Unlocking the Secrets of Mind Control and Hypnosis

How to Hypnotize Anyone Effectively

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How to Hypnotize Anyone Effectively:
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Introduction

When you hear of hypnosis, you tend to think of it as a way to get people to do your bidding, so imagine the surprise many feel when they find out that hypnosis is not a way to use minions to go forth and follow your commands.

Movies would have us believe that a hypnotic induction can turn an average person into an assassin, also not so.

Another myth is that the person who is hypnotized is actually asleep, so deep asleep that they do not have any control over what they are doing and will have no memory of what happens to them.

Many people, who after being taken out of the hypnotic trance find it hard to believe that they were even hypnotized, because they could hear everything said to them and they expected that to not be the case.

People who are hypnotized are actually just in a highly suggestive state, called trance, and they hear and remember everything. People who are able to help induce the trance state are the people who use hypnosis to help the people reach that trance state.

As a matter of fact, it is possible to put yourself into the state of trance, which is called self-hypnosis and is a very good tool for helping people with self-
improvement, such as losing weight, stop smoking, gain confidence, overcome insomnia, and a huge variety of other things.

Hypnosis is akin to putting somebody into a super relaxed state, leaving them open to suggestion through their subconscious mind.

You cannot use hypnosis to force somebody to do something that they do not wish to do that is another myth, hypnosis does not surrender that person to your complete control, and the hypnotized subject is not powerless and can take himself or herself out of the trance state at any time.

Some other common myths about hypnosis include:

Being put under hypnosis will not guarantee that the subject will be truthful when asked questions. Fact is, if somebody is capable of lying or withholding information in their normal state, they will be able to do the same in the hypnotic state as well. You cannot use hypnosis to “force” the truth from somebody. Otherwise, every court in every county would employ somebody skilled in hypnosis.

Hypnotic trance does not render the person into a mindless slave of whoever has induced the trance. You will hear everything going on, as a matter of fact you will be so tuned into the hypnotist’s voice
that you will find it easy to tune out all of the background noise.

You will be able to remember what happens to you while in a hypnotic trance. It may seem blurry, or like a dream that you have had, or it might be hard to remember, this changes from person to person but for the most part, the people in the trance are able to remember what has happened, there is no amnesia or blackouts during trance.

Anybody who has seen the movie Office Space might think that if something happens while you are in trance, you will be stuck that way or will be forever following the last suggestion made to you. This is also false, although it made for an entertaining movie it is not the case.

Those are some of the common misconceptions about hypnosis. Hypnosis is an induced trance state that helps to open up the subconscious mind, which is normally guarded by our conscious thinking.

Hypnosis allows that door to open, allowing suggestions to be used that can be used to either benefit the subject, usually in the areas of self-improvement, or for fun, such as a hypnosis show.
Basics of Hypnosis and Trance

The actual definition of hypnosis is a non-drug induced state, where the subject is highly focused and the subconscious mind is not hindered by the conscious mind.

As we briefly touched on in the introduction, the conscious mind is typically the gatekeeper for the unconscious mind and there is no way to get directly to the subconscious without going through the conscious mind.

Hypnosis allows the hypnotist to access the subconscious without actually going through the conscious mind; it is a shortcut to the subconscious if you will.

All of our thought and actions stem from our thoughts, so it goes to reason that what goes on in the background of our thinking is important, even if we do not really know what is going on in our subconscious, but it drives our actions and thoughts.

Our subconscious thoughts are the driving force, the influencing force for our forward thinking, or our conscious thinking, and our actions.

A good example of conscious/subconscious thinking and how it affects us is by watching a movie, when you are watching a movie and a funny part happens, you laugh.
You do not give any thought to wanting to laugh, but your subconscious mind tells you that something is funny and your body reacts to it by laughing.

The same with a sad movie, you will cry or suddenly feel very sad while watching a sad part and even though you can try to fight it, you might still cry while watching a movie.

In the same way, our subconscious mind will direct us during the day; it governs our reactions, our actions, our emotions, and our words.

Now, we can change our subconscious, for example, by turning a negative attitude into a positive one, by making efforts to change our conscious thinking so diligently that our subconscious will follow, but for anybody who has tried that, it takes a lot of work, and a lot of patience, but it works.

Hypnosis, through the use of the hypnotic trance is the shortcut to the subconscious, which is why it is so useful for self-improvement, fixing bad habits, overcoming phobias, etc.

The suggestibility of the subject in the trance will allow the hypnotist to guide the subject, through suggestions planted directly into the subconscious, which will help the subject reach their goal, or achieve what they want to achieve.
It is a way to make changes in the subconscious that will carry through to the subject’s actions without having to have had to go through the conscious mind first.

It terms of self-help or improvement, negative actions and thoughts can be replaced with positive ones, direct to the subconscious, without the conscious mind acting as a gatekeeper and only allowing certain things in.

The hypnotic state is the best way to induce positive changes in people who are trying to better their lives because they do not have to rationalize everything through their subconscious, as if they would if they were not in the trance state.

The same idea is used for street hypnosis or for entertainment purposes, the hypnotist will put the subjects into a trance and then using suggestions that go directly to the subject’s subconscious, which is why the subject will react to the words that the hypnotist uses, responding to suggestions of sensations, smells, feelings and suggested actions at certain triggers.

The principals and techniques are the same for both kinds of hypnosis, so what you will be reading about in this book will apply to both, no matter which type of hypnosis you want to use.
Hypnotic trance is actually easy to induce; you might be surprised to hear that you yourself have probably been self-hypnotized at some point.

You know that state where you are doing something and you tune out, going on autopilot and suddenly you become aware again and realize that time has just flown by.

That is a form of hypnosis. Now that you have a better grasp of what hypnosis is, we will begin with going into how to put others, and ever yourself into a hypnotic state.

A key element for all hypnotists is confidence. If you do not appear confident and in control, you will be unable to hypnotize anybody, because they will sense any lack of confidence or insecurities that you have about your ability.

You have to not just be confident, but you must appear confident! Hypnosis all balances on your ability to persuade the subject to enter trance and then you can work with them from there.

You have seen stage hypnotists, they are showy and flashy and they talk and act with flair, and a touch of arrogance.

That is what you should be doing, even if you do not feel confident, act as if you are.
Your voice must be strong, you must make eye contact, and you must be in control of the situation.

Use visualization to boost your confidence, stand tall and talk loudly, make yourself be heard, that is your goal, to be heard.

If nervous, do not show it because your volunteers and audience will pick up on it, you will be unable to establish rapport, you will unable to establish a trance state with your subjects and indeed, lack of confidence and a bad case of nerves are usually the downfall of most beginning hypnotists.