

How to

Hypnotize People

Easily and
Effectively

Advanced Techniques for
Hypnosis and Influence

Laura J. Walker

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People Easily and
Effectively:**

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Introduction

Hypnosis has long been used as both a way to entertain and to help. Therapists have long incorporated hypnosis techniques as a way to help their clients overcome emotional trauma, phobias and fears and for self-improvement.

Entertainers make us laugh with hypnosis through street shows or larger shows. Hypnosis is not mystical or magical, it is based on proven communication methods that act upon our brains a certain way.

Language is a vital part for hypnosis and especially for influencing people. Hypnosis is nothing more than being able to influence people by speaking directly to their subconscious.

Some of the same principles of hypnosis are used in business for the purposes of influencing people. What you say is not only important, but how you say it and your body language are all factors to influencing people and for hypnosis.

This book is designed for those who have a solid grasp of basic hypnosis techniques such as how to put people into a hypnotic trance, how to use a basic induction and how to bring them back out of trance. This book is not designed for those who have no experience or knowledge about hypnosis basics.

This book will go into how to influence and advanced hypnosis techniques for both hypnotists who are doing hypnotherapy or for entertainment.

Various inductions methods, ethics and regulations, influence, hypnosis therapy and stage hypnosis techniques are the focus of this book.

Hypnosis Ethics, Regulations and Laws

From stage shows to private hypnotherapy lessons, there is a high degree of trust placed with the hypnotist by the hypnosis subject. Because hypnosis subjects have to put so much trust in the hypnotist, there is the potential for that trust to be broken or violated.

As a hypnotist, you need to ensure clients and/or your stage participants that you are going to perform ethically. When you are just starting out, this can be difficult because you have not had time to build up a reputation yet and in a business like this, your reputation can make you or break you.

You should always check with your local laws regarding hypnosis. Some laws might restrict the age, or request parental consent if practicing hypnosis on those under 18.

Ethically, many hypnotists often will not use hypnosis on those under 18 and if you are performing stage shows, pick volunteers that appear to be over 18, if in doubt, pass them up.

When it comes to ethics and laws, you can never be too safe or too sorry. It is your responsibility to check to see if there are any laws or regulations regarding the use of hypnosis. Ignorance is never a valid defense if you break the law.

Learn the laws and follow them. Keep in mind that laws can change from region to region so if you are going to be doing a show in a new area, check for local laws there before performing.

No matter what country you are in, there are going to be associations and guilds for professional hypnotists. You should join one or more of these associations for various reasons.

First of all, when you become a member, you agree to follow strict rules and guidelines regarding ethics and hypnosis. Breaking these rules will result in your expulsion from the association. When you are a member of an association, it shows that you are being held to high standards of conduct and behavior.

Being linked to professional associations is a valuable tool for building your reputation. As long as you are a member in good standing, you can display your association membership, which helps people trust you more.

You will also gain access to a vast pool of resources for these associations, including their code of ethics and conduct.

Although the actual ethical code can vary from association to association, here are some basic ethics that any hypnotist needs to follow:

- Never practice hypnosis without consent.

- Your client or subject's well-being is of utmost importance and you will not do anything that will infringe upon their rights or their dignity. You need always act responsibly and with integrity.
- You have a bond of trust with your client or subject and it should never be broken.
- Unless you are a trained and licensed medical doctor, you are not qualified to treat any medical disorders and promising to do so or attempting to do so is a violation of the ethical code. If a subject has a medical disorder, you need to urge them to seek medical attention and clearly state that you are not qualified to treat medical conditions.
- Always be familiar with and follow the laws and regulations where you perform hypnosis.
- You will never take advantage of your subjects via hypnosis.
- All post hypnotic suggestions should promote positive well-being.
- You will never purposefully cause fear, intense emotions, or suggest anything sexual or degrading unless you have the consent of the subject, with their consent being given prior to being hypnotized.

The above is a basic code of ethics that you should follow until you have become a member with any association and then you will have their code of conduct and ethics to follow.

In addition to known and following the local laws and regulations and the code of ethics, you will probably need to have insurance prior to being allow to see clients or put on a show.

Insurance will be necessary for both hypnotherapy and for public shows, including street shows. Having insurance protects you and your subjects and clients. Associations and guilds usually can help direct you towards the best insurance policy and some may even offer discounted insurance for their members. This is just another reason why joining an association is very important.

Stages of the Hypnotic Trance

As you become a more experience hypnotist, you become more aware of the details of your subjects as they enter the trance state.

Beginning hypnotists usually just watch for basic clues about their subjects going into trance but the advanced hypnotist can pinpoint just what level or state of the hypnotic trance their subjects are in and can adjust their inductions as needed.

By now, you should be able to induce a trance easily and can very easily shorten or lengthen your induction as needed without breaking your rhythm while doing your induction.

Having somebody who is resistant to the trance state can throw off beginning hypnotists because they have their inductions memorized and when they need to ad lib slightly, it can throw them off.

By now, you should be able to recognize when you need to adjust your inductions to get each subject into a trance. Now it is time to learn more about the stages of the hypnotic trance.

Stage 1 – Hypnodial State – The Waking State

This is the initial hypnotic state, and it is called the waking state because the subject is usually extremely aware of what is going on but they are

feeling good and going along with everything because it makes them happy to do so.

Subjects in this state feel like they are just about to fall asleep or just waking up. Those moments right before you fall asleep and right before you fully wake up from a sleep are what it feels like to be in the hypnodial state, subjects are relaxed but aware. The subconscious mind is in control so they do react to your suggestions.

When they enter this state, they usually will experience a facial flush. Seeing a blush or flush on your subject's face is what you need to look for to tell that they are in this state.

Stage 2 – Lethargic State – The Light Trance State

This is one step up from the waking state and the subjects will be deeper into the trance state. Subjects will feel very lethargic, with heavy limbs and eyelids. Subjects in this trance state often experience R.E.M, rapid eye movement, the same as what we do when we sleep.

You will be able to notice that the subject's eyelids might flutter slightly or that their eyes are moving under their closed eyelids; this means that they are in the second stage of the trance.

Subjects in the lethargic state are easy to work with and very open to your suggestions. From this stage,

it is very easy for subject to go onto the next trance state.

95% of the population can be put into this trance state. They will still have the facial flush and their eyelids will start to flicker. Some subjects will have slightly opened eyes, just enough so that you can see that they have rolled their eyes up and the whites of their eyes are showing, this is normal.

Stage 3 – Cataleptic Trance – Medium State

Although most of your subjects will very likely stay in stage 1, or stage 2, you will have a good portion of your subjects continue onto the medium state. When a subject enters the medium state, they begin to lose touch with their surroundings.

If a subject has trouble recalling what happened when they were under hypnosis, or they have a very hazy or confused recollection of what had happened when they were in trance, that is very likely because they had gone deep enough in trance to enter stage three.

Subjects in the medium trance state, although very deep in trance and feeling detached will still respond well to hypnotic suggestions. If you have ever seen a hypnotist hypnotize a subject, then tell them that they are rigid like a plank of wood, and then balance them perfectly on the back of two chairs, the subject was in this trance state.