stages to store memories.

Still, thousands of cases have been documented of people going back to their past lives. These people were convinced because they found accurate connections between their past and present identities. As in age regression, it is believed that getting to know what you were in the past may help you understand and eventually cure a certain condition. A stereotype case would be, for example, a woman who is afraid of going near bodies of water may have died due to drowning in her past life.

### **Tool for Surgery**

Painless surgery and dentistry has been proven to be possible with just the help of hypnosis. Probably the most natural form of anesthesia, mothers about to give birth, soldiers wounded in the midst of a battle, or children nervous of a tooth extraction – have benefited from hypnosis as an anesthetic.

During the operation, the hypnotized patient is reported to have remained relaxed and at ease. Post-surgery hypnosis is also known to aid in prevention of infection or to relieve discomfort or post-surgery pain.

Increased recovery speed is also a known benefit of hypnosis. One case study, a research by a psychologist, states: "In one case, doctors had to graft skin onto a patient's badly damaged foot. First, skin from the person's abdomen was grafted onto his arm. Then the graft was transferred to his foot. With hypnosis, the patient held his arm tightly in position over his abdomen for three weeks, then over his foot for four weeks. Even though these positions were unusual, the patient at no time felt uncomfortable."

### **Behavior Modification**

Making someone act like a chicken is only icing on hypnosis' cake. There are other pleasant and useful cases wherein its ability to modify behavior is vital. Mental patients who are disturbed or nervous may be helped to be calm through hypnosis, rather than experiencing the side effects of sedatives or be forced into submission through a straitjacket. On a long-term basis, hypnosis can then be used as a central part of treating psychological conditions such as anxiety, depression, trauma, or phobias.

Long-term therapy with the aid of hypnosis is also required in curbing problem habits such as smoking, drugs, eating disorders, or dilemmas in socialization.

### **Treating Physical Problems due to Psychological Factors**

A lot of our physical problems are linked with our psychological condition, given the direct link of the brain and the nervous system to the separate processes of the other parts of the body. That's why some doctors believe there is no other way to treat a physical condition more efficiently than to go directly to the brain.

Psycho-physiological conditions are ailments of the body that can be rooted from psychological factors. Usually, a person vulnerable to a certain illness, when faced with stress, will likely catch a psychosomatic illness. A medical definition usually states that a psychosomatic illness is a condition in which the state of mind (psyche) either causes or mediates a condition of actual, measurable damage in the body (soma).

Columbia Encyclopedia further notes a psychosomatic disorder as an "emotional disturbance that is manifested as a physical disorder," such as childhood asthma, ulcers, hypertension, endocrine disturbances, and possibly even heart disease. In most cases the illness occurs only when both physiological predisposition and psychological stress are present.

In this formula, predisposition pertains to your mental and medical history. Stress concerns with elements that make you feel anxious or bothered, as well as outside stimuli such as problems in the family or society, eventually triggers the onset of illness. These include death, conflicts (personal or social), emotional problems, and financial worries.

Other conditions that result from psychological stress are problems that affect vital organs: the heart, stomach, lungs, liver and the nervous system, triggering the onset of cancer, stroke, arthritis, multiple sclerosis and pain.

A typical script when using hypnosis as a form of aiding the treatment of psychosomatic illnesses is similar to other hypnosis techniques that aim at changing or asserting a certain condition. First, the hypnotist guides the subject into deep relaxation – until the body and mind are completely at ease. The patient is then encouraged to imagine each and every part of his personality that is ailing – physically and mentally.

Using visual imagery that promotes well being and lightness, the hypnotist tells the patient to ease away his pain, anxiety, and other thoughts that bother him. The hypnotist may also identify each body part, giving particular importance to the affected ones, and helps the patient handle, overcome, or come to terms with the pain.

### **Legal Aid**

The mind's capacity to store information is astounding. It can even act like a video camera that zooms in, pauses, fast forwards or slow motions a certain event. The problem is, we tend to "forget" because however big its capacity, it is not limitless; it compartmentalizes and organizes memory so it can accommodate more. This is where hypnotism comes in.

Hypnosis helps a person archive and retrieve relevant information that may have been discarded or neglected in normal everyday activities. Pinpointing

critical data is especially important in solving crime cases. Hypnosis has been used to help witnesses and victims of crime sort out information from the crime scene. By intensely focusing through hypnosis on memories relating to the crime, a significant detail, a vital clue, or an element previously looked upon may aid in the investigation.

Still, police do not usually rely heavily on hypnosis in solving crimes. The mind is tricky, and people can be tricky too. As we said before, people under hypnosis can still decide for themselves. People under hypnosis may lie, or prefer not to divulge a secret.

## **Chapter 6 Now Showing**

Like any other thing in contemporary age, hypnotism has not escaped the glitter, glamour, and kitsch of commercialism. It's not really surprising that something as mysterious and as interesting as hypnotism can turn into an entertainment show for moneymaking ventures.

Still, this is not to say that stage hypnotists are not as genuine as their counterparts in the clinical setting. Professional stage hypnotists follow the same rules and techniques in hypnosis. They just tweak them to provide entertainment value. The effect of their brand of hypnotism to their subjects doesn't differ either – people act silly or ridiculous because it's their will to go along with the show. As one stage hypnotist puts it, according to their suggestion, the subjects act and behave the way they think hypnotized people must do.

So you want to be a Vegas show hypnotist? Perfect timing, right pacing, and action-packed sequences are some of the required elements in a truly entertaining show. Here are some tips compiled from professionals of the trade.

### **Collect and Select**

Almost all stage hypnotists initiate a pre-selection process prior to the show. These are not “planted” talents; the hypnotist actually calls out for volunteers from the current audience. After a series of hypnosis exercises, the hypnotist determines who among them is the most susceptible and suggestible to hypnotism. For every level, he selects the highly suggestible ones and eliminates those he deems not ready or not open to “let go.” (Thank you very much sir,

ma'am, you may take your seat now.) This ensures a faster pace of the show, a more successful hypnosis rate; therefore a more entertaining show. The hypnotist performs hypnotism exercises at different levels. Still, there are a number of con men using rigged props or talents pretending as parts of the audience.

### **12 Minutes of Fame**

People more or less are attracted to the lure of the spotlight – if not confused by it. Putting people on stage, in front of a large audience, increases the success rate of the hypnosis session. On stage, people will find it hard to resist to instructions compared to common situations. When onstage, people will feel “obliged” to behave as they are expected to. Thus, they will find it easy to follow and respond to the hypnotist’s suggestions so as not to ruin the show. Once the atmosphere comes to this, the participants start to loosen up. The audience buys the act accordingly. This is enough for the hypnotist to take advantage of. All he has to do now is to “direct” the show. Cooperation is much easier if it’s all part of a performance.

### **Wash Their Hands Clean**

Riding on the idea that hypnotized people have absolutely no idea or control to what they are doing, subjects may find it easier to act out what is asked of them, no matter how weird or silly it may be. Once hypnotized, one may believe (or the hypnotist suggests one to believe) that he has no responsibility for

the volunteer's actions. It's not "really them" who are acting like ducks and quacking on stage. Somebody is making them do what might have been embarrassing things.

### **Be Tricky**

Bring out that fog machine! Turn on those bright lights! Let those glitters pour on! Don't shy away from sound effects. Music for more ambience! Costumes and props for more atmosphere!

Once the show achieves the aura of a cinema house, the audience, in automatic response of a moviegoer, will be ready to suspend their disbelief. They will believe everything from the stage that is being fed to them. As in a fantastical and magical film, however irrational the story twist may be, the audience is ready and willing to negotiate within the story's universe and codes.

Almost all stage hypnotists use stage tricks in order to achieve more jaw-dropping impact. The more complicated and dangerous the stage acrobatics are, the better for them (and their ticket sales). One common impressive stunt is suspending a person between two chairs, and then letting somebody stand on that person's chest. The audience doesn't question the trick; but in reality it's just an ingenious use of space, black cloth, mirrors, and yes, hypnosis.

### **Make 'Em Wet Their Pants**

Talk in a booming, authoritative voice. Astound the audience and the participants with your commanding stance. The stage hypnotist takes advantage

of the participant's excitement, nervousness, and inexperience in the stage. He taps into that social pressure put upon to the subject. If others look as if they are under the hypnotist's control, they must be so, too. He also takes into consideration that people act according to what they deem appropriate – if this is a hypnotism show then they have to go with the flow.

Never let them question your authority. Understand that hypnotized subjects may still wield their own free will, but generally people do what they are told, more so if its from an imposing figure.

At the same time, an ethical, professional hypnotist never exploits the participant's vulnerability. He respects the subject's sense of self and dignity. He puts importance on their safety and well being. Being a performer that he is, the stage hypnotist tries his best to make the audience and the participants have a great time.

## **Chapter 7**

### **Self- Hypnosis Power**

Let's start using hypnosis – on yourself first. Self-hypnosis can be a relaxing, soothing experience; helping you to loosen up and ease your tensions. It is a form of meditation that allows you to converse with yourself. It is a way to de-stress and leave your worries for a while.

On a short-term vision, self-hypnosis can help you improve your learning threshold, sharpen your memory, and be alert during an exam week or an important presentation at work. It can hold your hand when you're planning to face an emotionally draining situation. It can help you clear the clutter from your mind after a full schedule.

Done regularly for a long term span, self-hypnosis eventually becomes your way of life - a regular, exclusive time for yourself. It can lead you to more understanding of yourself and others. It may also change the way you lead your life, make your decisions, or handle relationships.

Self-hypnosis allows you to stop and breathe deeply. Sometimes some very basic things such as these are neglected in our day-to-day rat race. The steps from professional hypnotherapists may sound so simple at first. Summarily, it just says to get yourself together, find a perfect venue, and everything else will follow. But once tasked to do it, some of us may find the seemingly simple step of staying put (being still for a while) very difficult. With our multi-tasking, short-attention-span culture, staying still and doing nothing seems like a task unto itself. But once you get down into it and actually do it, the rest will eventually follow.

Let's try out some Hypnosis at Home sessions, based on some of the elements needed for an effective hypnosis session, as advised by experts.

### **High Time**

If you're living with other people, pick a schedule wherein there will be less activities – either your housemates may be away at work or at school, or by the time everybody's asleep. If you're living alone, do it when you least expect people to drop by, call, or send you messages. Better yet, put your phones on hold first, and hang a “Do Not Disturb” or “Silence Please” sign outside your door.

### **A Room of Your Own**

Find a quiet spot, away from the hustle and bustle of the house. Make sure your venue is relaxing and conducive to your activity. Dim the lights or light a few candles. Adjust the room temperature according to your preference. Light some incense if you may.

Sit or recline in a comfortable spot. Surround yourself with pillows and cushions. Make sure you feel all right even if you will be in that position for quite some time.

### **Turn It On**

In the movies, as in real life, music sets the mood for any kind of scene. Put some soothing music on that player. Soothing music may mean different things to different people. It depends on musical preferences – hardcore metal

may seem “comforting” to somebody (maybe it reminds him of high school), but is not appropriate for the self-hypnosis session we have in mind. Try this: turn the music on, and feel your heartbeat. If it promotes or keeps on with a relaxed, steady beat, then that’s good. Sounds of nature may be effective – the whistling of the wind, the playing of the chimes, the rustling of leaves, and the gentle gurgle of a brook. If you have a small desk fountain, place it near you. Remember that the sound of water is always soothing.

### **A Whiff of Memory**

They say our olfactory nerves are the first to develop when we were born and the last one to stay with us when we die. The work of one Nobel Peace Prize winner discusses how our sense of smell plays a very vital and critical part of our memories. The work reveals how much we remember just by the memory of certain smells, and how that trait has helped human survival and development ever since.

Ever noticed how the smell of certain things vastly affects us emotionally than any other senses? Smells can enhance or change our mood, take us back into the past, or make us remember that special someone. Mothers perhaps have the keenest sense of smell of all – tests show they can identify their offspring, even grownup ones, by their particular odors.

Conversely, we can heighten our relaxation just by indulging our sense of smell. Before the session, you may want to take a bath and wash your hair using delicious-smelling soap and shampoo. You may lather aromatherapy oil on your

body. Burn scented candles or oils. Light up some incense. No doubt your body and mind will react pleasantly to these indulgences. In the event that your hypnosis session might not work – at least you end up smelling and feeling good.☺

### **Feel It**

Just as some of us may have a keen sense of smell – some people are kinesthetic, or they respond immensely to the sense of touch. They like to be touched and to touch other people. They like the feel of good, soft fabric on their skin. They want to run their fingers in an interestingly rough surface. They often hug people or pat their backs, and in return they want it to be done to themselves.

If you are one of those people, then take advantage of it to heighten your relaxation. Surround yourself with soft cushions. Notice the feel of silk bed sheets. Wear your softest and most comfortable clothes. Lather some moisturizing lotion on your skin and feel the edges of your fingers soften. Feel the air as it breezes and touches your skin and your hair.

### **Words Are All I Have**

The power of hypnosis, as we have learned, comes from the power of suggestion. A successful suggestion requires finding the rights words, saying them in the right way, and at the right time. You have to be utterly convincing, but

not pleading. Firm, but not pushy. Soothing, but not weak. Of course a lot of this depends on the material – on what you say.

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Below is an example of a self-hypnosis spiel. This method helps to relax your whole body and gets rid of stress. By having a very relaxed body, you can tremendously improve your life in every aspect – physically, mentally, emotionally, and spiritually.

This self-hypnosis induction suggests that you tape and record the narrative and play it during your session, in accordance to the whole therapy process. In this session, the subjects are instructed to keep their eyes open initially, watching the flickering flame of a candle.

#### BEGINNING OF INDUCTION

Light up a candle place it in front of you, where you can see the flame at a convenient angle.

Find a comfortable sitting position. Surround yourself with pillows and blankets if you must.

The mellow light of the flame: watch it dance and sway slowly, languidly, peacefully, as you are feeling now. (Pause)

Breath in, breath out. Breathe through your nose and faintly blow out some air from your slightly open mouth. (Pause)

Breath in, breath out. (Pause)

Repeat. Breath in, breathe out. Breathe in, and out. (Pause)

Breathe and take the wonderful air into your healthy lungs. Feel it being filled with sweet, clean air. (Pause)

Exhale and blow out all your tension away from your body. (Pause)

Breathe. Relax. As relaxed and as languid as the flickering flame before you. (Pause)

The flame is mellow. Its light is yellow, like the stars, like when you sleep. The flame warms your eyes. You feel them closing slowly. (Pause)

Your eyes are tired, so weighed down. You feel all the nerves inside your eyes throbbing. You want to close your eyes tightly. (Pause)

Your eyes still feel warm. You feel the heat of the flame surround them. In fact, even with eyes closed, you can clearly see the flame dancing before you. (Pause)

You breathe in and out. The more you breathe, the more you feel relaxed, very deeply now. (Pause)

The warmth spreads from your eyes to your face. You feel warm all over. (Pause)

You feel your forehead glowing. A light, luminous and bright, shines from your forehead. (Pause)

The warm, soft light spreads to your face. Your face relaxes. You relax deeper and deeper now. (Pause)

As you breathe in and out, you feel more relaxed than ever. (Pause)

You breathe and you feel your chest filled with air. Warm air. The light from your face spreads to your neck down to the chest. (Pause)

Breathe deeply now. The warm, soft light makes your body relaxed, as relaxed as your face. (Pause)

The warm, soft, relaxing light spreads to your arms, to your hands, to the tips of your fingertips. They feel so relaxed now. (Pause)

The warm, soft, relaxing light spreads down to your stomach, to your waist, to your hips. They feel so relaxed now. (Pause)

The warm, soft, relaxing light spreads further down to your back. Your back feels so relaxed now. (Pause)

You breathe slowly and deeply, in and out. More than ever, you feel so relaxed now. (Pause)

The warm, soft, relaxing light spreads further down to your thighs, to your legs. They feel so relaxed now. All the weight put upon them slowly feels light. (Pause)

You feel so relaxed. Every muscle, every tissue in your body feels so fine. You feel so peaceful. (Pause)

You breathe in and out. You go deeper and deeper into relaxation. (Pause)

The warm, soft, relaxing light spreads further down to your feet, to the tips of your toes. They feel so relaxed now. All the weight put upon them slowly feels light. (Pause)

Now visualize yourself standing in the softest, greenest grass you have ever put your feet into. Your feet feel warm and soft. (Pause)

You are now in an open field. The sun is shining warmly, so friendly on you. (Pause)

A cool wind breezes through your hair, your face, and your body. It breezes through the field of grass, combing each and every soft, green sliver. (Pause)

You walk through the field of soft, warm grass. You see a mountain not far way. You slowly walk towards the mountain. (Pause)

As you walk towards the warm, blue mountain, you go deeper and deeper into relaxation. Your body feels so relaxed and at ease. (Pause)

Your mind is sharp and alert, taking each and every detail perfectly. (Pause)

Perfectly, like the little stream you pass by on the way. The gurgling sound of the stream relaxes you more than ever. You walk across the little stream, your feet getting wet by the warm, clear water. The water relaxes you more than ever. (Pause)

You walk, further and further, into the mountain. (Pause)

A warm, gentle breeze passes you by, combing your hair, passing through your clothes and your body, and slowly, slowly lifting you, as if you are a feather in the air. (Pause)

The wind lifts you and you feel so fine floating in the sweet, soft air. You feel weightless and you go deeper and deeper into relaxation. (Pause)

You go higher and higher until you reach the top of the mountain. (Pause)

There are small wild flowers on the top of the mountain. You breathe in their wonderful, fresh smell. You breathe in the wonderful, fresh smell of the mountain breeze. (Pause)

The wind slowly, slowly gets you down the mountain. As you get lower and lower you become more aware. With every count you start to slowly emerge from your deep relaxation. (Pause)

Every time you listen to this self-hypnosis induction you will go deeper, more serenely, and attain more benefits from the experience. (Pause)

1, 2, 3...

The smell of the soft, fresh rain is still in you. It's in your hair, your hands, your body. You smell of rain. You smell of new hope, of creation and of refreshed life.

4. 5, 6,

Lower, into the field of grass. Lower, until your feet touch the warm soft grass once more.

By the count of ten, you will completely be awake, more alive and refreshed than ever before.

7,8,9,

Remember the smell of rain and how it brings out new life, new hope.

10

You awake fresh and ready. Yawn and stretch your body.

END OF INDUCTION

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

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## **Chapter 8**

### **Common Techniques in Hypnosis**

Hypnotists employ certain methods to effectively hypnotize their subjects. Some of the most popular techniques are discussed in this chapter.

#### **Intense focus**

This is a cliché, and one of the earliest aids in inducing hypnosis. The hypnotist holds an object, which he tells the subject to fix his gaze upon. This comes in the form of that stereotypical clock pendulum, which the hypnotist swings in front of the subject. Also popular is the circle containing a line going spiral, which can make someone go dizzy or feel as if sucked into a vacuum. Others use a candle, telling the subject to gaze at the flickering flame.

In these techniques, the point is to have the subject focus so intently into the object that there will come a time everything around him will be tuned out. Once set, the hypnotist can start to talk to the subject in a low, soothing monotone, which helps set the mood for relaxation.

#### **Sir Yes Sir**

Often used by stage hypnotists, this technique is popular for its high response rate, and dramatic impact. Here the hypnotist attacks the subject with sudden and fierce commands – it must be forceful enough to thoroughly convince the subject that he is completely under the power of the hypnotist. This way, it will be easier for the hypnotist to put in suggestions into the subject's mind.

### **Take It Easy**

This method aims to put the subject in full relaxation. He will be so comfortable and at ease that with his defenses down, he will be open to suggestions by the hypnotist. Most frequently utilized by psychiatrists, relaxation for them is the way to go, especially for patients with ailments or for those in a state of extreme stress or trauma. As part of a therapeutic program, the method induces a feeling of well being which, on the event that may not directly affect the treatment of the condition, will still be beneficial to the patient.

Also known as the “progressive relaxation and imagery technique,” this is also used in self-hypnosis exercises, meditation, and self-help sessions. The use of soothing music, candles, and scents, are encouraged in this method to further pave the way of temporarily shutting off the world and focusing on your inner being.

## Chapter 9 Signs

There are some signs that the hypnotist will usually watch out for to determine if the subject is already ready and open to his suggestions. At least one of these outward signs, when exhibited by the subject, is almost foolproof in implying that the hypnosis session proper can begin.

**Red Eye.** As in when extremely drunk or high in chemical substances, hypnosis brings out body responses similarly seen in people who are induced in a certain state of consciousness. Reddening of the eyes is experienced due to the greater flow of blood through the veins triggered by the relaxation of eye muscles.

**R.E.M.** People in trance will also exhibit rapid eye movement (R.E.M), a phenomenon exhibited by people in deep sleep who may also be dreaming. Fluttering of eyelids, or the movement from side to side of eyeballs (if eyes are totally closed), can be seen once the subject enters deeper into the control of the subconscious.

**Crying Game.** Increased moisture in the eye area, which may look as if the subject is crying, is brought by extreme relaxation of the muscles holding the tear ducts.

**Body temperature.** Look out for a drastic or distinct change in temperature. As the subject enters into an extreme relaxation zone, his pulse rate begins to lower down, thus triggering a change in body warmth. This will vary from subject to subject – most subjects will usually feel cold, but for others, it's a warm feeling that will spread all over.

**The Exorcist.** That scene from the movie “The Exorcist” may slightly be accurate, after all. Eyes rolling back, or eyeballs as if aiming to shoot out from the forehead, are usually experienced once the subject enters a state of trance.

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

## CHAPTER 9 Do Unto Others

Do you want to make your lover extra sweet? Do you want to make your buddy kick his nasty smoking habit?

This time, let's try our newfound knowledge with others – not because we want to play around with them, but to actually *help* them out. Of course, these exercises may or may not work. They're precisely that - exercises, and will depend on your skill and experience. Still, it won't hurt to try.

To be able to hypnotize somebody, you can take the first step by trying out one of the different techniques as defined in previous chapters, to jump-start the process.

*To get a comprehensive list of actual hypnotic induction techniques (deepening, induction, testing, and trance categories), go to:*

<http://www.hypnosis.com/trance/ind00.html>

*To get a comprehensive list of actual hypnotic scripts to improve your health and enhance your abilities, go to:*

<http://www.hypnosis.com/trance/scripts00.html>

The common ones are explained below. Close your eyes. Relax.  
Hypnotize!

### **Captivate Your Lover**

Get your special someone's full cooperation. Set the mood – dim the lights, put a flame on one or two scented candles, and play some romantic

music. Let's take the usual scene – a male charming a female (But of course, a female can also do this to her man).

Let her find a comfortable position. Position yourself in an intimate position beside her.

Tell your subject to relax her body. Enumerate every body part (with some nice adjectives spiked here and there) and suggest how comfortable and tension-free it is.

Encourage the subject to relax her mind. Let the subject envision her mind becoming free from clutter, and a luminous white light spreading from her forehead to the top of her head.

Guide her breathing – let her take deep, relaxing, slow breaths. Tell her to inhale from her nose and blow air from her mouth, and let herself be lulled into that slow, easy pattern.

Tell her that with every breath she exhales, she may imagine that she is exhaling all her worries and anxieties away. It will help if she envisions a particular color to represent each thing that bothers her.

Guide her into imagining that a warm, smooth liquid is filling her up, starting from the tips of her toes up to the top of her head, until it completely surrounds her. Let her linger on that thought and sensation, until she decides to leave the trance. Whatever happens next is up to you!

## **Make Your Buddy Quit**

Need help making your best friend or your brother quit smoking? Or maybe help him ease up on his nasty habit of watching too much TV? Let's try it through hypnotherapy. Again, you have to find a comfortable and conducive venue for the session. Guide him through until he starts to relax and be in tune with your slow and steady breathing. Have him focus intently on something.

Follow the relaxation and mind-clearing technique suggested above. Tweak it according to your goal and that is: convincing him that his health, career, and whole life will be a lot better once he kicks off his habit.

When he has thoroughly let go, start your "brainwashing" session. You may want props for this one. The first step is to fill up his mind with everything about his bad habit. If it's smoking you want to curb, describe in great detail everything about cigarettes. Blow smoke directly to him. Let him smell some cigarette ashes, placed directly under his nose. Overwhelm him with cigarettes.

Then guide him into imagining how his life would be like without cigarettes – how he would smell, how his teeth would be rid of the stains, how his breath would smell better, how his coughing would discontinue, or how his lungs would be able to feel so strong and healthy. Let him compute how much he would save minus his cigarette budget. Let him imagine how the people important to him would react had he stopped smoking.

Let him linger on the thought – let him think how it would affect him on a long-term basis.

Whenever he is ready, "wake" him up from the trance.

### **Make Someone Be A Real Winner**

You can tweak the procedure and use it according to the condition. For example, you can help somebody with low self-esteem gain confidence by suggesting to him new ways of behavior such that he will walk, talk, dress up, and look like someone who believes in himself. Using strong, convincing words, you can help him visualize how he will win the game: how clear his objective is to him, how he wants and needs it so badly, and how he will get it right. The point is to fire up his desire on the particular goal he wants to accomplish, prep him up with an inner drive to make the goal come true, and make sure the intensity regarding the project stays for a long time until he gets it.

### **Lose It**

Don't stand there surprised. Testimonials abound on effective weight-loss programs that were supposedly made successful due to hypnosis. Again, supposedly visualization here is the key – the more you believe that you are fit, the more you will really start to become slender.

The script used by the hypnotist usually starts with making the subject affirm his dissatisfaction with his body weight. This will push for an intense desire to change – and to act towards that change. The hypnotist then puts suggestions on living and eating healthy. He may identify health foods such as fruits, vegetables and organic food. He will put premium on exercise and a more active lifestyle. The hypnotist also stresses the dislike of the patient of high-

carbohydrate, high-fat foods that are suggested as totally unpleasant, thus will be rejected by the patient's body.

The hypnotist will try to be as specific as possible. He will name each and every food he would like his subject to eat in moderation. He will tick off the lists of food and drinks that will or must be rejected by the patient. He will also be specific as to how the patient will be able to achieve this. For example, he will suggest that the subject swim two laps a day, run at least 3 kilometers daily, or chew and relish the food slowly. The hypnotist will also identify how many pounds exactly the patient would like to weigh, how many inches does he visualize his waists and hips will eventually be, and how light and happy he would feel once he loses his excess weight.

### **Bag It**

One of the most popular hypnosis methods is paving the way for financial abundance. People believe they can be rich just by placing their hearts and minds into it. And what better way to stress your goal but through your whole mind view.

A typical spiel for a get rich hypnosis session is similar to the weight loss method. Creative, intense, and specific visualization is the key.

For this to work, the subject must have a detailed imagery and list of the things he want to possess - what kind of house and how much, how many automobiles and which brand, etc. The patient is told to hold on to that clear

mental picture of his dream. He is told to stay with it and to face forward in achieving it.

Note: for hypnotherapy to be truly effective, sessions must be done regularly, if not daily. This is done coupled with other forms of treatment as advised by a professional.

## Conclusion

“I think therefore I am,” philosopher Rene Descartes once said a long time ago. Following his discourse that anything is real once you set your mind to it, then indeed, hypnosis may just be the logical step to achieving the best version of yourself.

The power of the mind and the subconscious: boundless and as generous as your dreams. Tapping that power through hypnosis is looking inside you and knowing your capabilities. It means understanding yourself, the people around you, and the world you live in. It is realizing that life and living is never constant. It is appreciating that we always aspire for change – and that change happens from your willingness, your initiative, your hard work and perseverance.

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

As repeatedly stated all throughout this report, we claim no guarantee that this e-book will change your life.

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

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

Self-hypnosis helps you unleash and harness that power.

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

You learned how to unease your burden. You took time for yourself. You made an effort to look within yourself to examine your thoughts and live with its rewards and consequences. Congratulations and good luck with your hypnosis sessions. **Now [Click Here](#) to Get Your Free Self Hypnosis Mp3**