

Mind Control NLP & Hypnosis

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What is Hypnosis?

I'm sure that you'll agree that Hypnosis is a fascinating subject. If you've ever watched a stage hypnotist you'll have been impressed at his ability to manipulate and control seemingly rational people into doing all kinds of bizarre and potentially embarrassing things.

Modern magicians like Derren Brown who seemingly use the power of suggestion to very rapidly manipulate and control strangers, have also created an unquenchable thirst for knowledge from the public. The evolution of modern magic has brought it from the stage and onto the street, and it has encouraged a great deal of enthusiasm for hypnosis, NLP, and other forms of "mind control".

The power to control people that we've only just met is very alluring, and it is probably the subconscious desire to be able to influence people in this way that makes hypnotism capture the imagination so readily.

So what exactly is hypnosis? The word "hypnos" comes from the Greek and means "to sleep," but hypnosis itself, although a totally natural state of mind, is in fact very different from sleep. The following definitions clarify the meaning more precisely:

"(From Greek, "sleep") a state of heightened awareness and focused concentration that can be used to manipulate the perception of pain, to access repressed material and to re-program behaviour."

"An artificially induced altered state of consciousness, characterized by heightened suggestibility and receptivity to direction. An Altered State of Consciousness involving a heightened degree of suggestibility."

"The use of progressive suggestions to bring a person into an altered state where suggestions of change can be given with minimal resistance."

"Artificially induced alteration of consciousness characterized by increased suggestibility and receptivity to direction."

"A trancelike condition usually induced by another person in which the subject is in a state of altered consciousness and responds, with certain limitations, to the suggestions of the hypnotist."

"...or trance is a naturally occurring state, like sleep or daydreaming, where attention is turned inward, with heightened openness to new ideas. Hypnotherapy induces the trance state of heightened receptivity, and offers direct or indirect suggestions to the unconscious, which it may or may not accept."

You'll notice that these definitions give virtually the same meaning – an altered state of consciousness during which the subject exhibits increased suggestibility.

This is essentially hypnosis in a nutshell. It is the ability, using verbal direction, to lead someone into an altered state of consciousness (it resembles daydreaming), during which time they are much more receptive to suggestion. Once in this state, the hypnotist can make either direct or indirect suggestions to help the subject to break damaging or undesirable habits, such as smoking, over eating, anxiety, etc. This is where hypnosis becomes hypnotherapy.

The actual mechanism that makes hypnosis work is quite difficult to quantify. Basically, the things that drive us and make us who we are, are deeply embedded in our subconscious mind. We don't need to carefully think about what we strongly agree or disagree with, what we love or hate, or strongly desire, it is "hard wired" into our mind. Some of this comes from personal experience, preference, and needs, and some from our childhood from direct commands or suggestions from our parents or authority figures.

Normally we process information via our 5 senses and our "hard wiring" forms something termed the "critical censor," which acts as a kind of filter to determine whether anything presented to us conforms with our deepest beliefs. The critical censor decides whether or not to accept or reject the information presented to us. If it is accepted it is "absorbed" into our subconscious and becomes either accepted knowledge, a part of our belief system, a moral viewpoint, or an ambition/desire. Information or commands that are at odds with our previously accepted knowledge, beliefs, morals, or desires are rejected by the critical monitor, and they have no effect on our behaviour or actions.

This can be explained quite nicely by Freudian psychology. The Id (subconscious) is the most powerful part of the mind, and it automatically, and without our conscious realisation, contains our deepest desires, and controls our behaviour. The Ego (rational, logical mind) analyses information to see if it makes sense, before passing it onto the Super Ego (critical censor). The Super Ego is like the gatekeeper to the subconscious mind, it decides whether or not to accept the information, instruction, command, and either sends it into the Id (subconscious) where it becomes a component of our behaviour, or rejects it out of hand.

All problem behaviour, like smoking for example, are habits that are embedded in our subconscious mind and have become a part of our image of who we are, this is why they are difficult to break. We all know that smoking is bad for our health, but trying to make yourself stop is incredibly difficult – the command that your logical mind gives yourself is rejected by the critical censor and never makes it into the subconscious.

This is where hypnosis can help. By concentrating all of the subjects attention onto a single object, their critical censor is gradually subdued allowing the hypnotist to speak almost directly to the subconscious mind, and overcoming the problem of the suggestion not being accepted.

So, having read, and hopefully understood what hypnosis is, we'll now dispel some myths about what hypnosis is not.

What isn't Hypnosis?

Hypnosis isn't magic. It is a perfectly natural state somewhat akin to daydreaming.

Similarly, the inductions are not magical incantations that will instantly launch your subject into a fully blown hypnotic state. You absolutely need to read the chapters in this book prior to the scripts, in their entirety, to fully understand, appreciate, and be able to achieve a good state of hypnosis in your subjects.

Although hypnosis is generally a safe and harmless condition, it is also vitally important is that you read and observe the "Contra Indications" on page 13.

The process to induce a hypnotic trance is not difficult to achieve, particularly when you understand the process and know what's actually happening. However, it is very much a 2 way process (the person ideally should consent to being hypnotised, and shouldn't have any anxieties about being hypnotised), so you must be able to remove any doubts or worries that your subject may have.

Most concerns are common ones caused by the artistic license used by TV and film producers, but however erroneous they may be, if they are not dealt with it will make the hypnotic process more difficult and less enjoyable for the subject.

Common misconceptions:

1) You can be hypnotized and do things against your will

If you read the last 2 definitions on page 4 again you'll notice that they state:

“...the subject is in a state of altered consciousness and responds, **with certain limitations**, to the suggestions of the hypnotist”

&

“Hypnotherapy induces the trance state of heightened receptivity, *and offers direct or indirect suggestions to the unconscious, which it may or may not accept.*”

The simple fact is that although you subdue the critical censor and speak almost directly to the subconscious mind, people will not respond to suggestions that are against their most deeply held moral beliefs. For example, some people are frightened that whilst they are unconscious (they're not unconscious – see below), they might be taken advantage of sexually or in some other way, but they are at all times conscious and aware and in control of what is happening. Any attempt to force them to do something against their strongly held beliefs will result in them coming out of hypnosis immediately.

People will not do under hypnosis something that they wouldn't readily do whilst in their normal state of consciousness.

2) Under hypnosis you are unconscious

This is not the case. Hypnosis is an altered state of mind in which the subject is in a state similar to daydreaming. They are at all times conscious and aware and in control of what is happening to them, and can come out of hypnosis anytime that they choose.

3) Only weak minded people can be hypnotized

The opposite is true. Generally more intelligent people are easier to hypnotise, possibly because they have a greater ability to inwardly visualise and not be distracted by other thoughts.

4) You can get stuck in Hypnosis

This is impossible, if the hypnotist dropped dead after inducing the trance the subject would either come out of hypnosis by themselves or drift off to sleep.

5) You can be made to reveal embarrassing secrets

This is false for the reasons given above. The subject is aware of what is happening and can not be forced to do things against their will.

6) If you can hear the Hypnotist you weren't hypnotised

People experience hypnosis in different ways. Hearing and remembering what the hypnotist said to you is completely natural, hypnosis is not sleep, it is an altered state of consciousness. Although your subject may not have felt hypnotised, the hypnotist can usually visually see the physical changes, and of course the subjects modified behaviour is the ultimate proof.

You really need to dispel these myths with your subject to remove resistance to being hypnotised. This also helps to explain what your subject can expect to experience and also gains their trust and permission to induce a trance.

Hypnotic Considerations

Once that you've removed any doubts from your subject, introducing a hypnotic state is relatively easy. However, you need to think about what you want to achieve once that you've put them into the trance, particularly if you want to concentrate on hypnotherapy and help them to break a bad habit.

If you want to make them run around acting like a chicken, then there's not really a problem if the trance is deep enough (more later) and you've selected a good subject.

For the best results when dealing with problem behaviour, you need the subject to talk frankly with you prior to beginning hypnosis. You need to understand what is behind the problem, what the problem means to the subject, how life would be better if the problem didn't exist, and what motivates them the most to change their behaviour and eliminate the problem.

The script that you use whilst the subject is under hypnosis can then be adapted to include suggestions that relate to specifics unique to each different person.

Agree beforehand on which points you will concentrate on whilst the subject is under hypnosis, and where possible use the exact words and phrases that the subject uses whilst explaining their problem to you. In this way the suggestions strike an immediate chord with the subject and they will be accepted more readily.

If you're going to help your subject to change a difficult habit, such as stopping smoking, it can be very helpful to know about their life, work, and family. This information can be used during the suggestion to create a very powerful suggestion to help them to achieve their goal very quickly – more about this in “A Powerful Therapeutic Tool” on page 22.

One of the keys to success when you're going to hypnotise someone is to at least appear to be confident in your own abilities. In time, and with practise, you won't even contemplate failing to induce a hypnotic trance, but in the beginning it can seem daunting, even though it doesn't really need to.

You can however be certain that if your subject senses that you doubt yourself, then hypnotising them will be very difficult indeed. The best way to prepare yourself is to make sure that you know what you're going to be doing inside out, and make sure that you're comfortable with the scripts, etc, then practise on a willing volunteer first, starting with a slight relaxing trance, and gradually progressing to hypnotising them deeply.

It's also important to realise that in order to succeed you must build some rapport with your subject. You could try various well documented techniques such as leading & pacing whilst talking to them, mirroring their body language, etc, but really it's usually not necessary to make things so complicated. The best way of building rapport is to win the subjects trust whilst talking to them prior to the hypnosis itself, whilst you're removing their concerns and asking questions about them is an ideal time.

Something else that I personally think is vitally important, is your appearance. People have an expectancy for how a hypnotist will look, act, and speak, and it can help tremendously to play to these expectations a little. Milton Erickson (a very important founding figure of modern hypnosis) had a naturally deep and resonant voice, and dressed in a purple cape! Although looking somewhat eccentric, his subjects were confronted by someone who *looked & sounded* exactly as they imagined a hypnotist should.

I'm not suggesting that you rush out and buy a cape and top hat, but you can help yourself tremendously by trying to conform to the general impression of how a hypnotist should be. For example, people probably expect to be lying on a reclining chair, or a chaise lounge, or similar, and although completely unnecessary it helps by creating the right atmosphere and not distracting their attention.

You might not be blessed with a naturally deep and soothing voice, but you don't really need one.

Explaining how hypnosis works beforehand in a calm and natural voice generates confidence in your knowledge & ability, and also gets them used to hearing your voice. When you then begin the induction in your natural voice it doesn't seem at odds with what they expect.

Also, if you dress smartly but also casually (like a doctor?), it generates confidence that you are professional, but also conveys the idea that you are approachable and will hopefully help the subject to speak openly and honestly about their problem.

Finally, and very importantly, is your tone of voice during the induction. What you are attempting to do is to gradually switch off the subjects senses until they are just listening to your voice and visualising what you tell them. For this reason it is vitally important that you speak naturally without trying to force a “hypnotists voice.”

I’ll never forget the time that I encountered a chap who’d done a hypnosis course and who insisted on trying to hypnotise me. He sat me on a chair, explained what he was going to do, and then suddenly changed his voice totally when he began the induction. If you think of the size of letters representing his volume and tone, you’ll see why I had to sit there biting my lip so that I didn’t burst out laughing – it went something like:

“L-IST-EN TOOO MY VOI-CE, AND ON-LY MY VOI-CE”

Needless to say it didn’t work, and hopefully it illustrates why you must use your own voice – you sound ridiculous if you don’t!

It’s also important to speak clearly, slowly, calmly, and in a monotonous tone. Any intonation of words catches the attention of the conscious mind and stops it from switching off. Repetitive, monotonous speech slips right past the critical censor and into the subconscious mind, achieving exactly what we are looking for.

Once that you’ve gone through the preliminaries and made sure that your subject is ready (make sure they’ve been to the toilet, etc – you don’t want unnecessary distractions), then you’re ready to begin.

Now that we’ve covered these points lets move onto the induction itself!

Inducing Hypnosis

Firstly a word of warning. Hypnosis is generally harmless, but there are times when, for one reason or another, you shouldn't hypnotise someone. These are known as "Contra Indications" and are basically:

- 1) The person is Schizophrenic.
- 2) The person has recently suffered a nervous breakdown.
- 3) The person is taking medication for / is deeply depressed.
- 4) The person has recently undergone Electro Convulsive Therapy.

If any of the above applies to your subject, then refuse to hypnotise them.

The Hypnotic experience itself can be split down onto 4 distinct steps.

Firstly, is the induction in which you encourage the subject to relax and to enter a hypnotic state. Sometimes people will fall into a very deep hypnotic trance very quickly and easily, but usually it is necessary to move onto the second stage and to deepen the trance further. This is achieved by continued suggestion.

The third step is the post hypnotic suggestion, when you give the actual suggestions that will illicit the desired change in behaviour, and finally is the fourth stage, bringing the subject back out of hypnosis.

All of these 4 steps will be covered in this chapter, there is a comprehensive list of inductions, deepeners, and suggestions further on in the book.

1) The Induction:

In this section I'll run through a breakdown of the procedure, then put it all together at the end.

As stated above, this is where you encourage the subject to relax and to enter a hypnotic state. Your subject should be seated or lying on a comfortable chair, etc, and is better positioned facing you, but maybe slightly off centre.

You need an object for the subject to focus their attention on. It wants to be something quite simple, a picture of a blue circle or a dot on the wall, a pen on your desk, etc, and wants to be in front of them so that they don't have to turn their head.

Wording is very important in hypnosis. You must avoid negative words and phrases as much as possible because they are not accepted as readily by the subconscious mind as positive ones. Consider the sentence below that we are going to use to begin the induction (in a slow, calm, and quiet voice):

“Hypnosis is an interesting experience. If you'll just focus your eyes on something while I speak, we'll proceed very smoothly. Most people like to stare at this dot on the wall.”

The word “interesting” suggests the subject should concentrate, and there is also the suggestion that looking at the dot will help things to go smoothly for both of us (i.e., we're working together). Finally “most people,” indirectly tells them that there have been many people before them, which creates a feeling of confidence.

You now need to run through the usual concerns & reiterate that they are in control of themselves throughout the whole hypnotic experience, that they can't get stuck in a trance, etc, and that their subconscious is very powerful and it controls their behaviour/body/desires/impulses/etc – whichever is appropriate for the person.

The next step is to continue with your hypnotic induction script. There are hundreds of scripts available and it's important that you choose one that you feel comfortable using and that you think will work well with your subject too. They all revolve around the same principle of slowing down, becoming heavier, etc, and the aim is to get the subject to a point where they're only really aware of what they're hearing and the internal visualisation you're helping them to generate.

You only need to know 2 or 3 scripts, and once you've used them a few times you'll feel comfortable to chop and change them as necessary. There are lots of scripts later in the book.

As you work through your script suggesting that your subjects breathing is slowing down, and that they're becoming heavier and more relaxed, you'll gradually notice a physical change in them. Although they may still be blinking, they will also be staring very intently (at the dot), and they won't be moving at all. At this point you should reinforce the idea that you are both going to accomplish something extremely beneficial for your subject. This helps them to convince themselves that the experience will be a positive one for them, and should help to push them the last few steps into a light hypnotic trance.

Once that you've reached this point you can suggest that most people's eyes start to become heavier and heavier, and then ask them that once they feel this way, and are ready to begin, that they close their eyes.

Lets look at the whole script on the next page before moving onto deepening.

“Hypnosis is an interesting experience. If you’ll just focus your eyes on something while I speak, we’ll proceed very smoothly. Most people like to stare at this dot on the wall.”

Allow them to do this and then run through whichever concerns they had.

“Remember, you will be fully aware of my voice and what’s happening to you, even though you’re deeply hypnotised. Even though you’re completely relaxed in a deep, hypnotic, trance, you will be totally in control of yourself the whole time. You will be able to come out of the trance anytime that you feel it necessary, and by your own choosing.”

If you’re dealing with a specific problem such as weight control, continue with:

“Remember that your subconscious mind is very powerful, and without any effort or thought, it controls our behaviour, our habits, and our desires. By talking to your subconscious mind today we’re going to achieve something very important and useful for you.”

Otherwise speak about hypnosis being a very pleasurable, relaxing, rewarding experience. Then begin the induction script.

“Keep your attention focused on the dot and take a few deep breaths. Just keep breathing deeply and listen to the sound of my voice. As you sit there comfortably, sinking down into that chair and beginning to relax your body, you can just turn your attention to your breathing. Taking a good, deep breath in and holding it now... and allowing yourself to relax more and more as you let go of that breath. As you notice your breathing relaxing... finding a more soothing rhythm, you can just allow the rest of the body to relax, all those muscles becoming completely limp and slack, just like a rag doll.”

Continue with suggestions of breathing & relaxing, and of the muscles becoming more & more relaxed until you can see that it is having a noticeable effect on the subject. Then continue with:

“And as you enjoy the feeling of that relaxation spreading through your body, be aware that we’re going to achieve something very beneficial, positive, and rewarding for you, as you slip deeper and deeper into a more relaxed, and comfortable experience.”

At this point you should suggest that the eyes are becoming heavier and that they should close them when they feel ready to begin.

“Soon you’ll find that your eyes start to become quite heavy. They start to feel heavy and get heavier & heavier. Just allow them to close when you’re ready to begin.”

Repeat this as necessary until you can clearly see that the subject has entered a hypnotic state, then continue with a deepening script.

(The script above is adapted from the Dave Elman Rapid Induction Script).

2) Deepening:

Now that the subject is clearly in a hypnotic trance, we want to deepen it further to maximise the power of the post hypnotic suggestions that we're going to use. There are dozens of deepening scripts, you can find a good selection later in the book. They all basically involve the subject imagining that they are going "down" or "deeper and deeper" to achieve the resulting trance.

Continuing with the Dave Elman Script:

"Knowing that for the time being you can relax those eyes so wonderfully deeply that so long as they remain relaxed they won't want to open. Those eyelids so tired and heavy that they just won't lift at all... just like they're becoming tightly glued together, if you can imagine that... in fact, the more you try to see if you can open them, they more tightly glued together they become..."

Now *try* and see if you can open those heavy eyelids just a bit... [pause] That's good... just relax now you don't need to struggle anymore to open them...

As you let go... just allowing that wonderful sense of deep relaxation to spread from your eyes down through the rest of your body. And as you experience those subtle feelings of deep physical relaxation, deepening, and deepening... so your mind is relaxing, unwinding, enjoying a pleasant hypnotic trance.

In a moment, to begin really deepening that trance, we can gently open and close those eyes... as I count to three you will open your eyes for a moment feeling a wave of deep relaxation enveloping your body and your mind as you do so... beginning now: one, two three, lifting those heavy eyelids... and three, two, one... letting them fall shut once again, relaxing twice as deeply, ten times as deeply..."

The next part will take the subject into a very deep hypnotic state:

“Now that the body’s so deeply, so profoundly relaxed, you can allow the mind to enjoy an even deeper level of trance. In a moment begin counting down from 100, counting out loud, repeating the words "deeper and deeper" after each number. Each time you say the number, each time you say the words "deeper and deeper" your mind becoming twice as deeply relaxed, ten times as deeply relaxed, sinking down into a wonderfully deep trance... As you do this you’ll find that voice, those numbers, relaxing so deeply that you quickly lose the numbers... lose the ability and the desire to keep on counting down... Beginning now, "one hundred... deeper and deeper..." that’s it, relaxing that voice, twice as deeply, ten times as deeply, losing those numbers... forgetting... leaving them behind... voice becoming weaker... fainter...”

Continue with suggestions of deepening until subject stops counting. Then continue:

“Letting the numbers fade away... leaving them behind... your mind silent, calm, tranquil... enjoying the deepest level of trance... Losing those numbers... you just don’t need to do anything else for the time being except sit silently, relax, and enjoy that fascinating sensation of deep trance, deep, deep trance.”

You’re now ready to commence with the post hypnotic suggestions.

3) Post Hypnotic Suggestions:

What you do now depends on what you're looking to achieve. If you want to make the person forget their name, eat an onion, etc, then it's pretty straightforward. Just give the suggestions in a similar vein to above and make some associations – perhaps the onion is really a big juicy red apple – just use your imagination.

For therapeutic purposes, like giving up smoking, you can find a good selection of scripts later in the book. In these instances I also recommend that you read and use “A Powerful Therapeutic Tool” on page 22. It works wonderfully in the vast majority of cases.

I'm not going to run through the script on this page because it is specific to each individual case and it is also just a matter of speaking the post hypnotic suggestions to the person – there isn't really anything to look out for once you've reached this stage.

4) Awakening the Subject:

When you've finished the post hypnotic suggestion you'll want to re awaken the subject. It is important to make sure that you give this stage as much attention as you did the others, and you should never send the person on their way before making sure that they're totally awake and safe to make their way home.

Its also a good idea to start the awakening with a final post hypnotic suggestion that the subject will relax more deeply & more rapidly the next time that you have hypnotise them (just in case you need to hypnotise them again – maybe you have a lot of onions that need eating):

“Each time that I hypnotise you, you'll relax more easily, more quickly, and more deeply.

Now, I'm going to count from one to five, and then I'll say, "Fully awake." At the count of five, your eyes will open, and you are then fully awake, feeling calm, rested, refreshed, and relaxed. All right.

One: slowly, calmly, easily you're returning to your full awareness once again.

Two: each muscle and nerve in your body is loose and limp and relaxed, and you feel wonderfully good.

Three: from head to toe, you are feeling perfect in every way. Physically, mentally, and emotionally calm and serene.

Four: your eyes begin to feel alert and awake.

On the next number I count, eyelids open, fully aware, feeling calm, rested, refreshed, relaxed, invigorated, and full of energy.

Number five: You're fully awake now. Eyelids open. Take a good, deep breath, fill up your lungs, and stretch.”

Your subject should now be wide awake and will hopefully have kicked their habit.

A Powerful Therapeutic Tool

I want to share with you a very powerful tool for use in therapeutic hypnosis, which is extremely helpful when dealing with breaking behavioural habits such as smoking. This technique is called age progression.

Lets consider it as if we're dealing with someone trying to give up smoking. You need to find out about the persons reasons for wanting to stop, what their driving force is, and use this as the basis for the suggestion.

Basically, it involves taking the subject, whilst hypnotised, into 2 alternative futures – one if they continue smoking, the other if they stop smoking. In both futures they are asked to visualise themselves as they will be if they follow that path, they become embroiled in the emotions of themselves & their loved ones. Eventually their “future self” speaks to their “present day self.”

The idea is that in the bad future the subject sees themselves suffering from the very thing that they would like to avoid, and this allows the subject to see & experience what awaits them if they continue as they are.

In the good future, the subject sees how things could be if they break their habit, and they are then asked to visualise the future self thanking them for the wise decision that they made all those years ago. This visualisation of a fit & healthy self heaping praise on the present day self encourages & reinforces the positive change that we are attempting to illicit.

It sounds complicated but its really quite simple. Lets consider it as if we're incorporating it into a post hypnotic suggestion.

Assuming that their health is high on the agenda, we'll use this as the basis for the progression:

“I wonder if you could visualise yourself for me, perhaps taking a brisk walk in a beautiful park, and enjoying smelling the flowers as you breath the air deeply into your lungs – please nod when you do.”

Wait for the subject to nod.

“Now I’d like you to visualise yourself in a few years time after you’re smoking has finally started to catch up with you, and I’d like you to notice the differences in yourself. Please nod when you’re done watching.”

Wait for the subject to nod.

“Now I’d like you to visualise yourself a couple of years after that, when your smoking has *really* affected your health. Nod, please, when you’ve finished watching.”

Wait for the subject to nod - Depending on how well they visualise this they may even have started crying.

“You have imagined a future where you’ve continued to smoke. Now, lets say that you’ve decided to stop smoking sometime soon, say in the next few days. Knowing that you’ll soon be a non smoker, visualise yourself in a few years time taking that brisk walk again, and enjoying smelling the flowers. Perhaps you can walk more briskly and breath more deeply than before. Enjoy yourself. Please nod when you’ve finished.”

Wait for the subject to nod.

“Now visualise yourself a couple of years after that and notice how happy you are, how youthful you look, and how much energy you seem to have. Let me know when you’ve finished looking.”

Wait for the subject to nod.

“Please visualise yourself in 15 years time from now. See yourself clearly on a movie screen in your mind. Now, split the screen in half and on the other side see yourself as you are now. The older you is looking at the present you. If you listen carefully you will hear the older you speaking to the present you. I think he may be thanking you.”

Eventually the subject should nod, and will usually seem quite happy. If, after 5 minutes or so they haven’t nodded, ask them to nod when they are ready.

“Was the older you appreciative of the present you?”

The subject should nod.

“You must be very proud of yourself?”

Again, the subject should nod.

It’s interesting to note that the subject may take a few minutes before they nod – you must be patient. This is an indication that they are deeply involved with their imagined future, and should be a good sign that the suggestion will have a very powerful effect.

This almost completes the use of this powerful tool, you can use further suggestions to promote the idea of no nicotine withdrawal symptoms, replacing the desire for a cigarette with the desire for a sip of water, or reinforce the above with the suggestion that every time the subject picks up a cigarette they revisit, in all its intensity, the negative future, and when they choose not to have a cigarette they revisit the positive future in the same way.

After this continue with the hypnosis.

Please also note the deliberate avoidance of negative suggestion. It would be all too easy to suggest that the subject sees themselves in an oxygen tent in a hospital, with their dearly loved ones all wailing around them. Whilst this might seem like a good idea, it will have a much less dramatic effect than the script used above. This occurs for 2 main reasons:

Firstly, although the critical censor is subdued, any suggestion involving deeply distressing or undesirable imagery may well be rejected by the subconscious.

Secondly, with the best will in the World, we cannot, *ever*, produce an image as vivid, realistic, inspiring, frightening, motivating, or specific to the subject, as the subject themselves can create. The suggestion of “when your smoking has *really* affected your health” conjures meanings and connotations for the subject that the hypnotist cannot even begin to conceive.

This fundamental principle forms the foundations for all *good* hypnotherapy, and is something that we should all aspire to achieve for our patients.

Abreactions

The term abreaction refers to the emotional outpouring that can occur when a traumatic or emotionally painful experience is revisited during hypnosis. This occurs because the experience is relived along with the emotions and feelings that were attached to it when it happened, and can manifest itself as a sudden emotional discharge.

It is believed that this release of suppressed emotion has a very beneficial therapeutic effect, allowing the subject to confront, and come to terms with buried traumas from their past.

It is unwise to attempt to force a subject to visit difficult times from their past, they should be allowed to visit any memory by their own choice. Similarly it is not recommended to attempt to force them to show emotion of any kind – just leave them to react as they choose.

It is also not wise to interrupt them should they display this kind of outpouring. Instead the hypnotist should just observe and listen, and then guide the subject to a calmer state. The following script may be useful:

“Clear your mind & let the scene fade away now. Just let it drift away. Go deeper into relaxation, and enjoy the pleasant, calm, and relaxing feelings. Deeper and deeper.”

After a pause:

“Now come forward into a time when you’re happy & enjoying yourself thoroughly. Feel how wonderful everything is at this moment.”

It may be necessary to have the subject re-visit the memory in order for them to be able to come to terms with it completely, you can guide them back to it gently with a suggestion such as:

“It’s important for your happiness in the future that we go back to the time that you just experienced, but this time the feelings will be much less intense. For the sake of your happiness, are you willing to back for just a short moment?”

How you help your subject to come to terms with their repressed emotion depends entirely upon each individual situation, but you might find the Gestalt method of therapy useful.

In this, the subject is directed, whilst revisiting the memory, and with all of their adult faculties – intellect, language, knowledge, etc, to calmly and rationally tell the other person in their memory exactly how they feel about what has happened. This can take several minutes.

They are then directed to become the other person in the memory, and to respond to the feelings that were just expressed. They may need a little prompting e.g.:

“Now, become your Father and calmly respond to what [subjects name] has just said.”

By adopting this kind of role play, the subject is allowed to view the event again from a different perspective, and from there to understand what happened, and why. This then eventually leads to forgiveness and resolution of the problem.

Hypnosis & Mind Control

This section explores how hypnosis can be used as part of a magic routine, particularly in the branch of magic known as Mentalism or Mind Control.

Mind Control is the term coined by the British magician Derren Brown, and describes a form of magic that includes the apparent control, manipulation, and prediction of human behaviour. This is supposedly achieved using only a blend of psychology, NLP (Neuro Linguistic Programming), & subliminal commands, though it does in fact also rely to some degree upon hypnosis and a substantial dose (c.80%+) of traditional magical trickery.

Although many of the effects use traditional conjuring methods, most include a very clever use of the above techniques to support the illusion, and to create a very powerful impression that the effect is achieved using only psychological manipulation – For more details and the secrets to many of these tricks, see my book “The Ultimate Revelation.”

On page 34 is a transcript, breakdown, and explanation of just such a performance by Derren Brown called the “Hand Stuck To Desk” (there is also an outline of a very impressive display of creating temporary amnesia using NLP and anchoring called “Subway Amnesia” on page 41. Both appeared on his first TV series “Mind Control,” and if you haven’t seen it I suggest that you obtain a copy, particularly if you are interested in developing this use of hypnosis as part of a routine, or you want to create the persona of a “mind control expert”. His performances are very impressive indeed and should give you a whole host of ideas of how to use hypnosis in new and unusual ways.

Before beginning I’d like to quickly cover 3 principles that will help to better understand the way that the following effects are achieved. At least one is used, but it is possible that all 3 are called into play in these kinds of effects.

Dual Reality: This is a technique used in magic that can also be used very well in hypnosis, especially with stage hypnosis. Basically it describes a scenario where the performer presents his material in such a way that both the subject and the audience experience different things.

For example, suppose a volunteer is invited onto the stage to help with a trick / an experiment / hypnosis. The performer meets the volunteer at the edge of the stage and, quietly so that the audience don't hear, says:

“What's your name?”

“Jim” Replies the volunteer.

“Okay Jim, don't worry everything will be fine.”

The performer now addresses the audience:

“Now ladies and Gentlemen, I have never met this person before. Isn't that right...”

The volunteer agrees before the performer continues...

“...erm...Jim, isn't it?”

The volunteer has to agree again. The audience think that the performer has just somehow guessed the volunteers name, and the volunteer thinks that he has just momentarily forgotten it before recovering. If the audience applaud this mind reading feat, the performer puts up his hand and shakes his head as if to say “no, really, there's no need,” and the audience perceive it as modesty, the volunteer perceives it as an acknowledgement that the performer already knew his name.

Obviously the performer uses his body language and performing skills to non verbally suggest to the audience that he has just read Jims mind – the better the performance the better the effect.

Basically it describes a result that has been arrived at utilising some event that has occurred that you, the observers, don't know about.

Invisible Compromise: This is another magic technique that can be adapted to suit pseudo hypnotic or mind control performances. This is quite similar to dual reality, except that the volunteer actually knowingly helps to perform the trick – he isn't a stooge in that he isn't pre coached on how to react, he is skilfully used by the magician to actively participate, controlled by clever verbal commands that mean one thing to the audience, and something completely different to the volunteer.

I won't go into this in more detail here. It was devised by Derren Brown and is used in his magic to great effect - it is also a very closely guarded secret in magic circles. It was used by Derren Brown in an effect where a dinner party guest is hypnotised, and is then able to synchronously raise, and drink from his glass, in time with any of the other dinner guests. If you'd like to find out more, then please consider buying a copy of my Derren Brown Style magic book – “the Ultimate Revelation” – it is fully described along with many other tricks performed by Derren.

Pattern Interrupts: This is a hypnotic / NLP term used to describe a way in which a persons thought processes can be momentarily interrupted during which time they can be induced into a trance very rapidly. It is a technique devised by Milton Erickson, which involves interrupting the normal, expected patterns of behaviour that the subject expects to experience. At this point their brain pauses briefly to try to understand the unexpected activity that the subject has just experienced, and a command to “sleep,” etc is quickly given during this pause in the brains activity. The command slips right past the critical censor and into the subconscious where it is acted upon immediately (assuming that the technique is carried out correctly, the subject is suitably receptive, and the performer is confident enough in his / her abilities).

The Handshake Induction is a very well known example of this technique (see page 44 in this section), but it can also be achieved by the use of unexpected language.

This is because people understand language in terms of the context in which it is presented. A person will therefore understand a statement by comparing and evaluating the words spoken before it, the intonation of the voice, and any nonverbal (body language) signals that accompany it.

The deliberate use of a statement that is at odds with the conversational context, will confuse & disorientate the listener, interrupting their chain of thought momentarily whilst they “look inwards” to analyse and attempt to decipher what the speaker actually meant.

If the statement is delivered meaningfully, and in a manner implying a perfectly sensible, and rather important statement, the listener will typically continue to search for the “real” meaning of what he has just heard. The longer that a person analyses a statement in order to derive some contextual meaning from it, the more uncertain he or she will become of the purpose of the statement. This response can then be utilized within a couple of seconds by softly but firmly commanding "you can now ... go into a deep trance," or similar.

This has the greatest hypnotic impact when delivered confidently & meaningfully by a speaker assumed and expected to speak rationally, and relevantly in a context where trust has been initiated.

As an example of verbal interrupts, if you were making a telesales call to a prospective customer, you might say something like:

“Hello, Mr Bloggs?”

“Yes.”

“Hello, my name is Xxxx XXXXXXXX.....perhaps your colleague mentioned you me?”

At this point the person receiving the call is a little disorientated, it sounds like a slip of the tongue, but takes a brief moment to sort it out in their mind and understand, and you’ll probably notice a brief pause. Quickly continuing you might say:

“I’m sure *we’ll work well together [stressed]*.... [this is the command/suggestion slipped in during the confusion] My company makes.....etc.”

This is a simple example of slipping an embedded subliminal command into a sentence after a pattern interrupt, but you can make them much more complex.

It is also possible to interrupt memory accessing cues to cause temporary amnesia, or in other words to cause a person to temporarily forget something that they should know or be able to recall.

There are a number of ways in which accessing cues can be interrupted: touching a person, causing a diversion, such as knocking or dropping something, or making a sudden and unexpected noise or movement. Even clearing the throat, coughing, or saying something unexpected can create a mild state of uncertainty.

Obviously timing is critical in such a scenario, the interrupt must be timed to coincide exactly with the person focussing inwards to access the information, and at this time the interrupt causes the momentary loss of the train of thought that the subject was following. A suggestion or command that all is now forgotten will usually remove the ability to recall the memory, particularly if the person is busy at the time trying to think about other things.

It is also possible to have the subject relive times when something important has been forgotten (a spouses birthday always works well with men!), and to use the NLP technique of anchoring to associate a movement, action, or sound with this relived amnesia. In effect, the subject is remembering how to forget, and the trigger of the anchored behaviour, used at the exact moment that the subject is trying to access something at the present moment, helps them to “remember to forget” it, and the amnesia is initiated.

This is why the performance of the “Subway Amnesia” effect described on page 41 is so successful.

Obviously if you could convincingly use any of the 3 techniques above, you could give a hypnosis or mind control performance that was absolutely mindblowing. If you’ve hypnotised someone prior to the performance [invisible compromise – no one else, including the subject, know that they’ve already been hypnotised], you could then make them react to very obvious embedded commands to make your mind control skills look even better than they really are.

Consider this with the full transcript on the next page. It appears that the person is being controlled just with some seemingly innocuous pater, but you don't really know if the person was hypnotised prior to the recording. Accept it as though it is achieved through just the words spoken, but also consider how easily it could be achieved if the subject had been hypnotised prior to the effect (Perhaps using the Instant Handshake Induction on page 44).

We'll examine it in more detail afterwards.

Hand Stuck To Desk

Derren Brown (DB) (spoken quite rapidly): “Just put your hand on the desk to there in front...”

“...now I'm not going to hypnotise you...”

Subject Nods agreement

“but I'm just going to show you something that is interesting...”

Subject Nods agreement

“...and is a kind of psychological trick...alright?”

DB nods, the Subject Nods agreement

“Just press your hand into the table ... ok?”

“Look me right in the eye...” [pause]

“...when I take my hand off of yours you will not be able to lift your hand up in the air.”

DB nods, the Subject Nods agreement

“The more you TRY in vein to unSTICK it from the table, the tighter it sticks...”

DB nods, the Subject Nods agreement

“GO ON...” [spoken to convey great effort – a slightly strained voice]

The Subject cannot lift her hand.

“...try as hard as you can to lift it but you can't the more you try the more it keeps on sticking.”

“Now I haven't hypnotised you your completely wide awake...”

DB nods, the Subject Nods agreement

“you're sat here I'm just talking to you your hand stuck to the table...”

Subject Nods agreement

“and without hypnotising you or doing anything weird here's, and this is going to sound very strange right?”

DB nods, the Subject Nods agreement

“but just go with me...”

DB nods, the Subject Nods agreement

“I would touch you on that hand and when I do.... the hand will lift, alright?”

Subject Nods agreement

“And it will be free but at the same moment [brief pause] the reason why it lifts up is that your NAME will disappear from your mind...”

DB nods, the Subject Nods agreement

“..you know what its like when you have something really obvious on the tip of your tongue that you know that you should know...”

Subject Nods agreement

“..and the more that you try and remember it the more impossible it is to recall?”

Subject Nods agreement

“... yeah with tunes and peoples NAMES and that sort of thing...”

DB nods, the Subject Nods agreement

“...this is SO weird but without hypnotising you or doing anything strange, I touch you there your hand LIFTS,”

Subject can lift hand.

“Look at me... what was your name?”

Subject cannot remember her name.

“What was your name?”

“Now what's it like not knowing what your name is?”

“Alright I'll tap you on the head it will come back...just say it alright? There you go...”

Subject can now remember her name.

Hand Stuck To Desk Explanation

The idea of the hand, or indeed any other part of the body, being stuck together or to something else is immediately recognisable as a classic hypnotic effect. What is interesting here is the apparent use of indirect suggestion and rapport to achieve a rapid hypnotic trance, and compliance of the subject to these commands.

The constant head nodding initiated by DB is to command non verbally to the subject “This is going to happen, right.” The reciprocated nod from the subject is her subconscious agreement that yes, this WILL happen! In other words she is allowing herself to unconsciously follow his verbal commands, or is therefore hypnotised.

Lets look at the whole transcript in more detail:

Derren Brown (DB) (spoken quite rapidly): “Just put your hand on the desk to there in front...” This is a direct command to the subject. By complying, she is allowing herself to be directed by DB and is preparing herself for the hypnotic commands that follow. The instruction is also quite confusing: **“to there in front.”** This is an interrupt pattern followed rapidly with:

(Subject Nods agreement)

“...now I'm not going to hypnotise you...” This is an embedded suggestion that also confuses the subject whilst simultaneously creating an expectation that something like hypnosis must be about to occur. It also removes any anxiety that the subject may have about being hypnotised.

(Subject Nods agreement)

“but I'm just going to show you something that is interesting...” The word “interesting” makes sure that the subject is paying attention and the line reinforces the expectation of something unusual happening.

(Subject Nods agreement)

“...and is a kind of psychological trick...alright?” Again removing fear of being what might be about to happen.

(DB nods, the Subject Nods agreement)

“Just press your hand into the table ... ok?” This is a direct suggestion, pushing your hands *into* the table subconsciously means into the desk itself, almost like becoming entwined with the wood itself.

“Look me right in the eye...” [pause] It is important to make sure that your subject sees nothing but confidence in your eyes. If you aren't confident that this will work then how could you expect them to be?

“...when I take my hand off of yours you will not be able to lift your hand up in the air.” Direct Command.

(DB nods, the Subject Nods agreement)

“The more you TRY in vein to unSTICK it from the table, the tighter it sticks...” Direct Command. The suggestion of **“the harder you try the more difficult it becomes”** is classic Ericksonian hypnosis. The word **“try”** indicates expectation of failure to perform the specified task.

(DB nods, the Subject Nods agreement)

“GO ON...” [spoken to convey great effort – a slightly strained voice]

(The Subject cannot lift her hand.)

“...try as hard as you can to lift it but you can't the more you try the more it keeps on sticking.” More Ericksonian suggestion.

“Now I haven't hypnotised you your completely wide awake...” Make sure she isn't frightened.

(DB nods, the Subject Nods agreement)

“you're sat here I'm just talking to you your hand stuck to the table...” The subject can only concur, which reinforces the

presupposition that she will comply to the commands that she is given.

(Subject Nods agreement)

“and without hypnotising you or doing anything weird here's, and this is going to sound very strange right?”

(DB nods, the Subject Nods agreement)

“but just go with me...” Embedded command of “go with me”

(DB nods, the Subject Nods agreement)

“I would touch you on that hand and when I do.... the hand will lift, alright?”

(Subject Nods agreement)

“And it will be free but at the same moment [brief pause] the reason why it lifts up is that your NAME will disappear from your mind...” Direct Command.

(DB nods, the Subject Nods agreement)

“..you know what its like when you have something really obvious on the tip of your tongue that you know that you should know...”

(Subject Nods agreement)

“..and the more that you try and remember it the more impossible it is to recall?” Examples of naturally occurring amnesia and indirectly explaining to her what she is going to do.

(Subject Nods agreement)

“... yeah with tunes and peoples NAMES and that sort of thing...”

(DB nods, the Subject Nods agreement)

“...this is SO weird but without hypnotising you or doing anything strange, I touch you there your hand LIFTS,” Direct Command.

(Subject can lift hand.)

“Look at me... what was your name?” The wording presupposes that she has indeed forgotten her name.

(Subject cannot remember her name.)

“What was your name?”

“Now what's it like not knowing what your name is?” Reinforcing the fact that she has indeed forgotten her name.

“Alright I'll tap you on the head it will come back...just say it alright? There you go...” This is the command to come back to normal.

(Subject can now remember her name.)

I hope that this example gives you a good understanding of how this kind of effect is achieved using only suggestion, both direct and indirect, once that the subject has entered into just a light hypnotic trance. Whether the subject had been hypnotised prior to this performance is open to debate, but it is possible to achieve these kinds of results in the manner described above.

The example on the next page is from “Subway Amnesia,” in which the subject was made to forget which stop they wanted. This doesn't contain a full transcript, instead it explains how an unusual recurring action (thereby forming a pattern), is used to create, as NLP calls it, an anchor, which is then used to trigger the desired response when it is used to interrupt the subjects memory accessing cues.

Subway Amnesia

This was an effect performed by Derren Brown in which he seems to make a passenger on the subway forget which is his stop simply by talking to him. In actual fact the method used employs a technique also described by Luke Jermay in his publication “7 deceptions,” in which pattern interrupts are used along with the use of a technique used in Neuro Linguistic Programming (NLP) called anchoring.

Anchoring describes a way in which a person is taught to associate a particular movement, gesture, or similar, with a certain action or feeling. In this way, when desirable, the action or feeling can be invoked by using the trigger of the movement or gesture. For example, if you have someone suffering from anxiety, you might have them re-live a time when they were very calm, comfortable, and happy, and whilst in this state you might have them “anchor” the state to something simple such as touching the middle finger and thumb of the right hand together. In this way, whenever the person feels anxious they simply touch their finger and thumb together and they should instantly be transported to a state where calmness replaces the anxiety.

In such a situation the anchor may take some time to set through repetition, and although unnecessary, hypnosis, or at least making the person very relaxed first, will help considerably. This notion may seem unrealistic, but in actual fact it is a naturally occurring sequence of events that we follow without even realising it. The anchors are commonly recognised as habits or rituals, and all that the NLP method does is to artificially create a deliberate anchor to a pre determined activity or feeling. For example, the association of having a cigarette with a cup of coffee, or after a meal is an anchor created unintentionally by a smoker. This can help tremendously when performing hypnotherapy for a client. The approach to breaking a difficult habit such as smoking, can be to destroy the associations or anchors, that subconsciously stimulate the desire for the cigarette.

Alternatively you could create an anchor to trigger a desired reaction, for example, for insomnia you might create an anchor of having a cup of cocoa to feeling very drowsy. It is essentially the establishment of a pattern, often through simple repetition, where a certain condition triggers a certain response.

Derren Brown describes the creation of just such an anchor in his book “Pure Effect.” During a spoon bending demonstration during his table hopping days, he approached a very excitable young woman in the queue for the restaurant, who was sure that she could see the “energy,” like an aura I suppose, responsible for bending the spoon (obviously it was really bent mechanically). During this performance she became very audibly excited, and as the effect reached its culmination along with her excitement peaking, he simply said “whoaaa” as he touched her hand. Later, whilst performing another trick, he wanted to invoke the same excited state in her, so he simply said “Whoaaa,” and touched her hand again. She immediately returned to the same level of excitement that she had displayed previously.

Obviously, this indicates that the more suggestible the subject, or the more revered or respected the performer is, the faster and stronger the anchor can be established.

During the performance on the subway, the subject is asked first if they have a good memory. Obviously this is to establish the fact that the person doesn’t readily forget things, and also to strengthen the effect when the person forgets something that they should be able to recall easily.

Next, the person is asked to think of a time when they forgot something, and as they turn their attention inwards and **actually access** the information (try asking people to remember something and watch how their eyes move – up and to one side as they recall an event), Derren swept his hand slowly but deliberately in front of their eyes. Probably the best timing for performing the sweep is to wait until their eyes have moved upwards and to one side, and then do it at exactly the moment that their eyes start to return to look ahead again. In this way you have created the anchor to the lapse of memory just as they have it in their mind.

This was repeated a couple of further times – I suggest that you ask them to think of a time that they forgot something important for the last recall – this is easier for them to remember, and should also be easier for them to re-live.

At this point the anchor of sweeping the hand in front of the eyes should have been attached firmly to the process of forgetting something that the person should know. When they are consequently asked which stop they are getting off at, a sweep of the hands in front of the eyes, just as their

eyes start to move to look upwards to attempt to access the information (and this may be a very brief moment so timing is critical), should be enough to act as a pattern interrupt and at the same time trigger the desired response of the temporary amnesia that was re-lived previously.

In this performance the person, who had only a short time previously named the stop, now could not remember the name of the stop that he was supposed to be getting off at – he then missed it!

It is important to note that the creation of an anchor is not always necessary to invoke temporary amnesia. The simple suggestion that a person will find it hard to recall something directly after a pattern interrupt, can result in a total inability to recall something as fundamental as their own name. This seems to work particularly well if the person is obviously preoccupied with some other task. The more that they have going on in their mind, the more dramatic the effect when a suggestion is given after a pattern interrupt.

The Instant Handshake Induction.

The Handshake Induction is one of the instantly recognisable images of hypnosis that we have become accustomed to seeing. It seems to be a favourite with magicians and Hollywood producers alike, the notion of someone having almost supernatural powers to control other human beings is too much to resist.

Although the Handshake Induction is quite tricky to master, it undoubtedly works, and is a very powerful tool in the hypnotists toolkit. The key to success is having the persona of a very confident and skilful hypnotist (to yourself if no one else), and to an extent picking the right person to use it on (for some reason, for example, people with Obsessive Compulsive Disorders are very susceptible to the technique).

You really need to hone your “ordinary” hypnotic skills prior to trying this, and then to make sure that you know the handshake technique inside out and also, perhaps, test it out on a few willing volunteers prior to trying it on someone unsuspecting.

I can think of no better way to explain the technique than to use the description and thinking of the great Milton Erickson himself. He did after all devise the method originally.

The following is taken from Erickson's own writings:

The Handshake Induction:

“Initiation: When I begin by shaking hands, I do so normally. The "hypnotic touch" then begins when I let loose. The letting loose becomes transformed from a firm grip into a gentle touch by the thumb, a lingering drawing away of the little finger, a faint brushing of the subject's hand with the middle finger - just enough vague sensation to attract the attention. As the subject gives attention to the touch of your thumb, you shift to a touch with your little finger. As your subject's attention follows that, you shift to a touch with your middle finger and then again to the thumb.

This arousal of attention is merely an arousal without constituting a stimulus for a response.

The subject's withdrawal from the handshake is arrested by this attention arousal, which establishes a waiting set, and expectancy.

Then almost, but not quite simultaneously (to ensure separate neural recognition), you touch the undersurface of the hand (wrist) so gently that it barely suggests an upward push. This is followed by a similar utterly slight downward touch, and then I sever contact so gently that the subject does not know exactly when - and the subject's hand is left going neither up nor down, but cataleptic. Sometimes I give a lateral and medial touch so that the hand is even more rigidly cataleptic.

Termination: If you don't want your subject to know what you are doing, you simply distract their attention, usually by some appropriate remark, and casually terminate. Sometimes they remark, "What did you say? I got absentminded there for moment and wasn't paying attention to anything." This is slightly distressing to the subjects and indicative of the fact that their attention was so focused and fixated on the peculiar hand stimuli that they were momentarily entranced so they did not hear what was said.

Utilization: Any utilization leads to increasing trance depth. All utilization should proceed as a continuation of extension of the initial procedure. Much can be done non-verbally; for example, if any subjects are just looking blankly at me, I may slowly shift my gaze downward, causing them to look at their hand, which I touch and say "look at this spot." This intensifies the trance state. Then, whether the subjects are looking at you or at their hand or just staring blankly, you can use your left hand to touch their elevated right hand from above or the side - so long as you merely give the suggestion of downward movement. Occasionally a downward nudge or push is required. If a strong push or nudge is required, check for anaesthesia.

There are several colleagues who won't shake hands with me unless I reassure them first, because they developed a profound glove anaesthesia when I used this procedure on them. I shook hands with them, looked them in the eyes, slowly yet rapidly immobilized my facial expression, and then focused my eyes on a spot far behind them. I then slowly and imperceptibly removed my hand from theirs and slowly moved to one side out of their direct line of vision. I have had it described variously, but the following is one of the most graphic. "I had heard about you and I wanted to meet you and you looked so interested and you shook hands so warmly. All of a sudden my arm was gone and your face changed and got

so far away. Then the left side of your face, until that slowly vanished also." At that moment the subject's eyes were fixed straight ahead, so that when I moved to the left out to his line of vision, the left side of my face "disappeared" first and then the right side also. "Your face slowly came back, you came close and smiled and said you would like to use me Saturday afternoon. Then I noticed my hand and asked you about it because I couldn't feel my whole arm... you just said to keep it that way just a little while for the experience."

You give the elevated right hand (now cataleptic in the handshake position) the suggestion of a downward movement with a light touch. At the same time, with your other hand, you give a gentle touch indicating an upward movement for the subject's left hand. Then you have his left hand lifting, right hand lowering. When right hand reaches the lap, it will stop. The upward course of the left hand may stop or it may continue. I am likely to give it another touch and direct it toward the face so that some part will touch one eye. That effects eye closure and is very effective in inducing a deep trance without a single word having been spoken.

There are other nonverbal suggestions. for example, what if my subject makes no response to my efforts with his right hand and the situation looks hopeless? If he is not looking at my face, my slow, gentle out-of-keeping-with-the-situation movements (remember: out-of-keeping) compel him to look at my face. I freeze my expression, refocus my gaze, and by slow head movements direct his gaze to his left hand, toward which my right hand is slowly, apparently purposelessly moving. As my right hand touches his left with a slight, gentle, upward movement, my left hand with very gentle firmness, just barely enough, presses down on his right hand for a moment until it moves. Thus, I confirm and reaffirm the downward movement of his right hand, a suggestion he accepts along with the tactile suggestion of left hand levitation. This upward movement is augmented by the fact that he has been breathing in time with me and that my right hand gives his left hand that upward touch at the moment when he is beginning an inspiration. This is further reinforced by whatever peripheral vision he has that notes the upward movement of my body as I inhale and as I slowly lift my body and head up and backward, when I give his left hand that upward touch."

This description of the Handshake induction should hopefully illustrate the need to practise the technique and to know it thoroughly in order to be able to perform it correctly.

It is easy to imagine that it is simply a matter of shaking hands in a “special” way, but the handshake itself is only the vehicle used to propel the subjects attention inwards and into a trance like state.

There is a great deal of skill involved to use such a bold method to induce a trance, and it involves being fully aware & in control of not only your own actions, non verbal gestures, and movement, but also of your subjects too.

This interruption of a normal pattern of events stuns the subject momentarily and provides the opportunity to focus their attention inwards whilst they struggle to understand and come to terms with what is happening. This momentary lapse provides the opportunity to offer suggestions leading to trance, whether they are verbal or non verbal in nature. These techniques are also known as “Pattern Interrupts” (see “hypnosis & Mind Control” for a demonstration and example).

You will probably also find the following useful in understanding the Handshake Induction:

Exercises in Nonverbal Approaches:

The following are excerpts from Erickson M.H., Rossi E. & Rossi S., “Hypnotic Realities : The Induction of Clinical Hypnosis and Forms of Indirect Suggestion”, pg.111.

"The keys to learning nonverbal approaches to trance induction are observation, patience, and learning one step at a time. One can begin learning the handshake induction by developing a habit of carefully observing a person's eyes and face as you are shaking hands with them in a normal way.

The next stage might be to practice releasing the hand a bit slower than usual. Then learn how to definitely hesitate in releasing the hand, carefully watching the subject's face to "read" the nonverbal responses (e.g. confusion, expectancy) to your hesitation.

As your experience develops, even at this level you will begin to recognize who may be a good subject by the degree receptivity to your hesitation. The subject who "stays with you" and allows you to set the

pace of the handshake is evidently more sensitive and responsive than the person who rushes off.

The next step might be only to release the hand halfway, so the subject is momentarily confused. You can then practice letting go of the rest of the hand so gently that the subject does not recognize when the release took place, the hand remaining momentarily suspended in midair. You can sometimes heighten this effect by speaking very softly so the subject's attention is further divided.”

Some other points taken from Hypnotic Realities in order to practice the handshake induction are:

- a) Develop a habit of carefully observing the subject's eye and face as you shake hands;
- b) Practice releasing the hand a bit slower than normal, leading up to hesitating on the hand release, as you observe your subject's non-verbal facial expressions to your hesitation;
- c) A subject who "stays with you" and allows you to set the pace is considered a better candidate for this induction;
- d) At this point practice releasing the hand only half way to provide for and notice signs of confusion;
- e) Then practice releasing the hand so gently that the subject's hand remains suspended not realizing that a release took place (this can be enhanced by speaking very softly to your subject at the same time).
- f) This final stage is learning to add directing touches as stimuli for catalepsy and/or hand levitation.

Steven Gilligan, in his book "Therapeutic Trances" has broken down the handshake induction into five steps and makes it more easily understandable:

1) Creating Contact and Expectancy - here the hypnotist absorbs the subject's attention while moving into position. This is done by showing a genuine desire to greet the person.

2) Initiating the Pattern - at this point you move towards the person as you stretch out your hand, indicating the desired greeting, which prompts the subject to automatically extend his hand. At this time, you continue to look into your subject's eyes and maintain his attention by maintaining verbal communication.

3) Interrupting the Pattern - occurs when the hypnotist is about four feet away from the subject. At this point, the hypnotist - still walking forward with right hand outstretched - suddenly but gracefully accelerates to lift his or her left hand under the subject's outstretched hand. Continuing with one graceful motion, the hypnotist uses his or her thumb and index finger to lift the subject's hand to about shoulder level. This lifting should be done with minimal pressure and graceful gentleness, so the subject does not feel intruded upon or dominated. The hypnotist merely guides the already lifting hand of the subject; this is done rather quickly, so that the element of surprise is present.

During this time the hypnotist's right hand (which has continued to lift, albeit at a slower rate than the left hand) rises to about the subject's eye level and points toward the subject's face (a good distraction and interruption technique); then quickly, in conjunction with the whole body, it swings around to point at the subject's now lifted right hand. The hypnotist, who has been looking at the subject in a surprised, intense, and absorbing fashion, now gazes with incredulity at the raised right hand of the subject. This typically will deeply disorient and surprise the subject to effect a rapid dissociation, evidenced by a lightness in the lifted right hand, a "frozen" look and posture, dilated pupils, restricted breathing, and so forth.

4) Amplifying the confusion - instruct the subject in a meaningful tone, pay very close attention to all of the coloration changes beginning to occur in the fingers of your lifted hand. This statement, which sounds perfectly logical but is, to say the least, rather unusual, usually further disorients the subject while fixating attention on the hand. Because the

disorientation will enhance both a willingness to follow simple directives and an ability to develop perceptual alterations, subjects will often begin to actually perceive coloration changes. These hypnotic developments can be facilitated by touching the fingertips of the lifted hand very lightly, which should produce tingling sensations, whilst simultaneously naming the touched digits.

5) Utilizing the confusion - the hypnotist continues to accelerate the finger touches, and as he speaks he can intersperse trance developing suggestions such as "dropping down deeper now". This is all done while holding the client's hand up with your own left hand. At any time the hypnotist can begin to lower his own left hand which often leaves the subject cataleptic. If catalepsy isn't yet ratified simply lift up lightly again.

Final Thoughts

I hope that you've found this book useful in explaining what hypnosis is, and how to hypnotise people. The information that is included in the preceding chapters is really everything that you need to know to induce a hypnotic trance in just about anyone, and that really was the aim of the book.

Therapeutic use of hypnosis in removing habits, and undesirable behaviour, takes careful thought and use of words, and you would benefit from studying more deeply if that's what you want to do.

Please remember to be patient with your patients, hypnosis can be a daunting prospect for some people, and it can take them a while to respond once they're actually hypnotised. If you start off by endeavouring to look after your subjects best interests then you won't go far wrong, and it will be an enjoyable and rewarding experience for you both.

The rest of this book contains scripts for inductions, deepening, and post hypnotic suggestion.

Hypnotic Inductions

ARM-DROP METHOD

The subject is asked to raise an arm so that the hand is slightly above the head. This is in such a position that fatigue will eventually bring it down naturally, but the downward movement is tied into the suggestion of "going down into a deep state of relaxation."

The harder the subject keeps fighting to hold it up, the more he is committed to the proposition implied by the statement that, "You will not go into a deep state of relaxation until the arm is all the way down."

Conversely, this means "You *will* go into such a state when the arm comes all the way down."

THE SCRIPT:

"Stare at one of your fingers, either the index or the middle finger. You might want to continue to look at it, or close your eyes and visualize it in your mind's eye. As you fix your gaze on it you will notice that the other fingers tend to fade out of focus, and that your entire arm begins to feel heavier and heavier. The longer that you concentrate on that finger, the heavier and heavier your arm becomes, but you will not go into a deep state of relaxation until the arm has come all the way down. Keep concentrating on that finger while the arm continues to get heavier, and heavier, and heavier."

When the arm starts to fall, continue with:

"Notice that as the arm is getting heavier it is slowly coming down, down, down. But you will not relax into a deep and profound state of relaxation until the arm is all the way down. Going down, down, down, deeper, deeper, and deeper.

Continue with these suggestions, making sure that they are timed with the actual movement of the arm.

ARM LEVITATION METHOD I

It is important with this method that you make your suggestions tally with the response of the subject. It may also be used as a deepener.

THE SCRIPT

“I'm going to count from one up to twenty. As I do, you'll feel a light, easy, pleasant feeling move into your right hand and up into your right arm. As I continue counting, that feeling grows stronger and stronger. Soon you'll feel the first slight movement of your fingers, a twitching of the muscles.”

Gently grasp the subjects arm, and demonstrate how it will move as you continue with:

“Then your hand begins to lift. Your arm begins to lift. It continues moving, lifting, and rising until it finally comes back down to rest upon your body. Now when you feel the movement in your hand and in your arm, don't try to resist. You could resist if you chose to, that is not why you are here. Just release your subconscious mind. All right, now we are ready to begin.

One - The light, easy sensation starts to move into the fingertips of your hand.

Two - The feeling is spreading up beneath the fingernails.

Three - It is moving up to the first joint of the fingers.

Four - Spreading to the knuckles.

Five - the first slight movements of the fingers begin with a twitching of the muscles.

Six - The light sensation spreads all across the back of your hand.

Seven - Spreading over and into your thumb.

Eight - Moving now all through the palm of your hand.

Nine - The light sensation spreads up and into your wrist. Think of your left hand now, see how it feels very, very heavy compared to the right.

Ten - your right hand grows lighter and lighter with each number I count; just as light as a feather floating in the breeze and even lighter. As light as a helium balloon. Just as a helium balloon will rise and float towards the ceiling, in the same way, by the time I reach the count of twenty, your right hand is moving, lifting, rising and floating.

Eleven - The light sensation has moved beyond your wrist now, spreading into your forearm.

Twelve - Once again, think of your left hand. Your left hand has grown so heavy, it feels as though it were made of lead.

Thirteen, Fourteen - That light sensation is spreading up toward your elbow.

Fifteen - From the fingertips all the way up to the elbow your hand has grown light, light and free. It's beginning to lift. It's moving, lifting, rising and floating.”

If the hand is not moving, gently lift it to encourage it to start.

“Sixteen - Now your arm is moving and lifting and rising. And as your arm is lifting, you're going deeper and deeper into hypnosis.

Seventeen - Your hand continues moving, lifting and rising now until it comes to rest over on your body.

Eighteen - Moving, lifting, rising, and floating. Right on over now and when your hand comes to rest upon your body, at that time your eyelids lock tightly closed. Your eyelids lock so tightly closed at that point, the more you try to open them the tighter they're locking closed.

Nineteen - Your hand is getting ready to come down and rest upon your body.

Twenty - Now your hand has come to rest upon your body, and at the same time, your eyelids are locked so tightly shut, the more you try to open your eyelids the tighter they are locking shut.

That's fine, stop trying and go deeper into trance.

ARM LEVITATION METHOD II

THE SCRIPT:

“As soon as you are ready to go into a deep hypnotic state, close your eyes and begin inhaling deeply - and exhaling slowly ...”

Pause for a moment to allow the subject to do this.

“Breathing deeply and slowly brings more oxygen into your system, and each time you exhale your body keeps relaxing more and more ...

Each time you inhale and exhale you can become more aware of the rhythm of your breathing, and the feelings of comfort that develop ...”

Pause

“As you continue sitting there, you will find yourself becoming more relaxed and comfortable ...

That's good ... just have your hands barely touching the arms of the chair ... notice that your hands can rest so lightly that your fingertips barely touch the arms of the chair ...

You're doing really well ... as your hands are resting and lightly touching the arms of the chair, you may notice that they tend to lift up a little bit all by themselves with each breath you take?

Perhaps they begin to feel lighter and lighter so that they are now lifting up easily, toward your face, as the rest of your body continues relaxing ...“

Pause until the hands begin to lift

“As your arms continue lifting, does one hand or the other or maybe both continue lifting even more?”

Pause

“It's really interesting the way that hand continues feeling lighter, and keeps lifting up toward your face without any effort ...

As that hand keeps lifting toward your face, does the other one want to keep lifting and catch up, or does it want to rest lightly on the arm of the chair?

Your hand may want to lift more quickly ... or more slowly as it gets closer to your face ... it may need to pause briefly before it finally touches your face, so you will know you are going into a really deep hypnotic trance ...

Your hand will not touch your face until your subconscious mind is really ready for you to go into a deep hypnotic trance. When your hand touches your face, you will take a really deep breath as you relax and experience yourself going into a much deeper, more peaceful hypnotic trance”

Continue with these suggestions until the hand touches the face. Then continue:

“You may not even notice yourself going into an even deeper hypnotic trance as your hand slowly returns to the arm of the chair all by itself.”

ASSOCIATION METHOD

THE SCRIPT:

“You can close your eyes now, and begin breathing deeply, and slowly. Before you let go completely, and go into a deep hypnotic state, just allow yourself listen carefully to everything that I say to you.

It's going to happen without trying, so you don't need to think about it. You will have no conscious control over what happens. The muscles in and around your eyes will relax all by themselves as you continue breathing easily and freely.

Without any effort, you will soon enter a deep, peaceful, hypnotic trance. There is nothing important for your conscious mind to do. There is nothing really important except for your subconscious mind listening to my voice, and that is just as easy and automatic as dreaming. And you know how easily you can forget your dreams when you awaken.

You are doing really well. Without noticing it, you have already slowed your rate of breathing. You are breathing much more easily and freely. Much more slowly. You are beginning to drift gently into a hypnotic trance.

You can really enjoy relaxing more and more, and your subconscious mind will listen to each word I say. It keeps becoming less important for you to consciously listen to my voice, your subconscious mind can hear me even if I whisper.

Continuing to drift into a more detached state as you examine privately in your own mind ... Secrets, feelings, sensations, and behavior you didn't know you had ... At the same time, letting go completely ... Your own mind is solving that problem ... At your own pace. You continue becoming more relaxed and comfortable as you sit there with your eyes closed.

As you experience that deepening comfort you don't have to move, or talk, or let anything bother you. Your own inner mind can respond automatically to everything I tell you.

You are getting much closer to a deep hypnotic trance, and you are beginning to realize that you don't care whether or not you are going into a deep trance.

Being in this peaceful state enables you to experience the tranquility & comfort of the hypnotic trance. Being hypnotized is always a very enjoyable, very pleasant, calm, peaceful, completely relaxing experience. It seems so natural to enjoy it in your future.

Every time that I hypnotize you, it keeps becoming easier and more enjoyable, and you continue experiencing more benefits. You will always enjoy the comfort, the peacefulness, the calmness ... and all the other sensations that come automatically from this wonderful experience.

Imagine yourself in a place you like very much. By a lake, or by the sea. Perhaps you are floating gently on a boat, on a peaceful lake on a warm, summer's day. Continue to relax even more now, and continue becoming more comfortable. This is your own private world that you like very much. Anytime that you want to spend a few minutes by yourself, relaxing, and feeling very comfortable and serene, you can automatically come back to this place and this feeling that you're experiencing now.

You can put yourself into this world anytime you like, it is yours whenever you want it. Continue enjoying this pleasant experience as your subconscious mind is receiving everything I tell you, and you'll be pleased in the way that you automatically respond to everything I say.

CONFUSION METHOD

The basic idea to this induction is for the conscious mind to forget, and the subconscious mind to know. This is drawn out and repeated with separate directions for the conscious mind, and the subconscious mind, maintaining the subconscious attention, while dismissing the conscious attention, both by the suggestions, and the pauses and mental fatigue.

Have the subject sit or lay in a relaxed position, with their eyes closed and read the text slowly and rhythmically.

THE SCRIPT:

“Just close your eyelids and let your mind drift where it will.

You are aware of everything, and yet you are not aware. You are listening with your subconscious mind, while your conscious mind is far away, and not listening. Your conscious mind is far away, and not listening. Your subconscious mind is awake, and listening, and hearing everything while your conscious mind remains very relaxed and peaceful. You can relax peacefully because your subconscious mind is taking charge, and when this happens, you close your eyes and let your subconscious do all the listening. Your subconscious mind knows, and because your subconscious mind knows, your conscious mind does not need to know and can stay asleep, while your subconscious mind stays wide awake.

You have great potential in your subconscious mind, which you don't have in your conscious mind. You can remember everything that has happened with you subconscious mind, but you cannot remember everything with your conscious mind. You can forget so easily, and with forgetting certain things you can remember other things. Remembering what you need to remember, and forgetting what you can forget. It does not matter if you forget, you need not remember. Your subconscious mind remembers everything that you need to know and you can let your subconscious mind listen and remember while your conscious mind sleeps and forgets. Keep your eyes closed, and listen with your subconscious mind, and when you're listening very, very carefully, your head can nod "yes".

As you continue to listen to me, with your subconscious mind, your conscious mind sleeps deeper and deeper, and deeper, and deeper. Let your conscious mind stay deeply asleep, and let your subconscious mind listen to me.

Repeat beginning at the second paragraph, then use a deepener.

THE DAVE ELMAN TWO-FINGER METHOD

THE SCRIPT:

“For the moment, rest your arms limply on your thighs like this, and I want you to look out here at my hand. In a moment I'm going to bring my hand up in front of your eyes like this.”

Demonstrate bringing the index and middle finger of the right hand in a pointing V shape, to a position just above their eyebrows

“When I do, I'll pass my hand down in front of your eye. Keep your eyes fixed on my fingers. As I pass my hand down, let your eyelids close down.”

Bring your hand straight down, one finger moving down over each eye. Now move your fingers to a pointing V shape just above their eyebrows, so that they have to look up at an angle to see your fingertips.

“All right, now fix your eyes on my fingers. Now I'm passing my hand down in front of your eyes, and as I do, let your eyelids close down.”

Move your hand straight down, one finger moving down over each eye.

“Now your eyelids are closed. I want you to relax every tiny muscle and nerve in and around your eyelids. I want you to relax them so much that they wouldn't work even if you wanted them to. Now, when you know that you've relaxed them so much that they wouldn't work even if you wanted them to, test them and you'll see that you've been completely successful.”

If they open their eyes, tell them to relax them again, this time more completely and test again. If they don't open their eyes, pause for a few seconds and continue.

“All right, that's fine. Now, stop trying and just relax and go deeper now. Now I'm going to raise your hand. I will do it by gently taking your right thumb in my fingers like this.”

Grasp their thumb between your thumb and index finger.

“As I lift your hand, just let it hang limply in my fingers.”

Slightly rock their arm back and forth.

“Then, when I drop it, let it drop like a wet, limp rag. When your hand touches your body, send a wave of relaxation from the top of your head, all the way down to the tips of your toes, and let it double your present level of relaxation.”

Lift their hand, gently & slightly rocking it)

“Now, I'm raising your hand. That's it, let it hang limply. That's good. Now, when I drop it, let it drop like a limp, wet rag, and as it touches your body, send a wave of relaxation from the top of your head to the tip of your toes, and let it double your present level of relaxation.”

Drop their hand.

“That's good. Now, we'll do that again with the left hand. Now I'm going to pick up your left hand, and as I take your thumb, just let it hang limply.”

Slightly rock their arm back and forth.

“That's good; now you're getting the idea. When I drop it, let it drop like a wet, limp rag. When it touches your body, send another wave or relaxation from the top of your head to the tips of your toes and double your present level of relaxation.”

Drop their hand.

“That's good. Now your body is relaxed and I'm going to show you how to relax your mind. Listen very carefully. The next time I touch your forehead, I want you to begin counting from one hundred backward in this way: One hundred, deeper asleep. Ninety-nine, deeper asleep. Ninety-eight, deeper asleep, and so on. After counting just a few numbers, by the time you reach ninety-seven, or ninety-six, or maybe, at the most, ninety-five, you will find those numbers disappearing. You will find that your mind has become so relaxed that you'll just relax the numbers out of your mind. Alright, get ready now, three, two, one.”

Tap the subject on forehead.

“Begin counting.”

Listen to them count down and slow them down now if necessary. After each count, say “GOOD” or “FINE”. After the count of ninety-seven say:

“Start relaxing them out of your mind.”

After several more counts, based on how the subject is performing, say:

“Let them relax out of your mind right now. Let them fade away completely.”

After the subject has stopped counting, continue with:

“That's fine, you've relaxed your body; you've relaxed your mind; you've gone into a much deeper state of hypnosis.”

Use a deepener to enhance the trance.

DIRECT GAZE METHOD

This is one of the most powerful techniques, and also one of the most difficult to use. You need to convey total confidence. If you have any doubt, hesitation, or fear, it will show in your eyes, the subject will see it, and it will inhibit their response.

When you're looking the subject in the eye, it is important for you not to blink. Narrow your eyes slightly, enough to keep your eyeballs moist. Time your counting in response to what you see happening in the subject's eyes. If you don't see any response, stretch out the suggestions. The moment you see the subject beginning to blink, pick up the tempo and say "And now they begin closing, closing ..."

THE SCRIPT:

You take the index finger of your right hand and bring it up under your right eye as you say to the subject:

"Now I want you to look right here. Don't take your eyes from mine. Don't move or speak or nod your head or say "uh-huh" unless I ask you to. I know that you hear and understand me just as you know it. If you follow my simple instructions, there is nothing in this world that can keep you from entering into a very deep and pleasant state of hypnosis, and doing it in just a fraction of a second. Now, take a deep breath and fill up your lungs."

Take a deep breath and take your right hand and move it in an upward motion in the air.

"Now exhale."

Bring your hand down as they exhale.

"That's fine. Now a second, and deeper breath."

Say that whilst bringing your hand up.

"Exhale."

Bring your hand down.

“Relax. Now a third deep breath.”

Say that whilst bringing your hand up.

Exhale.

Bring your hand down. Now, raise your hand up over their head, about three feet in front of them, two feet above their head, and pointing your finger.

“And now, I'm going to count from five down to one. As I do so, your eyelids grow heavy, droopy, drowsy and sleepy. By the time I reach the count of one, they close right down and you go deep into a hypnotic slumber. Deeper than ever before. All right, Five,”

Start moving your finger down.

“Eyelids heavy, droopy, drowsy and sleepy. Four,”

Moving your finger down

“Those heavy lids feel ready to close. Three,”

Moving your finger down again

“The next time you blink that is hypnosis coming over you. Two,”

Moving your finger down.

“They begin closing, closing, closing, closing, closing, closing, closing, closing them, close them, close them. They're closing, closing, closing, closing .. One”

Place your right hand behind subjects head at base of skull. Grasp subjects left arm at elbow. With a sudden forward pulling movement of the right hand, say:

“SLEEP NOW.”

Use a deepener.

DROP OBJECT METHOD

(Ideal for Group Hypnosis)

This technique can be employed using either a pen, a pencil or a coin. In many cases people will have coins but will not have a pen or pencil available to them. If one person uses a coin, then all of the subjects should use coins.

THE SCRIPT:

Ask the subject or the group to get a pen, pencil or coin and hold it out in front of the body between the thumb and index finger. Tell them to grip it in a secure way. If hypnotizing a group, at the appropriate time, you can drop the appropriate object in order to get the process started.

“Now close your eyes and think of that coin between the thumb and index finger of your right hand. Now breathe in deeply and exhale slowly five times, each time you inhale you bring more oxygen into your lungs. It passes from your lungs into your heart, and your heart pumps it into your circulatory system. It moves through your whole body, and each time you exhale you keep relaxing, becoming calmer and more peaceful.

That relaxation is moving through your whole body, and through your right shoulder, down your arm into your hand and fingers ... soon the fingers on your right hand will become so relaxed that the coin will slip from your hand and drop to the floor.

As you hear the coins dropping to the floor, it may seem a little humorous at first, but it will cause you to continue relaxing even more. You'll enjoy the feelings of relaxation that are coming over your whole body. Other sounds and noises are fading away and you are listening only to my voice.

That relaxation is continuing to move through your whole body. You are relaxing from the top of your head, to the tip of your toes. You are continuing to relax and feel more at ease. You are sensing, feeling and imagining peacefulness, comfort, and calmness all through your body. You are relaxing in a way that is just right for you.

Now take your left thumb and press it tightly against the index finger on your left hand. You will notice the rest of your body relaxing even more now, and soon the thumb and finger on your left hand will relax and your finger and thumb will begin to move apart. As the finger and thumb on your left hand relax, the finger and thumb holding the coin continue relaxing and the coin will soon slip from your hand and drop to the floor.

When the coin drops from your fingers, you will move into an even deeper hypnotic state, and you will keep your eyes closed until I ask you to open them.”

FIXED OBJECT METHOD

This is the traditional method of inducing hypnosis. The subject is asked to direct their gaze at an object and not move their focus. The hypnotist can intensify the induction by observing the subjects reactions and timing his suggestions very closely with them. For example, the remark, "Occasionally, they are going to blink," might be made immediately after he perceives a blink.

THE SCRIPT:

“Stare at the shiny part of the watch. Fix your eyes on it. Take a few deep breaths. Just keep breathing deeply. Listen to the sound of my voice. You will find that your eyelids have a tendency to get heavy, almost as if they have a heavy weight attached to them. The longer that you stare at this, the heavier your eyelids become, and you blink, and they have a feeling like something is pulling them down, as if they wanted to slowly close, and get drowsier and sleepier and heavier. And you have a feeling as if they were slowly closing, slowly closing, getting drowsier and more tired, and when they finally do close, how good you'll feel. Drowsy, heavy, pulling down, down, down, slowly closing, getting harder and harder to see, and you feel good. Very, very hard to keep them open, feel that very soon they will close tightly, almost tightly closing, almost tightly closing, tightly closing. Your eyes are tightly closed; you feel good; you feel comfortable; you're relaxed all over; just let yourself drift and enjoy this comfortable relaxed state. You will find that you head will get heavier; tends to nod forward some, and you just let yourself drift in an easy, calm, relaxed state.”

FOREST AND STREAM METHOD

For this induction it is possible to have background sounds of water, birds, and other forest sounds, but do not start the sounds until indicated in the induction

THE SCRIPT:

“To prepare yourself for this enjoyable, helpful experience, be sure you have all tight clothes loosened, and then position yourself as comfortably as you can. Now close your eyes and inhale deeply and hold it for three or four seconds and then exhale slowly.

Again breathe in deeply and exhale slowly. Keep doing that 5 or 6 more times. As you inhale, you bring more oxygen into your body, and as you exhale it causes your body to keep relaxing more and more.”

Pause and observe the subject.

“Now you can continue breathing easily and freely, and can feel yourself becoming calmer and more peaceful. You are revealing signs that indicate you are moving into a very deep, peaceful state of relaxation. As I continue talking to you, you can keep relaxing more peacefully, not caring how deeply you relax, just happy to continue becoming calmer & more peaceful, and more at ease. Continue to breathe easily and freely.

Your subconscious mind will always be aware of what I'm saying to you, so it keeps becoming less and less important for you to consciously listen to my voice. Your subconscious mind, and all levels of your inner mind, can hear and receive everything I tell you, and your conscious mind can relax completely.

You are continuing to experience perfect peace of mind, and can feel yourself moving into the situation I describe to you. It will happen automatically, and you don't even need to think about it consciously.

Now I want you to imagine yourself lying in a comfortable position near a stream of fresh, clear water, in a beautiful forest on a perfect summer day. There is a warm, gentle breeze, and the air is fresh and clean, the sound of the peaceful stream is very relaxing. It keeps becoming less important for you to consciously listen to my voice because your subconscious mind and all levels of your inner mind are hearing and receiving everything I say.

In your mind, you are enjoying the beauty of nature, as the sunlight shines through the trees and you listen to the gentle flow of water and the birds singing cheerfully. You are lying there, comfortably relaxing. It is so peaceful that you continue feeling more & more relaxed than ever before. As you continue enjoying this peaceful, pleasant experience, a soothing drowsiness is enveloping your entire body, from the top of your head to the bottom of your feet.

You continue feeling calmer, more relaxed and more secure. As you lie there, with your eyes closed, you are so relaxed and so comfortable and happy, that you continue moving into a more peaceful, more detached state, it may seem like you are drifting into a state of sleep.

There may be times when it seems like my voice is a long distance away. There may be times, when I'm talking to you, that you will not be consciously aware of my voice, and that's okay, because your subconscious mind is still receiving every word that I say, and is making true everything I tell you. From now on you will be influenced only by positive thoughts, ideas and feelings.

The following thoughts come to you. I am calm, secure, and relaxed. I am comfortable and at ease. I am in control of myself at all times. I am responsible for my body, and will always treat my body with respect. My mind enables me to be relaxed and calm as I go about the activities of my daily life.”

HAND SHAKE METHOD.

Begin with the subject sitting in a comfortable chair.

THE SCRIPT:

“Would you like to experience the state of hypnosis?”

After a yes response, have the subject extend his or her arm to you as though you were going to be shaking hands. Take the subjects hand with your right hand while making sure the subjects arm is straight.

“I would like you to look at me for just a moment. As you focus your eyes on me, and listen to my voice, I would like you to allow things to take place naturally.”

Slowly begin raising and lowering the subjects arm. The up and down movement of the arm should be about three inches each way.

“As I raise and lower your arm, I wonder if you have noticed yet that there is a drowsy, heavy feeling beginning to occur in and around your eyes. Each time I raise your arm upward, that heavy feeling in those eyes will keep becoming stronger. As the eyes begin to close down, it becomes increasingly more desirable to allow them to remain closed. They are closing down all the way now. Let it happen. Want it to happen. Feel it happening now.”

Make a special note to raise the arm higher into the air when the eyes begin to blink or start to close. This will be an indirect signal to reinforce the feeling. The subject will quickly associate the raising of the arm with closing of the eyes.

HAND TO FACE METHOD

Tell the subject to get as comfortable as possible with their arms resting on the arms of the chair. Show the subject how you would like them to hold their hand - In front of their face with the palm of their hand facing in, towards their face, and their fingers pointing upward pressed lightly together. Their hand should be at about eye level. Have the subject close their eyes and begin with progressive relaxation and then proceed with the Hand to face induction.

THE SCRIPT:

“In just a moment, when I ask you to, I am going to have you bring one of your hands up in front of your face, fingers extended upwards and pressed together. I am then going to have you try to open your eyes, and pick a spot on your hand. It may seem difficult to open the eyes, and keep them open, which is only natural since you have been relaxing so far. I am going to want you to *try* and open your eyes, and with a little effort you will at least be able to get them open a little.

Now, the one thing that you must accomplish is that I want you to remain totally relaxed and at ease, even with your eyes open, and your hand in this position. Remaining relaxed and at ease, and move your hand up in front of your face with the fingers pointed upward, and pressed together.

Now, attempt to open your eyes, pick one spot on your hand, and begin to concentrate on it. As you concentrate on that one spot, and one spot only, your fingers are going to spread apart. You do not have to make them spread, but do not try and stop them either. Concentrate, and allow things to happen. Feel them spreading apart now. Automatically separating, it is beginning to feel as though there was a string tied to each finger that's pulling them apart. They're separating further, and further.”

Once the fingers have separated, continue with:

“Now, please do not let it disturb you that the drowsy, heavy feeling in your eyes is becoming stronger now that your fingers have spread apart. It is a very normal, natural sensation. As I begin to count from 5 down to 1, that heavy, drowsy feeling will continue to grow stronger.

Continue with a deepener.

HANDS CLOSING TOGETHER METHOD

This technique is the Gil Boyne version of "hands closing together." Although you can do this with the subject lying on their back with their arms extended upward toward the ceiling, or standing in front of them and having them extend their arms toward you, the best position is to have your subject seated in a chair. Stand in front of them, about six feet away, extend both of your arms out toward them. With the palms of your hands facing each other, your fingers together, and your thumbs pointing upward, speak to them in this manner:

THE SCRIPT:

“Extend both of your arms out in front of you like this. Stiffen your arms, lock your elbows; palms of your hands facing each other. Your thumbs up, your fingers together. Now in a moment, I am going to bring my fingers in between your two hands. Until I do, I want you to look right here into my eyes.”

Move your index finger to your right eye.

“Keep looking at me. Just as soon as I bring my index finger in between your two hands, take your eyes from mine and fix them on my fingertips. Then I will move my finger; when I do, do not move your eyes. Keep looking straight ahead between your hands.”

Move your hand with extended index finger between their hands.

“All right, now bring your eyes down here to my fingertips. Now I am going to move my finger, and when I do, do not move your eyes. Keep looking straight ahead between your hands. Then as I count from three down to one close your eyelids down. Now, the very moment that your eyelids close down,”

Grasp their hands and slowly push them together,

“Your two hands begin drawing together. Just imagine there is a magnet on the palm of each hand which is drawing them in closer, closer, closing and moving in until your two hands touch.

Separate their hands.

“All right, when I count from three to one, close your eyelids down.”

Position each of your hands under each of their hands with your index finger pointing outward. Begin sweeping your fingers in towards the center so that the last thing they see visually are your hands moving in toward each other.

“All right, three, two, one, close your eyelids down. Now they're closing, closing, closing, closing, closing, closing, closing, closing and almost touching, closing and almost touching. Picture the magnet in the palm of each hand. They are closing and moving in, closing and moving in. They are closing, closing, closing, closing, closing and moving, moving in and closing, closing, closing and moving in, moving in and closing, until your two hands touch. They're closing and almost touching. Picture the magnets in the palm of each hand as they are closing, closing and moving in.”

If their hands get very close but do not touch, simply take your hands and push their hands together and say:

“SLEEP NOW. The moment your two hands touch, a wave of relaxation will move all across your body. The moment you feel your two hands touch, every muscle and every nerve in your body will completely relax. All right, now they are closing, closing almost touching, closing, closing, closing and almost touching, closing and almost touching, closing and almost touching, now they are touching. Let your head come forward on your chest; let your arms drop limply into your lap; let every muscle and every nerve now grow loose and limp and relaxed and feel good all over now.”

Pull their hands down into their lap and say:

"Let your head come forward on your chest and continue going easily, pleasantly, fully into a wonderfully pleasant state of hypnotic relaxation."

HANDS PRESSING DOWN METHOD

THE SCRIPT:

“Put your hand on mine. When I count to four, press down as hard as you can.

One, look at me.

Two, pressing down harder. Press it down harder.

Three, eyelids heavy, droopy, drowsy and sleepy.

Four, close them and sleep.”

Pull your hand away now. Use a deepener.

INSTANTANEOUS METHOD

THE SCRIPT:

“Stand facing me. That's right. Now step forward.”

Place your right hand on the subjects head, supporting the base of the skull. Grasp the subjects right arm at the elbow with left hand.

“Bring your feet closer together. Closer. That's right. Breathe in deeply.”

With a sudden forward pulling movement of the hands, lightly jerk the subject towards you.

“SLEEP NOW.”

If the subject's legs begin to buckle, continue with:

“Your legs are stiff and rigid beneath you, supporting your body as you stand straight and erect.”

MISDIRECTION METHOD

This technique is used when the subject is too tense or subconsciously doesn't wish to be hypnotized. The idea is to get the subject to take his/her mind off of hypnosis all together and then perform a rapid induction. The misdirection stems from the fact that it is physically impossible to open one's eyes when the eyeballs are rolled back in the head. To sell this technique you may choose to describe this as a test requirement for a relaxation exercise that will help the subject to be hypnotized in the future. Describe the mythical exercise as one that requires several weeks of daily practice and a good imagination. Describe the following induction as an "imagination test".

THE SCRIPT:

“Just sit and relax. Do you have a good imagination?”

If the subject responds "YES", continue, if the subject responds "NO", simply state that they are too hard on themselves and continue:

“In other words, can you close your eyes and imagine a scene, visualize a scene and see it in front of your eyes? Good. Let's test your imagination in a few ways. I'll describe what I want you to visualize and then after you close your eyes and you visualize it, I'll ask you a few questions about what you see.”

The following is a theoretical scenario. If the subject doesn't drive, use something that the subject is familiar with.

“Do you drive a car? Alright, close your eyelids down and imagine you're standing in front of your car. Now when you see it very clearly, just nod your head.”

Wait for the subject to nod.

“Fine, now you're looking at your car, what color is it?”

Wait for a response.

“Good. Open the door of the car and get in behind the wheel. Now look straight ahead. Is the speedometer in the center or to your right or to your left?”

Wait for a response.

“Is it circular, semi-circular, horizontal or vertical?”

Wait for a response.

“Alright, what color is the needle that indicates the speed on the speedometer?”

Wait for a response.

“Alright, fine. Open your eyes. Could you see all that clearly?”

Wait for a response.

“Now, let’s test your imagination in another way. We learned a couple of things about your imagination right then. This time when you close your eyelids right down, imagine you’re at a swimming place, a beach, a pool, a lake or at the ocean. Close your eyelids down. Now I want you to imagine that you're at a swimming place. When you see the scene clearly in your minds eye, nod your head.”

Wait for the subject to nod their head.

“Alright, fine. Now look around you at this place and tell me what you see.”

Wait for the description.

“Do you see any people there?”

If "YES", say the following "Pick out one of the persons and describe them to me", if "NO", have the subject describe some item that he saw at scene.

(This next section is the actual misdirection)

“That's very good, open your eyes. Could you see all that clearly as a mental picture? That showed that you have a good, creative, imagination because in that instance, I asked you something where you had to create the scenes in the picture. Now we'll go to the other extreme and find out how well you can imagine a simple, single object. This time when you close your eyelids down, imagine that you're looking at a full moon.

Close your eyelids down. Now then I want you to imagine that you are either seated outside or in a car, or at the beach, or maybe looking out your bedroom window. Its night time and you're looking up at a full moon. To help you to see the full moon, I want you to now to roll your eyeballs back up, with you eyelids remaining closed down. Roll your eyeballs backup in your head as if you could see the full moon right up here, backup in the center of your forehead.”

Touch the subjects forehead lightly & pick up the pace slightly. Read this next section as one flowing sentence.

“Roll your eyeballs way back up in your head, and as you do so your eyelids lock tightly closed, the more you try to open them the tighter they are locking closed, try now to open your eyelids, they're locking tighter and tighter, now stop trying, just relax and SLEEP.

Let a good and pleasant feeling now come all over your body. Let every muscle and nerve in your body go limp and loose. Breathe easily and deeply and send a way of deep relaxation from the top of your head to the top of your toes.”

RAPID METHOD

Begin by having the subject hold their arms stretched out directly in front of them, so that the palms of the hands are facing each other. Have the hands about 6 inches apart.

THE SCRIPT:

“You may now lower your hands back to your side. In just a moment I am going to have you bring your hands back to this position, and you will find it very easy to go into a deep pleasant level of hypnosis in just a matter of seconds. Would this be alright with you?”

You must have the subjects consent before proceeding any further.

“Now close your eyes, and take in a couple of deep easy breaths. Hold each breath for a moment and then exhale slowly. In just a moment I am going to have you extend your arms in front of you, just as you had them a moment ago. When I ask you to move your hands to this position I am then going to have you open your eyes, and follow my simple instructions. Remaining relaxed, and at ease, I want you to extend your arms out in front of you just as you had them earlier.”

After the subject extends their arms, adjust the distance between the hands to about six inches. Hold your index finger at eye level, and instruct subject to follow the movement of your finger. Slowly move your index finger between their hands.

“Now I want you to concentrate on my finger. In just a moment I am going to move my finger away, and I want you to begin to concentrate on the spot where my finger was.”

Quickly move your finger in a downward motion.

“You are doing well. Keep concentrating on the spot where my finger used to be. I am going to begin to count from 3 down to 1. On the count of one allow your eyes to close.

Three, your eyes are feeling heavy, and tired.

Two, they are beginning to water, and tear slightly.

One, so heavy just allow them to close, and relax.

Even with your eyes closed you can still imagine that spot between your hands. I am now gently touching your hands, and as I do notice that your hands are beginning to move together.

In just a moment your hands will touch. As they touch your entire body will feel loose, and limp. You will be going into a very deep hypnotic state. The hands are moving closer, and closer. The moment that they touch the whole body becomes loose and limp. You will be going into a very special kind of sleep. Almost there get ready to let go. The moment that they touch you go into a very deep special type of sleep.”

As the hands move together, have your hands in a position that will allow you to lightly slap the outside of the subjects hands, and thus pushing them together. You must be ready the moment that the subjects hands touch. At the exact moment when the subjects hands touch, rapidly, and firmly slap the two hands together while giving the command to SLEEP. At the same moment lightly apply a downward motion to the subjects hands. This will cause the subject to bend at the waist. Allow the arms to dangle at the subjects side.

RAPID METHOD (Permissive I)

Begin with subjects sitting in a straight backed chair.

THE SCRIPT:

“Are you ready to go into a hypnotic sleep?”

The subject must respond with 'YES)

“Close your eyes and take in a few deep breaths and relax with each breath that you take. I am now picking up your right hand.”

Pick up subjects hand as if you were going to shake hands.

“In just a moment I am going to have you open your eyes and look at me. I will then count from three down to one. On the count of one your eyes will close again and your whole body will feel loose and limp. You will quickly enter a hypnotic sleep. Do you understand?”

Wait for a nod or a yes.

“Now, I want you to open your eyes and *try* to keep them open until I reach the number one.

Three, your eyes are feeling heavy, try to hold them open.

Two, almost there, on the count of one they may close and feel wonderful.

One, eyes closing and asleep.”

At the moment that the eyes close, firmly pull the right arm in a downward movement, while delivering the command of SLEEP.

RAPID METHOD (Permissive II)

It is important to realize that the ability to go into the hypnotic state is the subjects ability, and it is not related to the hypnotist. The time spent on induction should be related to the subjects willingness to enter hypnosis quickly.

THE SCRIPT:

“I would like you now, to take in three deep, easy breaths. As you exhale each time, I would like you to relax the muscles in, and around your eyes. By the third breath you will have relaxed these to the point that the eyes no longer want to open. Now, take in three deep, easy breaths, and relax the eye muscles totally as you exhale.”

Allow the subject to take in three breaths, and continue.

“Good, you have now relaxed the eyes to the point that they no longer want to open. I would like you now to relax the eyes to the point that they will not open. Once you have relaxed them, make sure that they can not open.”

Allow the subject to test this.

Hypnotic Deepeners

RELAXATION METHOD I

THE SCRIPT:

“Relax now. Let a good, pleasant feeling come all across your body. Let every muscle, and every nerve grow so loose, and so limp, and so relaxed. Arms limp now, just like a rag doll. That's good. Now, send a pleasant wave of relaxation over your entire body, from the top of your head to the tips of your toes. Just let every muscle and nerve grow loose and limp and relaxed. You are feeling more relaxed with each easy breath that you take.

Droopy, drowsy and sleepy. So calm and so relaxed. You're relaxing more with each easy beat of your heart, with each easy breath that you take, with each sound that you hear.”

RELAXATION METHOD II

THE SCRIPT:

“Your arms are loose and limp, just like a rag doll. As I raise your hand, just let all of the weight hang limply in my fingers. When I drop it, send a wave of relaxation all across your body. As you feel your hand touch your body, send that wave of relaxation from the top of your head, all the way down to the very tips of your toes.

And as you do, you find that you double your previous level of relaxation.

Now once again, with the other hand.

Repeat with the other hand.

STAIRCASE METHOD

THE SCRIPT:

“In a moment I'm going to relax you more completely. In a moment I'm going to begin counting backwards from 10 to 1.

The moment I say the number 10 you will allow your eyelids to remain closed. The moment I say the number 10, you will, in your mind's eye, see yourself at the top of a small set of stairs.

The moment I say the number 9, and each additional number, you will simply move down those stairs relaxing more completely. At the base of the stairs is a large feather bed, with a comfortable feather pillow.

The moment I say the number one you will simply sink into that bed, resting your head on that feather pillow.

Ten: eyes closed at the top of those stairs.

Nine: relaxing and letting go.

Eight: sinking into a more comfortable, calm, peaceful position.

Seven.

Six: going way down.

Five: moving down those stairs, relaxing more completely.

Four.

Three: breathe in deeply.

Two: On the next number, number one, simply sinking into that bed, becoming calmer, more peaceful, more relaxed.

One: Sinking into that feather bed, let every muscle go limp and loose as you sink into a calm, peaceful state of relaxation.

STIFF ARM METHOD

THE SCRIPT:

“Raise and stiffen you arm and make a fist.”

Help the subject achieve this position, then let go.

“That's good. Just like a steel bar, stiff and powerful. So stiff and rigid and so powerful that the more you try to lower or bend your arm, the stiffer and tighter it becomes. Try to lower or bend your arm and find it locking stiff; stiff and rigid. The harder you try, the stiffer it becomes.

That's fine. When I touch your forehead, your arm drops limply down and you go deeper asleep.”

Tap their forehead.

Post Hypnotic Suggestions

ANGER & TEMPER

THE SCRIPT:

“See yourself in a situation where you might have lost your temper in the past. This time see yourself in control. You no longer respond with anger. You respond with understanding and you are calm. You no longer feel a need to retaliate.

You can now allow people to be themselves and allow them their own priorities. You no longer get angry because they do not agree with you. The only value someone else's opinion has, is the value you give it. You no longer get angry because their opinion is different from yours. You are in control of your own emotions and reacting with anger is negative. You are now choosing to be positive. You will never again react with uncontrolled anger.

Instead of becoming angry, you can now see their view. You can now react with understanding and care and are calm. You react with positive thoughts and emotions.”

Find what triggers the subjects anger the most, and have them visualize a similar situation whilst maintaining calmness.

BEDWETTING

“Every morning when you wake up you feel great. You feel wide awake and you are ready to go.

If you need to wake up at night, it is now very easy to get up. You know you are awake and you go to the bathroom and know you are in the bathroom. You urinate in the toilet and return to bed and very easily go back to sleep. When you wake up in the morning you remember getting up in the night.

You no longer sleep through wetting the bed. If you start, you wake up immediately because you no longer sleep so deep. If you start drifting too deep while sleeping, you automatically bring yourself into a lighter state of sleep.

It is not your fault that you wet the bed. No one is to blame. You simply sleep so deeply. Each night you sleep lighter and lighter and you no longer sleep quite so deeply. You feel better and better about yourself because you are now controlling the problem.

Every night that you sleep lighter, each time you wake up and go to the bathroom, every time you remember your dreams, you feel great because you know that you are being successful. You feel good about yourself because you know that you are being successful. You feel good about yourself because you know that nothing is wrong with you physically or emotionally because you have wet the bed and now your family understands too.”

Every dry night reinforces this program.

BLUSHING

“You are no longer subject to blushing. Anytime you feel the heat rising and the color flushing, you now have control. You are in control: the blushing does not control you.

Immediately when you feel the blush start, you take a deep breath and it never materializes.

Picture yourself in a past experience when you would have blushed. Notice that you are no longer reacting in the same manner. You no longer are a victim of the blushing. You have control.”

BUST DEVELOPMENT

“As a child your breast tissues and glands were not developed. During puberty your breast tissues started to develop. Your breast tissues stopped developing before they reached the size that you desire.

Recreate the situation and circumstances just before your breasts stopped developing. Now stimulate the hormones in your body to develop the breast tissue.

Visualize yourself how you want your breasts to look in your clothes.

Now increase the blood flow to your bust area, stimulating your breast tissue to develop into the size of bust you desire, appearing the way you want to look in your clothes.

Now visualize the pectoral muscles and the muscles around your breast area developing to hold your bust firmly to prevent sagging.”

CHILDBIRTH: DISASSOCIATION

“See yourself completely relaxed, breathing easily. You are about to give birth to your child.

You feel no pain what-so-ever because the pain in childbirth comes from fear, tension and anxiety. You do not now nor will you ever experience any fear, tension or anxiety about childbirth, therefore you will not experience any pain during, before or after the birth of your child.

As the baby enters the birth canal you enter a beautiful state of consciousness completely disassociated with the pain of childbirth. In the beautiful "I am" stage you remove your consciousness from the body and look back on your body as it gives birth, thoroughly enjoying the experience. If you prefer, you can enter the "I am" stage and go anywhere and anytime you would like to be.

You leave enough awareness within you body so it responds to the demands and commands of the doctor during the labor and birthing.

As soon as the baby is born you then re-associate with the body and enjoy your child not having experienced any pain or discomfort.

You can enjoy every moment of the birth seeing the beauty and perfection of the birth experience and of your child. You experience total and complete love untainted by fear or pain. You have only positive thoughts and emotions concerning you child. If you choose to re-associate with the body during the birth process, you will feel no pain, just joy.”

CHILDBIRTH: TIME DISTORTION

“See yourself completely relaxed. You are at the hospital (*home, etc.*) ready to have your baby. Your contractions are strong and beautiful.

Tension and fear breed pain and you no longer feel any tension, anxiety or fear therefore you do not experience any pain with childbirth.

Childbirth is natural and easy. Any special and unique experiences that you may have during the birth of your child will not distress you in any way. Your shield of protection is there taking care of both you and your child.

With each contraction you have, you can and do respond exactly the way the doctor wants you to respond but you will experience no pain whatsoever. As the muscles contract during labor, it seems as though the time lapse is but a micro second. As the muscles relax the time lapse seems as though it is several minutes, giving you time to rest and restore you energy. You have plenty of time to maintain composure and enjoy the event of your own child's birth.

Every moment is cherished and enjoyed. You have no need to worry about pain or problems because you have a choice and the choice you have made is to enjoy and experience without any negative influence.

You enjoy every moment of the birth without negative experience at all; no pain, no worry, and because of that your child is extremely healthy.

It is very easy for you to relax and enjoy every step of the birth because you have no fear of pain, you experience no pain or fear with childbirth.

If you feel a doubt or anxiety creeping up you simply take a deep breath and it will just go away.

Your shield of protection neutralizes all negativity and you maintain complete control.

You feel great with every contraction because you know that with each contraction your baby is closer and closer to being born.”

CONCENTRATION

“You are feeling absolutely great about yourself. Your opinion is as good as anyone else's. Love is what you are, not what you do or what you have. You have total confidence in yourself. NOW!

You have something valuable to contribute. You are totally positive; negativity is a part of your past. It is easy for you to sustain positive thoughts and emotions. When you sleep, you have a lot of R.E.M. and good dreams. Each morning you wake up in a normal range of consciousness feeling great.

You do not force a direction in your life; you allow it to flow.

You now find it very easy to concentrate. You have total recall at will. Anytime you find it beginning to become difficult to concentrate, you take a deep breath and relax. You are no longer bored with the things around you thus making it easier to concentrate.

You now structure your time so your energies are not scattered. Things do not have to be difficult to be worthwhile. You no longer have to force the things in your life. It is no longer a battle to remember things; it is an easy natural flow.”

CONSTIPATION

“Go deeper and deeper to sleep. Deeper and deeper to sleep. You know that your whole gastro-intestinal system is simply a muscular tube which is coiled round and round inside your body. Various parts of this tube have various purposes, just like the specialized departments in a factory. The mouth is the receiving department where goods are accepted and unpacked. The throat and esophagus are the conveyer system. The stomach is a processing room in which the materials are prepared for use, and so on throughout the whole system. And finally we have the useful products which go into the body itself, and the waste products which we must eliminate.

This whole factory has a continuous conveyer system. The tubes which make up this conveyer system are composed of rings of muscles. These muscles in their contractions and relaxation push the material along through the factory just like the assembly line chain in an automobile factory. When we start the relaxation at the throat, that is automatically followed by the natural rhythmic alternate relaxation and contraction of the muscle. These contractions occur in waves always traveling from the receiving room down toward the waste disposal departments.

The wave of relaxation which we started a few minutes ago in the mouth and throat, is now moving down through the stomach towards the duodenum. Following the wave of relaxation comes the peristaltic waves - alternate relaxation and contraction of the muscles down through the stomach, the duodenum and into the intestine. Your whole intestinal tract is becoming relaxed and soon these waves will reach through the colon to the rectum. The colon is a kind of storage bin, just like a waste basket. We don't run to empty a waste basket every time we get something in it. We do empty it when it gets full. That is the way your body functions too. These peristaltic waves carry the waste material through the colon and into the rectum where it is stored. As soon as it becomes full, an automatic signal is sent out, and you realize you are about to have a bowel movement. As soon as you have that feeling, you go to the toilet. When you sit down on the toilet, the contact of your body with the toilet seat automatically sends a signal to the round muscle which keeps the valve closed the rest of the time. This round muscle we call the sphincter. The waste valve we call the anus.

When you sit down on the toilet, the sphincter muscle relaxes. It becomes soft and flexible and stretches easily. And these waves of muscular contraction in the colon and rectum force the material out. These waves

are working on down through your intestines now. And soon after you leave here you will feel the urge to have a bowel movement. When you feel this urge, go to the toilet, sit down and wait. Make no effort. Your body will take care of that part automatically and without effort. Make absolutely no effort. Your body can dispose of its waste material perfectly, if you do not interfere. Make no effort at all. Simply sit on the toilet and wait. The act of sitting on the toilet will be a signal to your unconscious mind. The sphincter muscle will relax. The rectum will empty itself easily and automatically.

Every time you eat, your jaws automatically tense and relax. Eating is an automatic signal which starts the entire process in motion. You eat. Your throat swallows the food, alternately relaxing and contracting. The wavelike action proceeds all through your stomach, duodenum, and intestines. Soon after eating, you feel the urge to go to the toilet. When you feel the urge, you go. The act of sitting on the toilet is automatically a signal to the sphincter muscle. It relaxes. The whole muscle relaxes. There is no effort on your part. The whole process is automatic. When you eat, the relaxation starts. Soon after eating, you experience the urge to go to the toilet. You go to the toilet. You go to the toilet immediately when you feel the urge. When you sit on the toilet, that is automatically a signal for the anus to relax and become soft and flexible. Then the colon automatically empties itself. There is nothing for you to do consciously but go to the toilet when you feel the urge. All the rest happens automatically and naturally.

Shortly after you awaken, you are going to have the urge to go to the toilet. When you have that urge, go. And you will have an easy, natural bowel movement. Every time you eat, it is automatically the start of the process that will bring about an easy, natural bowel movement. When you have the urge to go to the toilet, go immediately. Your body will take care of the rest. You are going to have a bowel movement shortly after you awaken, and you will have another one after your next meal.”

DRUG ADDICTION SESSION I

“Now as you go deeper and deeper relaxed, deeper and deeper on down, in your mind's eye, I want you to imagine the symptoms of withdrawal. I want you to feel the nausea. Feel your stomach turning. Feel all your muscles tighten. Like you're tied up in knots and you feel terrible all over and I want you to take those feelings, take those feelings and you're going to associate them with the drug itself. You associate those feelings which represent the withdrawal symptoms with the drug itself, with the heroin or whatever you're taking. From now on instead of the withdrawing causing the symptoms, the drug itself will bring the symptoms about. For you're conditioned just as much as if I'd said a nice thick juicy steak smothered in mushrooms or if I asked you to concentrate on a lemon, you'd feel the saliva, the organs would respond, and now I say that the organs respond to the drug heroin or whatever you're taking. The organs respond by producing very uncomfortable symptoms so from now on whenever you take a fix these very uncomfortable symptoms begin to show themselves. As they show themselves, you feel them, you feel them deeply, very deeply. They are very uncomfortable. On the count of three as you withdraw from the heroin, the symptoms, instead of getting worse, get better. You feel better. More alert. More awake, more vital, more full of life. More full of pep and energy than you have had for a very long time. You feel as though you are full of vitamins. It's going to be very easy for you to withdraw because the withdrawing makes you feel good, and the taking of the drug makes you feel bad. You're going to be surprised about the reverse effect, but it's becoming a permanent part of your subconscious mind, never to be removed. Your need for heroin is gone. But you have a tremendous need to withdraw for if you don't then you feel the symptoms. Now starting right at this moment, you're going to begin a new phase of withdrawal. A withdrawal without pain, without nausea, without vomiting, and without trouble. Now I want you to feel good all the time, and the drug is the thing that makes you feel bad. The thing that gives you the nausea and the problems is the thing that ties up your guts, that's heroin. Now as you go deeper and deeper relaxed, and as all of the sounds fade away in the distance, all of these suggestions take complete and thorough effect upon your mind, body, and spirit. And you sink deeper and deeper and deeper. Nothing disturbs you. For you've begun your withdrawal right now. Now, sleep deeply and let these suggestions seal themselves in the deepest part of the subconscious mind. Way down.”

DRUG ADDICTION SESSION II

“As you go deeper and deeper relaxed, deeper and deeper with every breath you take.

I'm now going to talk to you about the convalescent stage in treating the problem of drug addiction. Now, as you go deeper and deeper and I give you these suggestions, they take complete and thorough effect upon you. *(Just as your suggestions took effect upon you in the treatment of your drug addiction problem.)* Your drug problem is over, that's been straightened out completely and furthermore you know it. You're cured and you're completely cured. You have no desire for drugs in any way, you don't need them, you don't want them and they're no longer a part of your life. Most of all, you're proud. Proud because you're on top. You're really on top now. You don't have anything you have to prove, you've proved it. You proved yourself an adult, you've proved yourself mature. You've proved that you can function in society. You've proved that you can earn a living. You've proved that you can study, that you can think, that you can read, that you can be a human being in every way, not just any human being, but one that is effective. But even more than that, you've proved your ability to conquer the most difficult problem on earth. A drug problem is something that if other people, who were not aware of that problem, were faced with it, they might not be able to surmount this problem at all. Yet, you have done it. You have proved yourself even more than most people. Now, it's important, now that you have proved yourself, now that you have obtained a cure and you are on top, to stay there. The maintenance of the cure is important, is just as important as getting the Cure itself. When a person has pneumonia or tuberculosis, even though they are completely well, even though the bugs are already killed and the disease one-hundred percent, no doctor would ever advise that patient to take a job as a sand-hog and expose themselves to silicosis, because there's too many other things to do, too many other ways to be effective and to put an individual right back in the environment where the disease processed, could start again. For this reason it's very important that even though you're completely cured and you are completely cured one-hundred percent, you can go anywhere, you can do anything, you can be anything, but the very best climate for you to be effective in is not that climate in which you would be constantly exposed to drugs. Not because there's any danger to you, because you're already cured, but simply because you don't put a patient who just recovered from an illness back in the ward with all the sick people. You segregate the sick from the well. You give the patient time to convalesce even though they are well, time

heals all wounds and makes us strong. Stronger and stronger with every day that passes. Strong in body, strong in mind and strong in spirit. Better able to withstand disease. Dis-ease. And that's very important to you, extremely important because that's exactly what's going to happen. Namely, you're going to be very happy and contented because you have licked this problem, completely and thoroughly, one-hundred percent and because of this, you are going to avoid drugs like the plague, and places where drugs are, like the plague. It's important that you have a certain amount of time to develop a complete stability in every area of your life, because that's what you really want to be and you're going to be, and that's stable, adequate, and effective. Your cure is permanent in every way and it's going to stay that way. Your cure is final and you are safe. STABLE, ADEQUATE, FINAL and EFFECTIVE. Those four words, the initials spell "SAFE" and you're going to remember it and never forget it. You're never going to forget it! You're going to remember it and it's going to become a permanent part of your mind. You're going to be safe. You're going to safe, SAFE, SAFE. "S" stand for stable, you're going to be stable, more stable than you ever have been in your life. "A" stands for adequate. You're going to be adequate very adequate in every way, all the time. Nothing can throw you. "F" stands for final, your cure is permanent and final in every way. And "E", "E" is the most important of all because you're going to be effective. What good is it to be stable and have a permanent cure if you just sit there and don't do anything? You re going to be effective, effective in your work. Effective in your play, effective in every single area of life and you put them together and they spell safe, SAFE, and that's what you are, SAFE. Now sleep, sleep, and let that suggestion take complete and thorough effect upon your mind, body and spirit, sealing itself in the deepest part of your subconscious mind, never to be removed. You are safe, SAFE, stable, adequate, final and effective. Safe, and every single time that you have any difficulty whatsoever, you feel depressed in the least way or anything comes up that bothers you, you are going to see that word right in front of your eyes, SAFE, and that's going to tell you in every way and re-enforce those suggestions over and over. That word SAFE is going to take the place of all the problems you had in the past because SAFE is going to solve them. Drugs never solved anything for you, they're gone, they're finished. It's a final and permanent cure. Now you're going to convalesce for a few months, or as long as you need to, and in a climate where drugs have no part, and after you have convalesced, you'll be as strong as anyone ever was, mentally, physically, and spiritually. You can go where you want and do what you want. But until then, you're now permanently and completely cured and you are in a convalescent period and you're going to do wonderfully in every way. Now sleep deeply and be safe in every way.

I'm going to give you a few moments of silence, during these moments of silence all these suggestions take complete and thorough effect upon you, mind, body and spirit. This period of silence begins now.”

DRUGS

“You are relaxed now and because you are so relaxed you begin to feel free from all tension, anxiety and fear. You now realize that you are more confident and sure of yourself because you have taken this enormous step toward helping yourself.

You begin to feel this strength from within, motivating you to overcome any and every obstacle that may stand in the way of your happiness and your freedom from drugs.

You will find that from this moment on you are developing more self control. You will now face every situation in a calm, relaxed state of mind. Your thinking is very clear and sharp at all times.

You begin to feel that your self respect and confidence are expanding more and every day in every way. You now realize that in the past, drug use was an escape and a control. You are becoming a happy person now with a positive attitude toward life. You are succeeding now and you have all the abilities necessary for you to break the drug pattern.

You now choose to be free from drugs. This is your decision. You can do it. You can easily do it. You have my help, and the help of your partner, and you will find it easy to do.

As of now you have a very strong determination to be free of drugs. With each passing day your determination to be free of the drug habit becomes stronger and stronger.

Your desire to be free of drugs is so important to you that if someone should suggest a party to you, you will find that their reasons for having a party are not good enough and that your reasons for stopping this drug habit are more important.

You are always free to make choices and decisions for your own well being and you choose now to be free of drugs. You know that it was unhealthy and brings a lot of unhappiness into your life. At one time you felt that it was a good idea to get into the drug scene. It served a purpose in your life at that time. It no longer serves that purpose.

Now the only purpose it serves is to bring you further away from health and true happiness. You realize that drugs are a deadly trap and ultimately, no real good can come to you while you are using drugs. You are now making a new decision for yourself. You choose the path to real

health and happiness. You now choose to be free from drugs and you are determined to make this happen for you. With each passing day and with each passing moment you realize that your desire and your self determination to be free of drugs is stronger than the hold that the drugs had on you. You know that you can be free of drugs for short periods of time and you are now moving away from drugs for longer and longer periods of time and you are doing less each time you do drugs.

You have great confidence in yourself that you can in fact be free of drugs and that you can do it. Whenever you avoid the use of drugs in situations where you would have done drugs before, you feel very, very proud of yourself and very sure that you did the right thing for yourself.

You have watched others lose their health and physical well being and you are now realizing that you do not want this to happen to you.

You are now so determined to regain your health and get back to your normal weight, the weight that you should be, that you now gain complete control over your habit. Control means that you not only have the power to walk away from a line, but that in fact you do just that. You can do it. And each time you do walk away from doing a line, you will find it easier to walk away from the next temptation. You are getting stronger and stronger and very proud of your new strength to walk away from drugs.

You are now proving your inner strength to yourself and to others each and every time that you refuse to do a line. You know that this is only a bad habit and you can overcome a habit. So you are changing this habit.

You are beginning to find that there are two things which give you more pleasure than your drugs. First you find that you want to take a nice long deep breath whenever you think of doing drugs. This nice long deep breath will help you to feel calmer, more relaxed, and you will feel very peaceful inside. Your mind and body will become calm and relaxed, too calm and relaxed to need to do a line. You will decide to put off doing drugs until some time in the future and you will forget to do drugs at that time. Taking a nice long deep breath makes you feel so good, so calm and so relaxed that you will no longer have any desire to do a line. Rather you will put it off to some time in the future and you will forget to do the drugs at that time.

You will now find that you are getting hungry at meal times and you find a great deal of enjoyment in the food you eat. You find that you want to eat good nutritional food and so you eat and satisfy any craving for drugs.

You never eat to excess, but you find that by eating three good meals daily, you feel better physically and this reduces your need for drugs.

You now have a strong feeling of responsibility to your partner, and you are feeling responsible for your partners health and well being. Since you know that drugs are not good physically, mentally or emotionally for your partner, you help him/her by gently reminding him/her to stay away from the drugs. You set an example for your partner by not doing a line at a time when you easily could. You show him/her how YOU can do it and encourage your partner to do the same. You help your partner to postpone doing a line for an hour or so and then maybe even another hour after that. You find ways to help him/her forget to do drugs. You find that you can easily forget to do drugs because it offers you nothing but problems in the future.

You are now working as a team to help each other to move away from drugs. Working as a team, you are very strong and determined to forget drugs. You find ways to avoid doing a line and find good reasons for not doing that line.

You help each other away from drugs by doing things which you mutually enjoy and which do not involve drugs. You feel that it now is your responsibility to gently help your partner to forget about doing drugs and your responsibility to cooperate and to feel good about what he/she is doing for you. You are never upset when your partner tells you to take a deep breath and forget doing a line at this time. You appreciate it and you know your partner is on your side. You are now getting the help you need and you are proud of yourself for having reduced your drug habit. You feel good.”

EASING SOMEONE FROM YOUR MIND

“You now mentally erase (*person to be erased*) from your thoughts. You detach yourself from the negative mental associations and your life is joyful and fulfilling. The undesirable memories of (*person*) fade quickly away and you mind is calm and tranquil.

You are self contained, self sufficient and self reliant. You do not need nor want anyone who is negative in you life and you now mentally erase them.

The undesirable memories of (*person*) no longer affect you for you are at peace and totally detached from them. The words and actions of other people have no effect on you.

The divine white healing light now surrounds you and floods you with a sense of strength and well being in your mind, body and spirit.

It is done.”

INSOMNIA

“Visualize that you are a sponge being wrung of stress, down and out your toes. Take 3 deep breaths and "sleep now". Hear my voice only until your relaxation therapy is complete, then you will go into a deep easy natural sleep.

Because you want to get a full nights sleep, and because you want to awaken in the morning feeling completely refreshed, rested and full of pep and energy, each night as you retire you relax every muscle in your body by taking 3 deep breaths. After each breath you say to yourself SLEEP NOW. Let every muscle and nerve go loose and limp. After the third breath you are so completely relaxed you immediately drift off into a deep and restful slumber which remains unbroken until morning. Only an emergency awakens you and if this happens you return to bed after attending it and go to sleep within 60 seconds. It is easy for you to relax and go to sleep because you expect to sleep. Throughout your sleep, you are contented and pleasantly relaxed.

You always relax completely upon taking 3 deep breaths and at bedtime you always go to sleep as you relax. You sleep soundly and comfortably and without effort. Throughout your sleep you feel calm, contented and relaxed and you carry this calm, contented sense of relaxation over into you waking hours. You always awaken at your usual rising time and feel wonderful! Completely relaxed, rested, alert and cheerful! Your eyes open, you sit up and put your feet on the floor immediately, you stretch, and you feel good. Really ready for another wonderful day. You thoroughly enjoy your deep restful sleep and at bedtime you just take 3 deep breaths and think "SLEEP NOW" after each breath, and you go to sleep automatically. All of these thoughts come to you when you relax and say "SLEEP NOW".

I am now going to bring you through the colors of the rainbow. The colors are red/orange, yellow/green, blue, purple/lavender, and white. As I go through the colors you will go deeper and deeper into natural sleep. On the color white you will easily and gently reach over and turn off the machine that is playing this tape. After you turn off the machine, you will go into a very deep and very relaxed state of natural, normal sleep.

Red/orange...slowly, calmly, easily and gently going into deep, normal sleep.

Yellow/green ... every nerve and muscle in your body is loose and limp and relaxed, as you go deeper and deeper into natural sleep.

Blue ... from head to toe you feel good, you feel perfect in every way, you go deeper and deeper into natural sleep.

Purple/lavender ... your mind and your body are now going into a very deep and healthful slumber. You feel good, and at the next color, you gently and easily, without disturbing your restful slumber, reach over and turn off your machine, then you go into deep restful and natural sleep for the entire night.

White ... easily and gently now reach over and turn off your machine that is playing this tape. SLEEP NOW. SLEEP NOW. SLEEP NOW.”

JEALOUSY

“You are totally self confident in every area of your life. Other people will not bother you with remarks or their achievements. You are a valuable contribution. No one can offer what you have to offer except you. Love is what you are, not what you do or say.

When you find yourself in a situation where you feel jealousy, you will now easily release the negativity in your heart or in your mind and replace it with divine love. Feel the love coming from within you and encircling you like a bubble of pink radiance, filling your entire being, every cell and every fiber of your body. Love is complete trust fulfilled.”

NAIL BITING

“Visualize yourself looking great, relaxing, feeling calm. Now I want you to look at your hands and see how good they look. Your nails are grown out; your cuticles look healthy.

You no longer bite your nails. If you start to bite your nails or cuticles, because you used to do that, your hands will become very visible to you and as your nails grow and become healthier and healthier you feel better and better about yourself.

Biting your nails is a nervous habit. Anytime you feel yourself becoming nervous for any reason, you no longer bite your nails as an outlet. Instead you now take a deep breath and the nervousness just goes away. Your shield of protection neutralizes the negativity that causes the nervousness.

See yourself in a situation where you might have bitten your nails in the past. See yourself handling the situation very easily. You feel no need to bite your nails.”

PAIN CONTROL

“Pain is a warning device from you body. You do not need to be warned about your (*specific pain problem*) any more. You know the problem is there and you are correcting it.

If you need to know about a change, if you need to be warned, you will feel a tingling in the area instead. You will then see that any new problem is taken care of.

You no longer feel any pain connected with (*specific pain problem*) but this in no way alters your warning pain signals for any other reason.

I want you now to concentrate a healing light in the area where you desire the pain to go away and stay away. Set up rapid and instantaneous healing with the healing light. Feel all tension leaving the area. All pain is completely gone from the area. Feeling soothed, relaxed and painless, as though the entire area has been anesthetized without taking away any muscle response whatsoever. You have complete muscle and motor response but the area has no pain.

Do no call back the pain. You do not need it. You do not want it. It no longer belongs to you.”

PAIN OR ANXIETY

“And just relaxing deeper and even deeper ... drifting way down now ... deeper and even deeper relaxed ... and recognizing and realizing how many of us experience sensations that we regard as unpleasant ... tension, stress, strain and discomfort ... and we have already learned one method of dealing with these ... and that is ... just breathing deeply and removing all parts of stress and strain ...

And using another image now ... another image that can bring us peace, comfort, contentment and deep relaxation ... and another method that is so powerful it can remove all the symptoms of stress and strain ... the symptoms of stress and strain are all very subjective feelings ... we feel them, but as we know only too well it is difficult to consciously modify our feelings ... and it is much easier to modify object ... and so we are now changing our unpleasant sensations into objects ...

If you are experiencing pain or discomfort or if you feel tense or anxious ... I want you to take that unwanted feeling, tension, stress or strained muscle and give it a shape ... just imagine a shape ... allow yourself to visualize that shape ... it can be any kind of shape ... it can be an abstract shape or a concrete shape ... and it can be an object or a geometric design or it can be soft and it can be a color ... whatever shape or object first comes into your mind is the right shape or object for you ... don't try to force the shape ... just let it happen ... as you go deeper and even deeper relaxed ... and you are doing so very well ... you are peaceful, calm and very relaxed...

And just relaxing and going deeper and even deeper ... give that shape a color ... and just imagine the size of the shape ... and you can give it a size just by knowing the size or by picturing it next to an object you know the size of ... and you are recognizing and realizing that the shape is the symbol of you discomfort ... and the larger the shape is ... the more severe the discomfort is ... and the smaller the shape is ... the less the discomfort is ...

And practicing now ... first making the shape larger ... and then making it smaller ... and when you make the size of the shape bigger it is easier to make the shape smaller ... and if you have difficulty making the size of the shape smaller .. then use a few tricks ... if the shape is a balloon you can put a needle into it, or kick it away ... throw it away ... put it on a boat or an airplane or tie it to the back of a truck and let it drive away ...

And realizing that as this symbol is becoming smaller, the feelings associated with it are becoming less intense and you can make it smaller ... as small and comfortable as you want to make it ... and you are making it smaller by practicing making it larger and then smaller ... and you realize that these are skills and as with any skill ... the more you practice the more powerful the skill becomes ... and you are using these skills ... and using these skills any time you desire ... the more you practice the easier it is for you to allow these skills to be totally and completely effective ... so very easy to use and so very powerful ... anytime you choose to use this skill ... and practicing making the shape smaller and the color of the shape fade ... and every time you do this it is easier and even easier ...

I am going to let you rest for a moment but when I awaken you ... you will find that you can give the shape as size and a color and then instantly ... effortlessly and easily make the shape smaller and the color fade ... and every time you do this it becomes easier and even easier ... and when I awaken you the shape is fading and becoming smaller ...”

PUBLIC SPEAKING

“You realize that you are a constantly maturing and growing personality.

You are becoming aware of the strength and abilities that are within you.

You are sensing a feeling of confidence in your abilities to achieve the goals you have chosen for yourself.

You are learning to believe in yourself, you appreciate yourself and you do good and kind things for yourself.

You meet each situation as it comes with calm and quite assurance.

You are making contact with the center of wisdom and power within you which knows what to do and how to do it.

Whatever you say, whatever you do , is said and done with complete confidence and self assurance.

You walk with a spring in your step, your head is held high.

You see the beauty of life around you.

People respect you because you respect them and you respect yourself.

You have confidence in your own judgment and you are honest and dependable.

You can and you do move forward from one positive achievement to another. People are aware that you like them, they sense your good will.

You are cheerful and enthusiastic.

You attract friends because you are friendly.

You are sincere and honest.

Your personal integrity is felt by everyone you meet.

Each day you meet new friends and interesting people.

As you approach people for the first time, you feel a warmth and friendship for them. Your smile and your friendly greetings express your sincere feelings towards them.

You enjoy people and you want to do things for them.

You know that people seek you out because you are unique and you revel in their acceptance of you.

People respond to your personal integrity, your special personality and your warm friendliness draws people close to you, just as a magnet attracts iron filings.

You are a happy person full of imaginative thoughts which you pour forth constantly.

Each and every day, you feel more lovable, more interesting and you become more interested in others.

You recognize and accept the friendship that people offer you, for you truly deserve it.

You have a deep and sincere respect for yourself and for your personal worth to others.

You like people - you enjoy being with people.

You are poised and confident when talking to new acquaintances or good friends.

You're secure and relaxed when you are with people.

You especially enjoy speaking to people.

People are aware that you like them and they return the feeling to you.

People like you.

People like to listen to you when you speak.

People enjoy your company.

You are at ease when you are with people.

When you stand up before a group of people, you are filled with feelings of friendliness for them. You want to do things for them. You feel their friendliness to you.

You experience a feeling of warmth and friendship flowing from the members of the audience to you.

You have the feeling that they are on your side. You are interested in them, you want to do things for them.

You are so interested in them, that you have sense of personal friendship with every single person in your audience.

As you speak you are perfectly poised, self possessed and completely free in your expression.

You feel at ease, you present your ideas in a clear brief and direct way.

Your ideas are quickly understood and accepted by others.

Your mind is clear, your wit is quick.

Your lips are flexible, your mouth is moist.

Your breathing is deep and from the diaphragm.

Your hands are poised and calm.

Your gestures flow spontaneously and freely.

You speak easily, always giving a clear word picture of the thought you wish to convey.

You are poised and in control of the situation.

Your legs are strong beneath you.

You are comforted and peaceful.

You are secure and confident as you speak.

You speak spontaneously, sincerely and freely. Clearly expressing your meaning and your feelings at any time when you speak whether to a large audience or a small group.

As you begin, you feel this warmth and friendliness for your listeners.

As you begin, you feel their friendliness directed towards you.

You are totally confident, you are perfectly at ease.

As you begin to talk, you have the undivided attention of the audience, and it makes you feel good.

You speak freely, fluidly with a full release of your skill and your talent.

You thoroughly enjoy speaking to an audience..

Whenever you feel you can add a new view point or an interesting fact to a discussion, you speak openly and confidently.

You communicate effectively and powerfully at all times.

People seek your opinions on a variety of subjects and you deliver information in an interesting and witty way (manner).

You have a special talent for expressing your thoughts and ideas vividly, with an enthusiasm that favorably impresses everyone that hears you.

When others speak you listen and you learn from them. You see their point of view.

You express your ideas in a positive way whenever possible.

When you speak your voice, it is strong, calm and vibrant.

Your mind flows with concise and yet powerful messages whenever you will it to do so.

Your voice is pleasant to hear.

People are eager to hear what you have to say, because you are so alive and so vibrant.

The friendship within you radiates outward to touch each person with whom you come in contact.

You ask questions when you don't fully understand and you state your opinions whenever they are asked or whenever it is appropriate for you to express them.

People accept your opinions because they recognize that they are honest and well thought out. You speak spontaneously, sincerely and freely, clearly verbalizing your feelings.

When there is nothing for you to say, you simply glow with an inner radiance, showing honesty, sympathy and concern. You are so interested in people that you stimulate them to fully express their views - before you speak.

When words are inadequate you act out the emotions you feel, you demonstrate a level of maturity and perception which is unique.

When you are called upon to conduct a meeting, you are relaxed and in complete control of the situation.

Your face reflects an inner calmness, a sense of well being of self assurance.

Your conversation is bright and sparkling as well as informative.

Your talent for expressing your thoughts vividly with enthusiasm favorably impresses everyone.

Your large vocabulary, your fluency in speech and your clearness of thought causes a quiet authority that flows from you.

Your powerful memory serves you well.

Your manner of speaking inspires confidence in others and causes them to have a good opinion of you.

Each of the ideas is now making a deep and permanent impression on your subconscious mind and each day of your daily life, you become more and more aware of the powerful expression of these true concepts.

Now I'm going to count from three down to one, then I'll say the words "personal success". This is the time to program your imagination with scenes that represent your personal success. This is the time when you can see yourself, thinking, feeling acting in that special way that means personal success. Get ready now: 3 ... 2 ... 1 ... "personal success".

From this time forward with each passing day, you become more and more aware of a wonderful feeling of personal confidence. Confidence in the realization, that each day brings you closer to your personal goals. Each day is a vital step in your problem solving, in developing the motivation to change your behavior to move yourself towards your highest potential, so that you now begin to enjoy a fuller and richer and more expressive life.”

SELF CONFIDENCE I

“You are relaxed now, and because you are so relaxed you begin to feel free from all tension, anxiety, and fear. You now realize that you are more confident and sure of yourself because you have taken the enormous first step to helping yourself.

You begin to feel this strength from within, motivating you to overcome any and every obstacle that may stand in the way of your happiness, social life and home life. You will find that from this moment on you are developing more self control. You will now face every situation in a calm and relaxed state of mind. Your thinking is very clear and sharp at all times.

You begin to feel that your self respect and confidence are expanding more and more each day in every way. You now realize that in the past you felt helpless and overwhelmed and you are replacing that with confidence, strength and self control. You are becoming a happy person now with a positive attitude towards life. You are succeeding now in all that you do and you have all the abilities necessary for success.

Realize that unhappy relationships are caused by value judging and resisting yourself and others. Love is a natural state of being and you are naturally in a state of loving when you accept yourself and others totally and unconditionally. Realize that you do not have to approve of anyone's actions, behavior or appearance in order to willingly accept and love them. Our actions are but the means we choose to satisfy our dominant needs to feel good. You feel warm and loving towards yourself and others, despite any undesired actions, behavior or appearance.”

SELF CONFIDENCE II

“Realize that your number one responsibility is to fulfill your fundamental human need to feel good mentally, physically and emotionally. Realize that you have the freedom and the authority to do anything that you feel is necessary to satisfy this basic need. Realize that you are in charge of your own life and well-being, for you benefit or suffer, feel good or bad, according to the consequences of everything you think, say, do and feel. You are in charge of your own life. Your number one responsibility is to fulfill your fundamental need to feel good mentally, physically and emotionally. You do not resist the reality of any unwanted circumstances and you accept the unwanted realities in your life and willingly allow them to be.”

SELF CONFIDENCE & FEAR

“You now become aware of the self confidence within you. You are self reliant, self confident and filled with independence and determination. You have opened your mind to the inner security that was lying dormant within you. You are transformed ... you are self confident. You think confidently, you talk confidently, and you project an image of self confidence. You are independent and filled with inner security. You are self confident internally and externally. Your inner confidence has emerged.

You are creating a new positive reality. You now experience all the warmth and joy in life while detaching from the negativity. From this moment on you see the positive side of everything that happens in your life. You see positive opportunities in everything you experience. Your positive thinking now results in a more positive life. You experience a feeling of overall well-being and mental calm. You are at peace with yourself, the world, and everyone in it. Each and every day you experience more and more positive results of your positive thinking.

Your self esteem is increasing. Your self confidence is increasing. You feel enthusiastic about your life and look forward to the challenges. You now breathe life with new optimism ... with new enthusiasm. A happy, self assured inner you has emerged. You are a positive individual who sees the problems only as opportunities. You are patient, calm and harmoniously centered at all times.

You let go of all fear-based emotions such as blame, jealousy, guilt, anger and possessiveness. These negative emotions are now part of your past and you use them only as building blocks for a more positive future. You are independent and self responsible and you fully realize that you are unlimited in your ability to create your own reality.

You keep your mind like calm water. You remain centered at all times; this means to be physically relaxed, emotionally calm, mentally focused and alert. You are confident and secure about everything. You maintain a calm mind and you think only positive thoughts. You no longer worry about things you cannot change. You are confident and secure, mentally at peace.”

SMOKING RECOMMENDATIONS

The following recommendations should be included in the post hypnotic interview.

Cut down coffee and alcohol ... that will help you control the urges for nicotine.

In four days, all the nicotine will be gone from your body. (Leave your system).

Every time you urinate, the nicotine and poisons will be leaving your system, drink water to move poisons out.

As the nicotine is leaving your systems, so is the calcium, so for the first four days chew calcium rich TUMS or ROLAIDS.

As the nicotine leaves the system, the sugar also drops, this causes the craving for nicotine. For each of the first four days, eat three oranges or pink grapefruits per day.

Because smoking is a nervous habit, the nicotine settles the nerves, you may feel stress. Take vitamin B-Complex for stress. Continue these for ten days.

On the fourth day, you'll feel great because the nicotine is gone from system.

On the tenth day, you'll feel real good because all your blood cells will be oxygenated. All the residual smoke, nicotine and poisons will be cleansed from your body.

STOP SMOKING I

“First of all, you are aware that we have already completely uncovered the underlying cause of your compulsive smoking habit. You no longer feel the compulsion to smoke at all. We are now only dealing with a habit pattern -- the hollow shell of your original problem.

Habits can be broken as easily as they are created. One of the ways to do that is to make you aware of your smoking. From the very moment you reach for a cigarette, you will be extremely conscious of what you are doing. If you light it and start to smoke, you will be unusually aware of every moment of the time you are involved in smoking that cigarette. The main reason you have continued to smoke is because you are doing it unconsciously -- you have not really been aware of what you were doing. But now you are. Each time you reach for a cigarette, your attention will be drawn to that cigarette and focus uncomfortably upon it. When you are aware of what you're doing, you are no longer in the unconscious habit. You already have no need to continue smoking; you know that. So this will be easy and effortless. There will be none of the struggle and fight with will power you may have experienced in the past, no guilt of smoking as you do it. The awareness may make you annoyed with smoking, disgusted and bored by it. You may even want to put the cigarette out when you are only half-finished.

It will not taste as good as it used to. You simply will not wish to continue. You have already made up your mind. You have found the reason you smoke and you have already made up your mind -- a final decision to stop smoking altogether. You have already made up your mind to stop smoking altogether. You have already made up your mind that you are going to stop NOW, not tomorrow, not the next day, but you are going to stop THIS VERY MOMENT. You have made a final decision to stop smoking.

You WANT to stop smoking as of this very minute. You know why you want to. Think about that reason. Form it clearly in your mind. Think about the problems smoking causes. You have no need of smoking because of that, you are giving it up. You're giving up coughing; you're giving up pain; you're giving up trouble; you're giving up all the things you don't want, including smoking. You are giving up the things you don't want in order to get the things you do want: relaxation, rest, a feeling of security, happiness.

YOU WILL FORGET ABOUT CIGARETTES ALTOGETHER. You have no need to buy them because you have no need to smoke them. Consequently, your purchase of cigarettes will immediately cease. And should you perhaps accept a cigarette without realizing it, you will immediately be aware of it and will be overcome with an uncontrollable compulsion to break it in two as soon as it enters your hand. Whenever you touch the cigarette, you will instantly break it in two. It will remind you of all the bad things you're giving up and all the good things that are in store for you. You realize how much greater the proportion of good you are receiving is than the portion of bad you are giving up. It will seem as small thing to you to give up smoking, considering the tremendous benefits you will be receiving for giving it up. IT IS EASY TO GIVE UP THINGS YOU DON'T LIKE. AND YOU DON'T LIKE TO SMOKE.

You will begin to feel proud of yourself, very proud. You will find it easier to conquer other habits. It makes it easier for you to conquer life in general. It fills your ego, making you self-confident, self-assured and self-reliant.

You will keep a record in the beginning of your progress. Every single day, you will remind yourself how successful you have been as an abstainer. How many days, how many weeks and months you have been an abstainer and how wonderful it has made you feel. You will continue to keep this record and it will encourage you and fortify you as a tangible record of your success. And soon you will no longer feel the need to keep such a record because you will know that you are an abstainer permanently. That this record will go on unblemished for the rest of your life.

You already know that no habit is stronger than the power of your mind which created it in the first place. It is now you versus tobacco. You will easily win for you are stronger. You have patience, great patience now, perseverance, great perseverance, calm and relaxed determination. Nothing can shake it. You will go on patiently day to day. Every day will be a success. You will become accustomed to success. And soon that feeling of success will be far more important to you than any habit could possibly be.”

STOP SMOKING II

“You pay attention only to the sound of my voice. Sink further and further down, deeper and deeper. Sleep deeply. Sleep. Deeper and deeper. As you listen to the sound of my voice, your mind concentrates on it. It is easy for your mind to concentrate, concentrating to a pinpoint. You find you are going to be able to concentrate on your work and concentrate on your play and concentrate at all times. It makes you feel good and feel relaxed. For when your mind is concentrating on other things, there is no room for the smoking to even get into it. When you become fatigued or tired, you can lie down for a couple of minutes, go into a state of self-hypnosis and relax completely. Because concentrating the mind does not make it tired. The mind becomes fatigued out of confusion, not concentration.

Smoking has been a form of self-punishment, a form of feeding yourself poison, that you neither like nor need. You only feel a need for this when you make yourself tired and tell yourself that consciously you are on your way to death. That is not true. Tiredness is merely a sign that you need to rejuvenate yourself, which can be done easily with self-hypnosis. Smoking is more than a crutch - it is a hindrance, a block in your path. We are removing that block. We are wiping it out completely so you can go on to success as if it had been erased. The wall is no longer there. You walk straight ahead and wipe out smoking completely so that it has no place in your life.

It is not a substitute for anything - not for death or self-punishment or anything else. It is a nonentity. It does not exist for you. It has been wiped out by your concentrating on other beneficial things. As you think of your goals, your work, your play, the entire idea of smoking never appears. It vanishes completely. You have no use for it. It is a good substitute for nothing. Indeed, you are surprised and amazed at how easily it is for you to concentrate your mind on everything you want to. Your goals, your ambitions, your desires, your needs, your work and relaxation.

Smoking is gone from your thoughts. And with it is gone all the poison, all the negative suggestion, all the self-punishment and degradation and all the problems. A cycle for good has been established. The more you hear these words, the more they will take effect on you, for even as you hear them in the deepest part of your subconscious mind, these suggestions take effect, complete and thorough effect in every way -- sealing themselves into the deepest part of your subconscious mind, and becoming an integral part of each and every cell of your brain and body,

making you more healthy and more satisfied in every way and feeling good all over. Now I want you to take five very deep breaths. I want you to breathe in the very deepest, cleanest, most wonderful air into your lungs. There's one. Now let it out. Feel how wonderful that feels. There's no smoke there. Nothing to do with it. Two -- take a deep breath -- all the way in, all the way out. Feel the air reach the very distant recesses of every single part of your lungs. Three - and as this happens, you gain a tremendous, tremendous desire - breathe way out - tremendous desire, what wonderful clean, fresh air. Four - and the wonderful feeling it gives you as you breathe in all the way in and all the way out. And on this last breath that is coming in, you realize how much you enjoy breathing clear, pure, fresh air without smoke or irritants of any kind. It's wonderful to you. All the way in, all the way in, all the way in, further and further and further - the deepest breath you have ever taken in your life, all the way down, that develops in you a desire for deep, comfortable, wonderful breathing such as accomplished in healthy, comfortable, satisfied people like yourself. As you continue in this way, continue to breathe comfortably, feel good, concentrate your mind on those things that need concentrating on. Every day, in every way, you are getting better and better and better.

Now I'm going to give you a short period of silence during which each one of those suggestions will take complete and thorough effect upon you, sealing themselves into the deepest part of your subconscious mind and reinforcing themselves over and over again. All these suggestions and any other suggestions I have given you, are now reinforced. Again and again and again. That time begins now..."

STOP SMOKING III

“Now as you sink deeper and deeper into relaxation, further and further down, all the sounds fade away in the distance and you pay attention only to the sound of my voice, listening carefully to the sound of my voice, for all the suggestions that I am going to give you take complete and thorough effect upon you - mind, body and spirit.

You know that nicotine is poison. It is one of the most powerful poisons on the face of the earth. A very tiny amount would be enough to kill a horse, let alone a human being. Fortunately, nicotine is not too concentrated in cigarettes, but it is present and you are taking poison every time you suck on a cigarette.

In the past, you may have told yourself, "If I didn't smoke, I'd do something else. I might drink or take pills or overeat. I would poison myself in some other way." In other words, you are claiming that "if I didn't take this poison, I'd take another poison." This is the lesser of two poisons. Now that is ridiculous! How ridiculous can you get? Can you believe you have tried to put such a ridiculous idea over on yourself? "If I didn't take one poison, I'd take another"? It's ridiculous - a ridiculous idea. For the first time in your life, you can see how ridiculous that concept is. **YOU DON'T NEED ANY POISON.** That attitude implied that you did - you needed some kind of poison. You need poison like you need a hole in the head.

From now on you are going to do positive things. There are numerous positive things you can do and positive things you can eat and drink. You can eat good fruits and vegetables. You can exercise moderately and comfortably. You can take brisk walks. You can relax and enjoy yourself. There are literally millions of things you can do to maintain a wonderfully relaxed, peaceful, calm, tranquil existence without taking any poison at all. Poison is good for some things - things we want to kill off, like vermin.

Unless you think of yourself as vermin, you don't need poison. And you don't think of yourself that way. You know now that you are a wonderful, valuable human being, entire the opposite of rats. You don't need to punish yourself. You are not guilty of anything. You are not guilty of anything at all. Now those ideas are gone and finished once and for all. You don't have to think about them ever again. And just as those ideas are gone, the ridiculous ideas you have had whole thing has just wiped out. You can see it go. Drifting away from you once and for all.

You don't need any poisons. Cigarettes, pills, alcohol - nothing. What you do need is relaxation, comfortable, cool relaxation. During this time, you are glad to sink deeper and deeper. You feel more and more comfortable in every way and you completely release the desire for tobacco in every and any form. It is all gone - drifted away.

Now sleep deeper and deeper. Relaxed. Deeper and deeper. The need for smoking has disappeared. You will be surprised and amazed to find out that you no longer require tobacco in any form. You do not need any type of poison in its place. You are through with poison. You literally turn you back on it and it drifts away from you. Now sink deeper and deeper into relaxation. All of these suggestions take complete and thorough effect upon you, mind, body and spirit, as you go deeper and deeper and deeper. Nothing disturbs you. A period of silence now begins as these suggestions take deep and profound effect.”

STOP SMOKING IV

“Now as you sink deeper and deeper relaxed, all other sounds fade away in the distance. You pay no attention to any other sound but the sound of my voice and you sink deeper and deeper and deeper and deeper and deeper.

You are surprised and amazed at how well you have done. Not only can you stop smoking, but there are no ill effects from stopping smoking. You have made wonderful progress. Not only have you stopped smoking, but the urge is gone. You couldn't care less about it any more. There is no point debating about it. You don't smoke. It's completely set and finished: you are through with smoking. You hate cigarettes. You can't stand them. In fact, you stubbornly refuse to smoke. You stubbornly refuse to smoke no matter what urges, no matter what ideas, no matter what things may happen, what feelings come up, what nervousness or anything else that happens to you. You deal with all your problems effectively whatever they are and in no case do any of these cause you to smoke. Not any more. There is no situation that could possibly arise in your life that could break down your stubborn refusal to smoke.

How refreshing it is to be so stubbornly strong. This is a good kind of stubbornness and you stubbornly refuse to smoke. You won't even listen to the other side. You are through arguing. You've realized that you don't like to smoke, so why would you possibly ever consider doing it? You hate it. Because that's the way it is, it is set that you are through with smoking. It is set that you are through with cigarettes. It's set that you are through with tobacco in any form. You hate it. It's filthy. It nauseates you. It's dirty. It's expensive. You don't need it and, furthermore, you don't like it. No one can tempt you. No one can change you. You are far happier without smoking. No matter what people may imply, this is not an endurance contest for you. It's easy. It's a simple matter of not doing something you don't want to do any way. What could be hard about that?

It makes you feel better and enjoy life more. The time you used to spend poisoning yourself with tobacco is now more interesting. Your lungs are healthier. The air is cleaner and your body is more vigorous and full of life because you have gotten rid of all that poison. Nothing can ever make you take it back. You are too stubborn. You refuse. You are through with poison. You hate it, you'll never do it again.

All these suggestions seal themselves now in the deepest part of your subconscious mind and take complete and thorough effect upon you

mind, body and spirit, making you feel relaxed, clear-headed, vivacious, vigorous, completely restored in every way. Full of energy and vitality. I am going to give you a few moments of silence again and during those moments, these ideas are reinforced over and over again.

That period of silence begins now.”

STOP SMOKING V

“Now as you sink deeper and deeper, relaxed, peaceful, all your attention is focused on the sound of my voice. You pay attention only to that sound.

Every person who has smoked a cigarette has connected smoking with other activities. Some people feel that they have to smoke when they first open their eyes in the morning or when they go to bed at night or while watching TV or in some other situations. They associate smoking with some activity and that triggers a mechanism which causes one to reach for a cigarette.

We are breaking all of those mechanisms now. We destroy every last one of them RIGHT NOW. From this moment on, whatever those activities were, smoking will suddenly seem outrageously out of place in connection with them - particularly with those activities. The idea of smoking while doing that is revolting to you. You can not imagine doing it.

Visualize yourself eating a wonderful dinner, then killing the whole taste with a cigarette. It's a terrible idea. Nothing could be worse than that. The one thing you don't want with those activities is a cigarette. Smoking to you is not only undesirable, it's stupid. And you don't like it. Whatever special situations are connected with cigarettes in your past are now completely revised. There is no situation that calls for a cigarette. Those activities have nothing to do with smoking and smoking in them is distinctly out of place. When you are working, cigarettes get in your way and take time and concentration from your work. When you are relaxing, they keep you from relaxing. And you are now relaxed completely, going deeper and deeper down, letting these suggestions take complete and thorough effect.

From this moment on, there is no activity in you life that goes with smoking. In fact, all activities, whether it's walking, sleeping, work or play - all go better without smoking. They go better with lungs full of fresh air. They go better with a good blood supply. Everything goes better without cigarettes.

All of those old connections are broken and new connections are made. And it is going to be very easy for you. Now you go deeper and deeper. Relaxed. Deeper, and deeper, and deeper. All of the sounds fade away into the distance. You listen only to the sound of my voice ... and sink

further and further down. Deeper and deeper relaxed ... deeper and deeper relaxed ... deeper and deeper relaxed ... listening to the sound of my voice and going way, way down. Each and every suggestion that I have given you is reinforced ten times over during the period of silence which now begins.”

WEIGHT REDUCTION

This script may be recorded for a subjects use at night. It may be very helpful to have the subject engage in visualization as well.

“I desire to become strong and slender.

I am dissatisfied with my weight as it now stands.

I want to become more slender. Because I want to become more slender, my appetite is now easily satisfied with a much smaller quantity of food that I have become accustomed to eating,

I know that my body needs protein for strength, so I enjoy eating a small quantity of lean meat.

I enjoy a single slice of dark, coarse bread.

I enjoy eating green, leafy vegetables.

I enjoy eating all the body building foods which give me strength and a proper balance of minerals and vitamins.

My body already has in storage an abundance of fat.

My body has no need for additional fat.

My body is now ready to use this fat that I have stored up.

As this fat is used, I feel the way I want to feel; strong, energetic and vigorous.

Because my body has no need for fat now, I have no appetite for fats, sweets and starches.

I dislike the fat in meat, I have no desire for butter or cream.

I dislike ice cream, I dislike candy and pie, I have no desire for cake.

I do not like potatoes or white bread.

My dislike for these foods is becoming so great that soon it is impossible for me to eat them.

My body has no need for these foods right now.

My tastes correspond to the real needs of my body.

Food substances that are not needed are actually unpleasant to me.

I am now finding a new pleasure in eating the foods that my body needs.

I eat slowly.

I take small bites,

I relish each bite as I chew it.

I am now taking time to actually taste the flavor of the foods that I eat.

I am rediscovering the subtle and enjoyable differences between foods.

I enjoy the taste of the lean meat, and a very small quantity makes me feel full and satisfied.

I enjoy the taste of the leafy vegetables.

I enjoy the taste of cheese.

I enjoy the taste of skim milk which brings so many valuable minerals.

I enjoy the taste of fresh fruits.

I enjoy the taste of green vegetables.

I enjoy all of these so much, that a very small quantity of them makes me feel as though I've eaten a Thanksgiving dinner.

I am completely satisfied with the quantity of food that contains about (specific count) calories.

I now weigh (Specify current weight) pounds.

I wish to weigh (Desired ending weight) because at that weight I will feel very much better and be much more attractive.

I am going to consume the excess fat from my body at a rate of (Specific lb. value 2 - 5) pounds per week.

In ten weeks I am going to weigh (10 weeks times xlb. per week) pounds less.

In ten weeks I am going to weigh (Starting weight - 10 week loss) pounds.

Each week I consume (Specific lb. value 2 - 5) pounds of fatty tissue; I do this because I want to be more attractive.

I do this because I want to feel stronger and more vigorous.

I do this because I want to be healthy.

I do this because I want to be well.

I desire to be strong, vigorous and healthy. That desire is so great that it easily and unconsciously controls my appetite; and I automatically eat only the foods that my body needs in the quantities that my body requires.

Once the weight loss has started, the following suggestions can be added to the script.

I am now eating the foods that my body needs.

I am eating only the food that my body needs.

I am eating only 1000 calories a day, and I am enjoying every single byte that I take.

In my daily activities I am consuming the reserves of fat that have been stored in my body.

This fat is being consumed from my entire body, but it is coming especially from my abdomen and my hips.

My hips are becoming smaller as the fat is consumed.

My stomach is becoming flatter as the fat is consumed.

Already I am feeling stronger and more healthy.

Already, I am looking much more attractive.

My hips are becoming smaller.

My stomach is becoming flatter.

Soon my figure will be more suited to my height and my bone structure.”

WEIGHT REDUCTION I

“You have begun a positive approach to obtain the slim, healthy, attractive body which you desire. I am going to give you some suggestions that will make this a permanent change in your living. These suggestions are going to take complete and thorough effect upon the deepest part of your subconscious mind, sealing themselves in the deepest part of your subconscious mind, so they will remain there forever, and become a permanent part of every cell of your brain and body. You are going to be surprised and amazed just how effective these suggestions are going to be and how much they will become a part of your everyday life, giving you a brand new pattern, brand new thoughts, a brand new method of action, to make you an effective and successful person.

You will make use of a brand new method that you have never used before. You have begun the first positive approach for obtaining a healthy, attractive body which you desire. You have chosen hypnosis as a positive means to attain this goal, because hypnosis is a great aid in permanently changing your emotional reactions to food and eating. You realize that hypnosis is a new positive approach -- a new positive approach to obtain what you desire.

For the first time in your life you will really initiate a good positive approach toward food and eating. As you initiate this good, positive attitude toward food, enjoy food, like food, eat food. You will create a permanent positive change in your eating habits. From now on, you will prove to your own satisfaction that eating all you physiologically need will entirely satisfy you; just like drinking all the water you need. Instead of trying to kill your appetite, treating it as an enemy, you are going to work within the framework of your inborn normal reflexes, making a friend of your appetite, paying attention to it; for this is a good thing. Slim people have appetites. They pay attention to them. Attractive people have appetites. They pay attention to them. Hypnosis makes a friend of your appetite, rather than an enemy.

In the past, you've been paying attention only to half the signal from your appetite. Namely, the signal that says, "Eat. I'm hungry." But now you are making a friend of your appetite. You listen to all of what your friend's advice is. When it says "I'm hungry," you eat. When the hunger feeling first disappears, and your appetite says, "I'm satisfied," you stop. You stop long before you're full, because once you have this full sensation, it means that you have grossly overeaten. You should never want to feel full again.

You see you haven't really been paying attention to your appetite at all because your eating has been driven by emotions rather than hunger. It is always proper to eat when your appetite says, "I'm hungry." But you've been eating when you've not been hungry. You've been eating out of habit when your body had no physiological need for food. You've been eating to satisfy psychological, emotional cravings. You haven't paid attention to your appetite when it says "I'm done. I'm satisfied. Stop eating." You haven't paid attention to it either. Your appetite doesn't need killing off. On the contrary, it needs reinforcing. Hypnosis helps you make a friend of your appetite. Pay attention to the advice of your new friend. Tune in on your body sensations. If you eat too much against the advice of your new friend, you'll violate your normal reflexes.

It's important that you should eat all you physiologically need to replace your energy stores for immediate use and to store your body's sugar. You must immediately ban any and all plans that you have for dieting. You will do so. Otherwise, you bring into play an old instinct for self-preservation. This can spoil all of the positive results that you wish to gain from hypnosis. It is important that you develop the habit now; that you're always going to eat all that you need. Under hypnosis, you can reinforce the normal feedback mechanisms, the checks and balances that tell you when you need food and when your appetite is satisfied.

However strong this hypnosis may be, it cannot overcome basic instincts for survival. A most strong instinct is self-preservation. Surprisingly, your great concern about being overweight leads to sporadic dieting. This in turn suggests starvation. Starvation, in turn, demands defense. It brings out the instinct of self-survival. This instinct is responsible for maintaining your excess weight. Slim people eat all they want.

Slim people do well. Slim, attractive people say, "I eat all I want and I don't gain an ounce."

Visualize yourself as this slim, attractive person; the slim, healthy, attractive person that you soon will be. You soon will be saying the very same thing. As you begin to talk and act like a slim, healthy, attractive person, you will soon become one. Overweight is primarily not a dietary problem, but an emotional problem. You must resolve right now to give up dieting forever. You will form a habit pattern to eat all you need when your body needs it. Paying attention to your appetite, trusting your own reflexes, reinforcing the sensation, reflexes and feed-back patterns. This is true even though you may lose very slowly at first. The excess fat will be burned away in due time. You are going to be slim, healthy, and attractive. You will feel wonderful in every way. The word diet and

dieting will be removed from your mind and all the plans you may have had for dieting will be removed from your mind thoroughly. Dieting makes you think of growing hungry and giving up food, which in turn starts the anxiety about starvation which brings forth the instinct of self-preservation. So you are through with dieting; through with dieting forever.

Through hypnosis you will restore normal reflexes that will keep you satisfied and bring into play that wonderful feeling of well-being. The word diet is a negative word; it threatens you with denial of food and death. Hypnosis is a positive word; it makes you relax, comfortable and alive. Diets fail; hypnosis succeeds. Diet brings about starvation which leads to overeating and obesity. Hypnosis brings about satisfaction which leads to relaxation and brings about a slim, healthy, attractive body, a relaxed mind and a satiated spirit. The old urge to diet is now completely removed from your mind for now you realize that the real answer is in restoring normal reflexes. You will concentrate on it, obeying every suggestion I give you, for hypnosis is a positive approach. Hypnotic suggestions which you receive will rapidly bring about a change which is necessary to insure a permanently slim, healthy, attractive body, which you so desire.

EACH TIME YOU ARE TEMPTED TO EAT OR DRINK ANYTHING THAT YOU KNOW IS WRONG FOR YOU, YOU WILL SAY "NO" AND STICK BY IT, BECAUSE THE REWARDS OF BECOMING SLIMMER ARE MORE IMPORTANT TO YOU THAN EATING THE WRONG FOODS.

THE REWARDS OF BEING SLENDER, MORE DESIRABLE, SEXIER, ARE MORE IMPORTANT TO YOU THAN EATING FOODS THAT YOU KNOW ARE WRONG FOR YOU.”

WEIGHT REDUCTION II

“As you go deeper and deeper into relaxation, even deeper and deeper down with every breath you exhale, all the sounds fade away in the distance. You will pay attention only to the sound of my voice, listening carefully to the suggestions that I am about to give you. One thing is very important for you: you are not only going to lose weight, but are permanently going to keep it off. This program is designed so that you will permanently lose all your fat, and become a lean, alert and vigorous person. You will lose all your extra weight and keep it off, easily and comfortably. That means that you are going to be completely reconditioned. You will be a new person, in a new lean form, with new eating habits. Not only will you have these new eating habits, but you will be content and happy with yourself and with these new heating habits. You are going to enjoy life, eating the way nature intended, eating only when you have physiological needs for food and no other time; not only now, but for the rest of your life.

In the past, you were eating more than your body needed for its energy requirements, so that you stored this extra energy as inert fat. Now in order to lose weight and reduce this inert fat, you burn it up as you meet your daily requirements for energy. You eat less than you burn each day. Later, when you are lean, you will eat only that amount that you need for your physiological needs each day. But for right now, you are developing habits to eat less than you're using. We are not giving you a measured diet, for that amount will vary from day to day and depend greatly on your activities. You will eat less than you need for the storage will make up the difference. This restriction will cause you no trouble or inconvenience for the fat stores of inert fat will be burned and you will lose weight. You are going to eat a great deal less than you used to eat in the past, but it will be enough to satisfy you. You will eat less, and you will burn the extra fat. You will turn this inert fat into energy. From now on, you are going to form an eating pattern; a pattern that will be almost a compulsion.

Fat by its very nature contains an extremely big amount of stored energy. So, if you burn a little of it each day, you will lose only a little weight each day. Nature designed the fat stores to last a long time so the weight loss must be gradual, but it needs to be consistent. It matters not how long it takes to regain lean proportions, for you will surely get there and permanently stay there, as long as you permanently rearrange your thoughts about eating and your emotions about food. The important thing

is that you have changed your habits forever. A loss of one to four pounds a week is ideal. When your excess weight is off, it is off for good. You're a new person, about to emerge from a cocoon padded with fat. Be happy with your new form. Emerge as a new person with thoroughly changed ideas, thoroughly changed image of yourself.

Relax and let all of these suggestions sink into the deepest part of your mind's eye as an image. This image is of good and wonderful food. Food you like. There is plenty of it all around you. There always will be plenty of it. For you, there will always be enough food. You will never have to worry about starving. For you there is plenty of food everywhere. With all this food readily available, you will never need to store any more food inside your body. There is plenty of food. There is plenty of the right kinds of food, all the kinds and varieties that your body needs when it needs it. From now on you will eat only the very things your body needs, one day at a time. You are through with storing pads and rolls of fat. For you to store fat is just as unnecessary as for you to learn to shoe horses or make soap for the family. Fat burdens your heart and organ system. Fat keeps you unhealthy. Fat ruins and shortens your life. There is plenty of food all around you. You never again need to store food in your body that is more than you body needs.

There is in your central brain a small area which regulates the biochemistry of your body and it controls the amount of fat you store in your body. This control is located in the hypothalamic area of the brain. Your subconscious mind, through the hypothalamus, controls your weight by changing the body's chemistry. Hypnosis can influence your subconscious mind to alter the control of both your appetite and storage of food in the form of fat.

Now while under the influence of hypnosis, I am giving you the suggestion that you will change your body's chemistry so that you can break up these large storage houses of fat and prevent the recurrence of any new and unneeded storages of fat, ugly fat. Fat that has been putting an extra burden and overload on the body's machinery. Break up and eliminate forever the unneeded fat stores. Change fat to energy and burn it up. Also, get rid of it by excreting it. Get rid of it through the bowels. Get rid of it through the urine. Get rid of it in every way possible. It mobilizes quite readily and you can see the fat melting away as you use it and excrete it. The globules of fat storage are leaving the normal cells and being carried away. The fat is being burned up and excreted.

You will now use this stored fat to supply energy. This is extra energy to make you more vigorous. As you are eliminating the excess, you will eat

far less than you need each day for the extra calories are coming from the food you ate yesterday and last year. You eat nothing to replace these stores. Nothing and no one can force you to eat so much that you replace this ugly fat. For you will never need to store fat again. You don't want this fat to ever be replaced. These stores are gone forever. They were burdensome and injurious to you. You need to get rid of them, just as an overloaded ship needs to get rid of excess cargo. No longer will you need to eat more food for this storage. You will only eat small amounts until you have used all of this stored energy and all those ugly store houses of fat are gone. From this moment on, you are going to eat less, but move more and more lively and be more and more active, for you feel better than you have ever felt before. You lose the desire for all but a small amount of food until your weight has come down to a lean size you want. Then you will eat sensibly and correctly the rest of your life.

After you change your chemistry, you have changed your whole body and your whole feeling to that of a wonderful sense of well-being. You will eat sensibly, get plenty of exercise, drink adequate liquids to always make you feel healthy, lean, trim and desirable.

YOU ARE LOSING WEIGHT STEADILY EVERY DAY. YOU ARE SLIM AND SHAPELY. THE EXCESS WEIGHT IS MELTING OFF YOU, JUST MELTING AWAY AND DISAPPEARING. YOU HAVE A STRONGER FEELING EVERY DAY THAT YOU ARE IN COMPLETE CONTROL OF YOUR EATING HABITS. YOU PICTURE YOURSELF THE WAY YOU ARE GOING TO BE SOON -- SLIM AND SHAPELY AND SEXY.

Now relax and let all these suggestions take complete and thorough effect upon you -- mind, body, and spirit -- as your subconscious mind corrects your hypothalamus to change your body's chemistry. Let the monitor of your subconscious mind influence the hypothalamus to make this favorable body change. Let your appetite control center be safely reduced so that excess storage of fat will be utilized by excretion and burning of stored energy. Eliminate all that extra harmful fatty tissue.”

WEIGHT REDUCTION III

“Although sometimes we are quite fearful of change or something new, we are well aware there is no chance for improvement unless there is change. If we have had difficulty in some area, we must change the old patterns. So today, I am suggesting that we do something entirely different from what we usually do. Something that may be quite new to you. Although it is likely that you have done it sometime in the past. Today I am proposing that you let yourself see yourself in perspective. See yourself as others might see you or as you might be seen in history.

When you are away from yourself, even for a few moments, you begin to see yourself in an entirely different light. Temporarily, if you separate yourself in time as well as in physical distance, you can see yourself not only as you are at the moment, but as you were yesterday or even far back in childhood. It is quite possible for you to see yourself proceeding through all the stages of growing to the present time, and even projecting your view of yourself into the future. You are capable of doing this. It is a safe procedure. It is possible because your subconscious mind calculates time and distance differently from the subconscious mind. In the conscious mind, everything is very concrete. The minutes progress in orderly fashion to form hours and days, weeks and years. The subconscious mind works very differently. You live in the present, but if you are suddenly, greatly stressed, you call forth experiences from the past. Your defenses and reactions respond instead to the similar stresses of last year or five years ago.

In other words, in the subconscious mind, your frame of reference is entirely different. You can be in the present, but if something provokes or excites you, in a fraction of a second you can revert to childish or infantile behavior and relive an incident with all the sound, fury and emotion you had the first time you experienced it. In other words, in a fraction of a second you can span the years and relive an incident as vividly as you did the first time.

In exactly the same way, it is possible for you to see some of the future. See yourself as you might be behaving a year or five years from now. Predicting the future is possible because the attitudes you hold about yourself determine your behavior, the friends you choose and situations you create. Even though you may not be able to fill in the names of other people or the precise location, you can predict the kind of situation you will place yourself into because of the attitudes you hold about yourself. Time and place in the subconscious mind is only relative. Your attitude

and defenses remain almost unchangeable and they interact with the environment in very much the same way throughout your life.

You can quite easily project yourself temporarily outside of your body as if you were a third person and look back at yourself and your surroundings freed of the usual physical limitations. It is very safe to project yourself in spirit out and beyond your normal physical limitations so you can look back at yourself and understand exactly where you are. This projection is entirely at your under your control. You will find it quite easy to separate much of your spirit and intellect from your body so that you can momentarily be free from your body limitations. From this vantage point, you can see yourself in perspective from birth to present. You will become acutely aware of the program you had to adopt to keep your physical body alive in a world that is so threatening. You will be able to understand the family's interactions with you as you have never before been able to understand.

Best of all, from this detached, safe, vantage point, you can plainly see the defenses that you needed when you were very small. You have now outgrown them just as you have outgrown the need for nursing bottles and diapers.

Projection experience is common to everyone who dreams, for dreams change all the usual limitations of time and space. A good example is awakening abruptly from a very sound sleep and being momentarily confused about where you are. You have had the experience of looking in a three-way mirror in a clothing store and seeing yourself in profile and back view and getting an entirely different perspective of yourself. Another way to get a projection of yourself is to look into a mirror that shows your reflection in another mirror. Then, by changing the angle slightly, you can see one mirror reflecting in another in a whole row of mirrors, almost on to eternity. Now to this picture, you add photographs of yourself in the same pose, but each at a different age of your life. You line them up so that you see yourself in these mirrors at all ages from infancy to the present time. Depending on the angle of the mirrors, you can see yourself projected either into the past or into the future.

Now picture yourself intellectually outside your own body with a clear view of your whole life in perspective. You have in your possession all of the wisdom, all the learning and all the understanding that you have ever gained. In this position, you're now able to influence your own destiny by re-programming and upgrading your attitude and defenses. You let yourself change wherever you see the need for growth and maturity so all

your reactions may come up to your expectations as you relinquish your hang-ups.

Hear yourself encouraging your whole being to accept yourself and approve of what you do. Especially see yourself reinforcing the normal eating patterns, to eat only when you are hungry, to see that your appetite is easily satisfied. Picture yourself enjoying food immensely but only in quantities you need to fulfill normal physiological requirements. See yourself overcoming the temptation to eat any extra food. As you observe yourself it becomes easier and easier to pass up unneeded food and drink. Especially note carefully how your need to seek approval from everyone else is disappearing very quickly and progressively. More and more you are approving of what you do.

See yourself also using self-hypnosis as a very powerful and safe force for you. Its effectiveness increases as you let part of yourself be projected beyond your usual body limitations so that you can give yourself suggestions much more effectively as if you were a third person. Again and again you are accepting the suggestion that you eat only when you truly need food and that you are satisfied with basic nutrition. See yourself being increasingly happy with your eating pattern and showing approval of what you do.”