



How to Hypnotize Someone Easily

Discover the Secrets of
Hypnotism and Mind Control

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Introduction

You have seen them at fairs and at shows, on TV and even on YouTube, hypnotists who seem to almost magically put people in a trance. However, long gone are the days when hypnotism is simply a tool for entertainment.

Hypnotism has gained favor in recent times as a very helpful way to help people; it can be used to help cure phobias, traumas, help relax and de-stress, it can help by helping erase negative thoughts and perceptions and replacing them with healthier ones.

People also use hypnosis for self-improvement and to help break bad habits. Hypnosis can help overcome depression, self-esteem issues, insomnia and indeed, a wide variety of personality or mental issues that somebody may be suffering from.

Throw away your misconceptions about staring at a ticking clock and that once hypnotized you can be forced to do things that you do not want to do, because those are all myths.

You are fully aware when you are hypnotized and if you are asked to do something that you are against doing, you simply will not do it.

Therapists regularly use hypnotherapy, as do everyday people who have figured out that hypnosis

is a valuable tool for not only helping others, but for helping yourself as well.

This book will go over the basics of hypnosis, giving you the tools and knowledge to be able to learn how to hypnotize.

No matter if you are using hypnosis for entertainment purposes or for the purpose of helping people, always get permission from them first.

The techniques in this book can be tailored by you, the reader, for either purpose, as this is just a general overview of hypnosis itself.

When you are familiar with the techniques, you can personalize them to suit your purposes because what works for one person, will not always for another, you will need some time and practice before you find the methods that works best for you.

Hypnosis - The Basics

Hypnosis is not a sleepwalking state of awareness that is a misconception. Hypnosis will put the subjects into a trance state, but they are fully aware, they are just hyper-focused on the suggestions and the words given to them by the hypnotist.

Somebody who is in a hypnotic trance is in a highly suggestive state, and of course, the more susceptible a person is to suggestions, the better and deeper their hypnotic trance will be.

Some people are not as easy to put in a hypnotic state, because they are not as susceptible to being put in that highly suggestive state.

If you have ever been to a hypnotist show, prior to getting volunteers from the audience the hypnotist will probably have done a quick test to see who is more susceptible to being put in this state, of course, will highly susceptible volunteers, they will get a better show.

A common test to see how responsive audience members are to suggestion is to have them all place their hands in front of them, index fingers straight up and the other fingers curled towards their palm, and with their hands side by side, the hypnotist will begin to talk about there being a magnetic pull between the index fingers, bringing them closer and

closer and sure enough, if somebody is open to suggestion, their fingers will begin to move together until they are touching!

It is a simple two-minute test to see who would make a good subject and it is something that you can also use as well. People who are not easily suggestible are still able to be hypnotized but they may take a longer induction.

People operate on two different levels of thinking. The conscious mind, which is our active thinking, is the thinking that we are aware of doing.

The subconscious mind is the thinking that we are not aware of, and it is this background thinking that steers our active thinking, our actions, and our emotions.

For example, somebody who has low self-esteem often has such a negative self-image that it has affected their subconscious, and so every active thought is tainted with the idea that they are not good enough, smart enough, etc.

The same goes with anything, in order to change the subconscious, the active thinking must first be changed and then the subconscious will follow.

Hypnosis is a sort of a short cut. It removes the active thinking, which acts like a doorway to the subconscious, and allows for the subconscious itself to be spoken to.

This is why hypnosis has such a high success rate for therapists and people looking to improve themselves, it allows the hypnotist to directly communicate with the subconscious.

As we stated before, the subjects will not undergo drastic changes, they will not do something that they will not normally do, but it helps smooth the way for them to make the changes that they want to make, such as stop smoking, stop overeating or to gain confidence.

Going to see a hypnotist to stop smoking if you do not want to stop smoking will not work. You have to want to change.

Hypnosis is very good for helping people with problems and even addictions that they feel trapped in; they want to change but have trouble doing so on their own. It cannot be forced upon anybody.

Hypnotherapy offers reliable results in a very efficient manner. Results are seen quickly and are much less expensive than therapists, because clients see results faster.

Depending upon the results that your client is looking for, the hypnotic suggestions will differ. Naturally, for those learning to hypnotize for entertainment value, your suggestions will be geared towards that, and the suggestions will be short-term and fun.

If you are looking to learn to hypnotize people, or yourself, for the purposes of changing negative behaviors and thought patterns, then you will have long-term suggestions appropriate to the desired goal.

For those using hypnosis for the latter purpose, always discuss the client's needs fully and work on your suggestions prior to putting them in the hypnotic trance. Never go into a session blind, always have a plan and a goal.

Some Basics

Here are some basic ground rules and information that apply to any sort of hypnotism, especially when using it with other people.

When somebody allows you to hypnotize them, they are putting a great deal of trust in you, and your behavior should always be ethical and professional.

Even when hypnotizing for entertainment, they are putting trust in you and you should be mindful of what is fun and what is going too far.

Hypnotism should never be attempted on somebody who is against it. There are various inductions that can put somebody into a trance quickly but unless you have prior consent, never use them!

You should actually have written consent for hypnotizing people, it protects you as well as them. If somebody states that they do not believe in hypnotize, but is willing to try it, that is fine.

If somebody states that they are against hypnotize as a whole, then do not attempt to change their mind, that would be unethical.

If somebody is dead set against it, go on to a more willing subject. Remember; always keep a high standard of ethics.