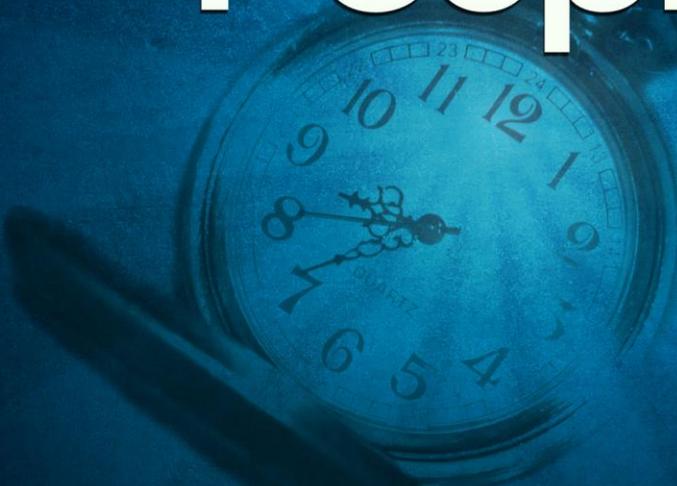


# How to **Hypnotize** People

A pocket watch with a pen resting on it, set against a blue background. The watch face is visible, showing numbers from 1 to 12 and a date window at the top. The pen is positioned diagonally across the watch.

## **Easily** and **Effectively**

Learn the Power of  
Mind Control Hypnosis

Laura J. Walker

**How to Hypnotize  
People Easily and  
Effectively:**

**Learn the Power of  
Mind Control Hypnosis**

Laura J. Walker

# Copyright

© 2013 by Laura J. Walker

Published in eBook format by eBookIt.com

<http://www.eBookIt.com>

ISBN 9781456620967

All rights reserved. The reproduction or utilization of this work in whole in part, in any form by any print, electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system is forbidden without the written permission of the publisher.

Any information provided in this book is through the author's interpretation. The author has done strenuous work to reassure the accuracy of this subject. If you wish you attempt any of the practices provided in this book, you are doing so with your own responsibility. The author will not be held accountable for any misinterpretations or misrepresentations of the information provided here.

This is not a book on therapy or therapeutic technique, and anyone wishing to practice therapy formally or otherwise should seek professional training.

# **Contents**

**Copyright**

**Introduction**

**What is Hypnosis?**

**Hypnosis Odds and Ends**

**The Importance of Preparation**

**Have Your Script Prepared**

**Your Presence and Rapport**

**Using Verbal Psychology**

**Suggestibility Tests and Inductions**

**Conclusion**

# Introduction

Hypnosis has long been a source of fascination for many people. Hypnosis is much more than just a stage show that draws in crowds though, it is only one part of a group of mind therapies that are used to heal, help and entertain.

Hypnosis is a versatile ability. There are those that go into hypnotherapy and those that use it for entertainment. No matter if you want to help or entertain, this book will give you the basics that you need for being able to hypnotize people.

Hypnosis tends to have a bad reputation, people erroneously think that hypnosis subjects are put into a trance and are unable to resist hypnotic suggestions.

Others think that hypnosis subjects can be requested to do things that they will not do and that once they are out of the trance they will have no memory. None of these is true.

Hypnosis does nothing except put subjects in a hypnotic trance, which is nothing more than a highly suggestible state. The subjects will be aware of what is going on and they will remember. If asked to do anything under a hypnotic trance that they will not do, they will come out of the trance.

You cannot hypnotize somebody to do anything against their will. Those are just myths that are not true.

Movies have you believe that a few waves of a watch will put somebody into a trance but it is more complicated than that.

Being able to hypnotize people is complicated; it involves what you say and how you say it. If you cannot connect to a subject, which is called rapport, then you will not be able to hypnotize them.

Your language, both verbal and non-verbal are important as well as the tone of your voice and all of this information is contained in this book.

As with anything, you have to be confident. If you are not confident that you can hypnotize people, then you will not have success. Your demeanor is very important.

Naturally, there is a learning curve and that is to be expected. Try to not let your nerves show. If you have ever seen a hypnotist put on a stage show, they are confident and sure of their words and movements and that is how you must be.

Even if you are nervous, be confident and it will work. If you doubt yourself, they will doubt you and that will be a set back towards putting them in a hypnotic trance. Self-doubt is a big roadblock towards your success and that is why it is being mentioned now.

As you practice your techniques, you will gain confidence and then no matter what you use your skills for, you will be able to do without hesitation or doubt.

When learning, you will need to practice. Naturally, this requires enlisting the help of family and friends. This will put you at ease with your techniques and their honest feedback will help you sharpen and hone your skills.

# What is Hypnosis?

The word hypnosis comes from the Greek word for sleep, which is hypnos. Although the subjects often appear to be asleep, they are not but the trance certainly resembles sleep and many hypnotists use the command “sleep” as part of the induction, it is often the trigger word to put them fully into the trance. Hypnosis has a long history of being used both to help people and to entertain.

Under the hypnotic state, subjects are open to suggestions made to them. In order for that statement to make sense, you need to know more about how the human brain works.

Normally the human brain is ruled by what is called our Ego. Our Ego is the part of the brain that involves our active thinking. The Ego does not control the body, but it is ruled by emotions.

Our Ego is ourselves in a nutshell, it is the part of us that gives us our personalities and drives our actions. The I.D. is the other part of our brain; it controls the body.

When we think, smell, taste, breathe, etc. that is the I.D. Either the I.D. is in charge or the Ego is; they do not work together.

Another way to put it is that our Ego is our conscious and the I.D. is the subconscious. The subconscious is our deepest thoughts, the ones that

we are not even aware of having. When we work on a problem, read or watch a movie, which is our conscious that is paying attention. Nothing gets through to the subconscious without the conscious approving it; it acts like a gateway.

When we sleep, our conscious gives control over to the subconscious; the Ego turns over the controls to the I.D.

At the cusp of falling asleep and just as we wake up, our brains are in a transition mode while the subconscious and the conscious switch places. We know we sleep, but we never remember the moment that we fall asleep. We are unaware of the transition.

That transition is always a moment of confusion for our brain because it has two types of thinking that are exchanging their roles. Hypnosis seeks to recreate that moment of confusion and then it allows the subject to switch from their conscious to the subconscious.

Without the conscious acting as a gateway, the subconscious is able to be accessed directly and it is open to suggestions. If you are using hypnosis as a stage show, then the suggestions are all short-term, designed to amuse a crowd.

If you are using hypnosis to help people, such as using hypnotherapy, then you can implant suggestions to help people get over various problems or needs. Hypnotherapy is used to help

overcome phobias, fears, traumas, to break bad habits and to help cultivate new, better habits.

For example, if you have somebody who is afraid of spiders you can tell them that a spider is not dangerous but they will still be afraid. You can tell them that they are many times bigger than the spider and can easily get rid of the spider, removing the object of the fear, but the person who fears spiders will not respond to the logic that they have nothing to fear from something so much smaller than themselves.

Their conscious will not let the words sink into the subconscious, so that person continues to fear spiders.

Now, put that same person into a hypnotic trance and tell them that spiders are not something to fear, nor are they something that will hurt them.

Without the conscious there to deflect those suggestions, the subconscious directly picks up on the suggestions, and upon awakening, the subject's fear of spiders will have lessened. That is an example of how hypnosis can help by making the subject more suggestible.

Naturally, as a hypnotist, you have a degree of responsibility to the subjects. Hypnosis is not something that should be abused. People cannot be made to do anything that they do not want to do but that does not mean that you should ever try.

With the ability to hypnotize, you have the responsibility to always act responsibly with your subjects.

The trance state is vital to hypnosis because it is the state that allows the conscious to give way to the unconscious mind and thus, suggestible. Going into a trance state is possible through meditation, yoga, self-hypnosis and hypnosis by others. You have probably been in a trance state before that you have put yourself into.

If you have ever found yourself on autopilot, usually by doing something mindless and repetitive, that means you have put yourself into a trance state.

Common examples are of people who went on autopilot when driving and then suddenly realized that they missed their street or turn, while running or exercising or while doing a hobby.

Anything that does not require much thinking and has repetitive motions can induce a hypnotic state. Gardening, knitting, watching TV and crocheting can all induce a type of hypnotic state.

If you doubt that watching TV can put you in a hypnotic trance, then you have never been so focused on a movie that you tune everything else out; you can do the same by reading.

The trance state is a suggestible state in which the subject can selectively choose what to pay attention to. During a stage show, the hypnotist will tell the

stage subjects to tune out the background noise and focus only on him; that is why no matter how much you yell and cheer, they do not come out of their trance. They were told to listen only to the hypnotist and that is what they do.

That selective state is why somebody can drive while on autopilot, they do not drive poorly and they obey the rules of the road and continue to do what they need to do to drive, even changing lanes but they have tuned out everything but the act of driving.

People engrossed in a book can do the same thing. They are not being rude and ignoring you if you speak to them, their brains just are not registering that you are speaking. They have focused on their book and the rest of the world no longer exists to them at that moment.

That autopilot state is what you will put your subjects into. They will be fully aware of their surroundings and of everything that you say and do but they will be focusing only on what you tell them to focus on.

You are not controlling them, despite that myth that continues to endure, but you are able to influence what they are paying attention to and focusing on.

In fact, sometimes people who want to be hypnotized will get angry after a session because they remembered the entire session. Hollywood and the movie industry portrays hypnotic sessions

and something that the subject will never remember; which is not true.

Just because somebody is aware of all that is going on around them it does not mean that they were not in a hypnotic trance. Their awareness is heightened when in a hypnotic trance, not the other way around.

As a hypnotist, you should always clearly detail what hypnosis is to your subjects so that they know exactly what will happen and what to expect.

By going over the common misconceptions and myths and debunking them, you will be ensuring that the session will go smoothly and there will be no miscommunication.

By taking the time to go over this with first time clients, you will avoid any problems where they do not think that they were ever hypnotized. To them, you were just speaking to them because there is not always a sensation that comes with being a hypnotic trance. Let them know what to expect up front every time.

Much like in the spider example, the hypnotic trance helps the subject be more open to suggestions. Their belief system, which controls their conscious thinking is bypassed, making it easier for you to make suggestions.

That is why a stage hypnotist can tell a stage full of subjects during a summer show during the heat of

the day that they are freezing cold and they will huddle together for warmth. That belief system bypass does not mean that they will do anything that goes against their core beliefs or morals.

This is why it is possible to use hypnosis for stage shows, because you the subject's belief system is suspended so you can make them think that they are cold, or hot, or a rock star, singing on the stage.

For hypnotherapy, you can help them fix faulty belief systems or implant other useful suggestions, such as to not feel cravings to smoke. Somebody with very low self-esteem can benefit greatly by a session in which their beliefs that they are inadequate are replaced with suggestions and beliefs that they are worthy and they have value.