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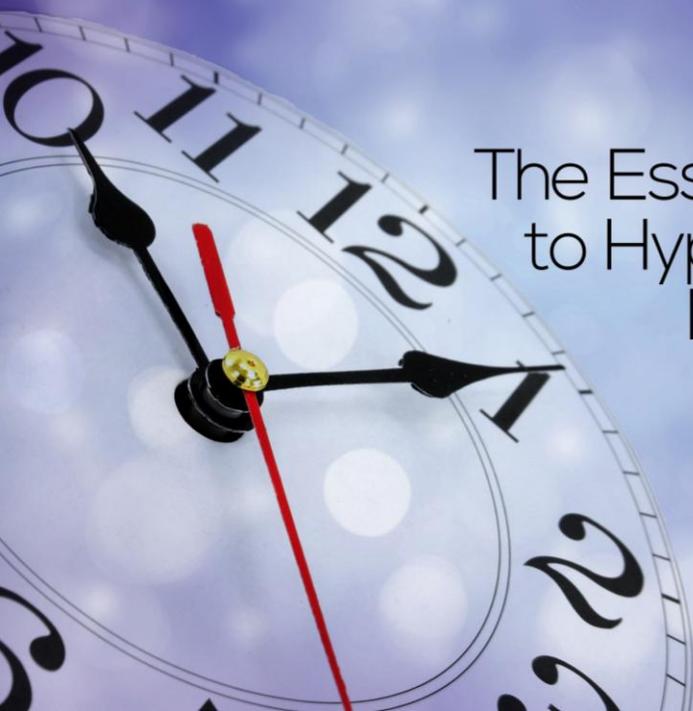
# Hypnotize

and **Influence**

Someone \_\_\_\_\_  
\_\_\_\_\_ Effectively

The Essential Guide  
to Hypnotism and  
Mind Control

Valerie L. Paul



**How to Hypnotize and  
Influence Someone  
Effectively:**

**The Essential Guide to  
Hypnotism and Mind  
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# Introduction

In the past, hypnosis was seen as a type of supernatural power very few individuals had. Those individuals would then be feared, for they had the ability to manipulate and control others.

However, despite the popular beliefs, there is nothing supernatural about hypnosis. It is a skill and just like any other profession, it can be learned and used in society.

Although hypnotism was rarely taught in the old days, its practices still exist today. Hypnosis, in a sense, is like therapy and it has been proven to work effectively over the years. People who use hypnosis as a form of therapy would be called a hypnotherapist, which is what we will emphasize in this book.

As a learner of hypnosis, you cannot expect to read over this book, snap your fingers, and become a professional. It does not work that way. You also cannot expect to gain any special power to manipulate others.

It's a good idea right now to realize that understanding and mastering the art of hypnosis requires just as much dedication, time, and effort as any other specialization. Also, it doesn't matter if you don't get it the first time.

Practice makes perfect and as a future hypnotherapist, those perfections will establish trust. Of course, besides the knowledge of how to bring yourself into the field of hypnotherapy, you can also use hypnosis on yourself to improve your lifestyle.

How satisfying is it when you are able to better yourself and others from something you learned? It's basically a method of killing two birds with one stone.

Even though you'll only be learning the basics in this book, it will still be a lot to cover so make sure you prepare some personal time for yourself. Dedicate at least an hour of your day to reading and learning about hypnosis.

Allow the information to sink into your mind and practice what you learn whenever you can. Because hypnosis can be used on a daily basis, you can always use hypnosis on yourself before trying it on someone else. This will allow you to gain some self-confidence before you decide to go public with it.

It's also perfectly acceptable if hypnosis never works out for you. It is not for everyone. The most important part is that you've tried your best as you're walking away. However, if it has worked for you, continue it. Your knowledge of hypnosis will become an important part of your life if it works for you. Use it to help better yourself and the people

around you. It is possible for you to learn if you allow yourself to learn.

So start giving this book an hour of your time each day to practice and study, and let yourself feel your own results.

# The Starting Point

Before you begin anything, it is important that you understand what you are learning, what you can do with that knowledge, and how you can apply it in society. It is a life lesson and should be a personal law. This applies to anything you learn in the future, not just hypnosis.

Besides, it is easier to learn about a particular subject if you know what it is you're learning. So what we are going to do in this chapter is to set the foundation to your journey on hypnotism. Not only will your question of what hypnotherapy is will be answered, but also what you can expect to learn as an inspiring hypnotherapist.

In addition, we'll include a talk about the misconceptions of what hypnosis was thought to be in the past and explain the truths of how the techniques work.

This way, you can begin seeing hypnosis in a more realistic view rather than a supernatural one. We will then end the chapter with some moral rules so you don't go overboard with abusing your future knowledge of hypnosis.

As an added bonus, we'll also include a few tips on what you should do in the future if you wish to pursue a career in hypnotherapy. Of course, don't worry about not being able to consume all this

information in one sitting. Take two or three days to let the text sink into your mind. There will also be a summary for you to review at the end, so don't panic.

# What is Hypnotherapy?

As the name implies, hypnotherapy is the combination of the study of hypnosis and therapy. Normally, when you hear of the word therapist, you would think of a doctor who was trained to treat psychological disorders through psychological means.

Of course, there are many therapists out there and there are many different methods of therapy available. Well, think of hypnotherapy as being one of those different methods professionals use to treat their patients.

Sorry, even as a hypnotherapist you cannot control your client and take over their consciousness. No, none of those actually happen.

As a hypnotherapist, you are trained to help people deal with psychological problems. Now don't be completely amazed yet because you can't do everything, which is why there are many different types of therapy out there. Plus, you don't have to be a hypnotherapist to perform hypnotherapy.

Though, the title would help if you wish to perform for a bigger audience. In any case, we can discuss more about this in a later section. As of now, what you need to know is that hypnotherapy is not for everyone.

We have already touched upon this fact during the introduction. However, this is the reason why. Hypnotherapy is a type of therapy that produces immediate results for changing beliefs and/or behaviors. The reason why it hypnotherapy might not be for everyone is because some people genuinely want time to better improve themselves.

This cannot be done through hypnosis, no matter how badly you want it to, which is why it is perfect for those who desire immediate results.

These results are possible through hypnosis because the body does not separate psychological responses. Henceforth, the body cannot tell the difference between something that was imagined and something that has been physically done.

As a hypnotherapist, your goal is to keep your client in hypnosis for the time that you are with them. You will converse with them before you start the hypnosis, when they are in normal conscious. After that, your treatment for them will immediately begin and it will be different from there.

# What to Expect in Hypnotherapy

Although there won't seem to be much after this explanation, it's actually a lot more to take in than what you'll think. When you actually reach the point of performing hypnosis on a third party, it's recommended that you spend one day going through one section.

It's not because there's a lot to cover. It's because you're going to need time to practice to get it right. You don't have to worry so much when you perform hypnosis on yourself. It's essentially the same process, just easier.

Note that these are the basic steps to any hypnotherapy session and that's all we're going to cover.

This book is only laying down the foundation for you so you can decide for yourself if hypnosis is right for you. If it is and you want to go more in-depth with the work, then there are other complex books out there, which are written to break down the complexity of hypnotism as well as additional methods for hypnosis.

So, in general, each hypnotherapy session includes a pre-talk, an induction, a deepening, a script, and a trance terminal. Basically, what you're doing in each session is bringing your client from point A to

point B and back to point A. Let's start by defining what each of those mean. The pre-talk is the beginning of your session. You cannot do hypnosis without a pre-talk.

It is the foundation of hypnosis so it must be done first. When you begin with a pre-talk, you're simply reassuring your client that they are in control of their mind for the whole session. This is necessary at the start of each session simply because you're ridding the fear in your client.

You want them to feel comfortable before the session begins and you want them to know that they are always 100% in control of their own conscious.

What you should also do in the first session, and this doesn't have to be repeated more than once, is to educate your client about hypnosis. Tell your client, or audience, about what hypnosis is and what it can do to help them.

Don't wait for them to ask you. It's common courtesy for you, as a professional, to tell them what they should expect from you. This way, they won't come up with any false accusations as to what you are doing to them and why it's not working. Think of it as a way for you to give them some mental preparation before beginning.

After your pre-talk, you have to move into the induction. Basically, the induction is an attempt to move your client into a light trance. This is where the hypnotism begins to occur.