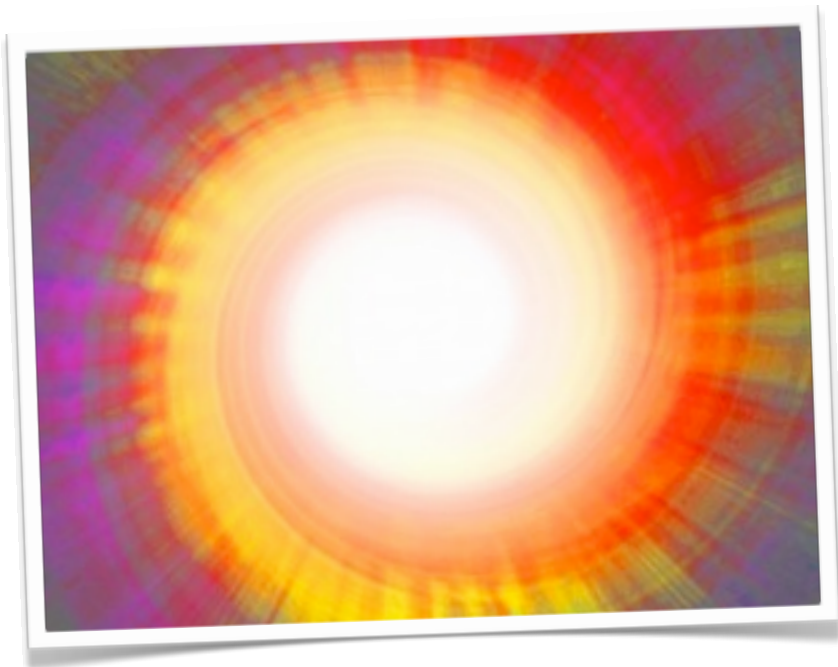


How To Hypnotize Someone



Easy System to
Hypnotize
Other People

Russel Hill

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Intro

You have in your hands a complete system to learn how to hypnotize other people very easily. This book contains exercises and techniques that will get you hypnotizing other people in just a few moments.

This will require you to record the script that I'm about to show you. Then you need to listen it over and over again until you feel that they have the correct sound and feel to it. It's not necessary to memorize them. You only need to know the sequence of things that make a person be hypnotized, and then bring them back to full consciousness.

You will also learn about hypnosis prescriptions, where you help a subject in a particular thing in their lives.

Before we start I want to mention that we are going to use a basic technique, and let you know that if you want a more powerful course, I recommend you one in the conclusion of this book.

I tried to keep this as a fast read and straight to the point, where you will get the basics of hypnotizing someone. So let's start!

The Basics

What is hypnosis?

Hypnosis is the ideas and words that we have when we don't pay them complete attention.

Some people is literally professional doing this, you might know about PHD's working as hypnotherapists, but there is no need for any special qualification. This property of our mind was with us from the beginning of our existence, and it has been used in many ancient cultures.

There are different schools for this kind of teachings, and I'd like to encourage you to read as much as you can on the subject to get a deeper understanding on the subject.

What to expect

This book is designed to be short and sweet. Follow this chapters and complete the exercises and you will be in your way to become an hypnotist. You will be surprised on how fast you got there.

The best expectation that you can have is success for yourself and for the subject that you hypnotize. Give them your support and you will get their support. Always treat them with respect, and show them that you care for their safety. Remember, they are trusting you with the most important part of themselves: their mind. Expect the session to be valuable for your subject. Expect success and you will get success.

Law of attraction

Many books have been written about this law. I'll try to condense it in a few words.

Basically it says that whatever you hold in your mind, you body and essentially your life will move towards it.

Close the eyes and think about your favorite food. Try to imagine it like it were real, how it looks, how it smells... imagine putting it in your mouth and start

chewing it. Feel how it tastes, feel its texture... You might get hungry, your mouth might start to salivate, or you might decide to have it for dinner. Whatever it is, you have just seen the law of attraction in action.

Your mind just set a goal for your body, and body follows. We will use this goal orientation of the body in our hypnosis exercises.

You are an hypnotist

First thing you need to become an hypnotist is to believe in your abilities. No matter if you are in chapter 2 of this book, have been a hypnotherapist for 10 years. Every subject is different, every situation is different, everyone has something to learn all the time. Even if you are in a completely new situation, the subject probably doesn't realize it. The most important thing that you need is to show confidence to your subject, from the very first day you do it. The more confidence you display, the easier it will be to hypnotize others.

Finding a good subject

For your first subjects you might be tempted to ask your family or friends. Don't do it. They know you are just learning, or they just do it to please you without inner interest. For your first sessions it is better to have a confident subject, without much personal connection. Later when you have many successes under your belt, you could do it with closer people.

I'm gonna share with you one successful technique to get your first subjects: When you are alone between some people that don't know you very well, at some point the usual question will arise: What do you do? then the conversation could continue as follows:

- *I'm an hypnotist.*
- *Oh, really? I have never been hypnotized before...*
- *Well, it's never late...*
- *Would you hypnotize me? How much do you charge?*

Of course you are new, and now you are not in the point of making money out of it. You are unlikely to fix something that is wrong with them in your first session, so just respond:

- You know what? I will work with you for free. I'm trying out a new technique, and I need some volunteers until I feel more comfortable with it. When is a good date for you?

You just got your subject.

Warming up

This exercises lead a subject to hypnosis. They test different things of the subject, but don't call them test. They work better if the subject don't feel like being under a test. Call them warming exercises or just exercises.

Test of imagination

Tell the subject to stand with their feet together and arms outstretched towards you with hands extended and palms facing downward. Make sure they are parallel and at level with each other. Now tell them:

- Close your eyes. I'm going to count from three to one. When I reach one I want you to imagine that a heavy weight is tied to your right hand, drawing it down towards the floor. Ok, three... to... one.

Keep suggesting:

- It gets heavier and heavier and it is pulling you right hand towards the floor...

You should begin to see some movement of the right hand toward the floor. If not keep giving those suggestions until you see it.

- Now I want you to imagine a balloon filled with helium gas tied to your left hand, pulling it up to the air. Your left hand is being pulled up higher and

higher up in the air. Your right hand pulling down... down... down... toward the floor...

Once you see a significant separation of the arms you say:

- Now open your eyes and look at your arms!

They usually get surprised of the separation as they don't feel their arms moving.

Now you congratulate your subject for their concentration, adding that hypnosis involves mind concentration while body relaxation.

Ask your subject if they would like to continue to the next exercise.

Test of balance

Again with the subject standing up facing you, tell them to close their eyes and tilt their head back.

- Imagine that you can see through your eyes and you can see a hole in the ceiling. I want you to focus your eyes in that hole and breath deeply.

Then continue:

- You will begin to feel an urge to start swaying back and forth. You begin to start swaying back and forth. I'll be here to catch you if you fall. You begin to sway back and forth, falling back, and falling backward into my arms.

Repeat until your subject actually falls in your arms. Congratulate for their concentration, and tell them that their are ready for a deeper state of hypnosis.

Hypnotizing your subject

Hypnosis is just a state of mind. There is no button to get in or out it, and also there is no such thing like getting stuck into hypnotic state. Being hypnotized is just follow directions and concentrate so much that nothing else distracts you. If you ever being reading a book so concentrated that you didn't listen someone calling you, or you were thinking in something whilst going to the toilet and end up in the kitchen instead, you have already experienced hypnosis.

When hypnotizing someone you want them to get to that state of mind, and the concentration has to be in you.

You need to remind the subject that hypnosis is an awareness state, and they will hear everything around, but they will only pay attention to you.

It is common for someone to fall asleep whilst being hypnotized. They will wake up for themselves after a few minutes.

Induction is the formal ceremony with a goal for the hypnosis session, but hypnosis can exist even without induction. Induction is the signal that hypnosis is coming.

A typical induction

Now let's explain the steps for the typical induction:

Pre-hypnosis

Here we have to set what the subject wish to accomplish with the session. You could have had a prior conversation with the subject to know any preference, but you don't want to start with something complicated. You can suggest yourself a goal without asking the subject. Something general will do the work, like "tonight, you will feel deeply relaxed and awaken tomorrow full of energy". Everybody will be happy with a goal like that.

Deep breathing

This is important to enhance the relaxation response and will deepen the feeling of hypnosis.

Imagination stimulation

Make them focus their mind in something relaxing, and don't let them think in anything else. A very effective technique is focusing in relaxing their muscle groups.

Post hypnotic suggestlon

Give your subject the suggestion, and ask for a particular behavior once they awaken from the hypnosis.

Awakening

Give your subject the signal to come out of hypnosis. Can be a count down, or a particular noise.

Induction Example

Let's see an example of an induction script. This needs to be spoken with a calm and deep voice, pausing for about 3 seconds after each paragraph. This is what you say:

Close you eyes and listen to my voice.

I am going to give you suggestions that will help you to deeply relax tonight all night long, and you will awaken tomorrow full of energy.

I am going to count slowly from five to one. With every count, you take a long, slow and deep breath.

Breathe in the fresh air.

As you exhale push all the tension of the day, out of your lungs, and out of your whole body.

You will feel good, you will feel fine, you will feel perfectly relaxed.

Even when I'm giving you suggestions, you are always on control, your mind will be alert, and your body relaxing, totally relaxing.

Five.

Four.

Three.

Relaxing more with each and every deep breath that you take.

Two.

One. Now you are totally relaxed. Your mind is alert and aware and concentrating on my voice.

Continue breathing deeply and comfortably all night long. It feels so good to relax deeply this way.

Now focus your attention on relaxing the muscles of your forehead. Picture the muscles of your forehead going limp, as they were a group of loose rubber bands.

It feels so good to relax these muscles.

Keep breathing comfortably and think about relaxing the muscles of your face.

Again, picture the muscles of your face letting go at your command.

Relax your jaw muscles. Your lips may part and your jaw may drop a little in order to assist in relaxing the jaw muscles.

Think about it happening, allow it to happen, and it will happen.

Now your forehead is relaxed, your face is relaxed and your jaws are relaxed

Continue breathing comfortably, pushing any tension out of your lungs as you exhale.

Think about relaxing the muscles of your neck. As you relax the muscles of your neck you may begin to have an urge to swallow.

Swallow when you need to and this will assist you in relaxing even deeper.

You are relaxing deeper and sounder than ever before.

Now picture in your mind that you are relaxing the muscles in your chest. Picture all of those muscles going loose, limp and totally relaxed.

You are breathing comfortably and relaxing deeply.

Soon you will become very tired and will fall deeply asleep. You will sleep deeply, all night long.

You will wake up tomorrow feeling wide awake, alert and looking forward to a brand new day.

Each and every deep breath that you take is sending you deep asleep.

Each and every sound that you hear is sending you deeply asleep.

Nothing will disturb you, just concentrate on the sound of my voice.

Each and every time during these exercises that I suggest sleep or relaxation to you, your relaxation will grow deeper and sounder than ever before.

You are relaxing soundly and perfectly.

Now focus your attention on relaxing the muscles of your shoulders and your arms.

Picture in your mind that your arms are limp dishrags.

Allow your fingers and hands to lie relaxed on your bed.

Feel the relaxation growing in your arms and hands. It feels so good to allow your body to relax this deeply.

Now think about relaxing all the muscles of your stomach and your back. Picture the muscles as they let go at your command.

Each and every deep breath that you take is allowing you to go deeper and deeper.

Each and every sound that you hear is allowing you to go deeper and deeper.

Nothing will disturb you, just listen to the sound of my voice.

Each and every time I suggest sleep or relaxation to you during these night-time exercises, you will go deeper and sounder than ever before.

Now that your chest, arms, and stomach are relaxed, concentrate on relaxing all the muscles of your legs and feet.

Picture your legs relaxing deeply.

Imagine your leg muscles as a group of large, loose rubber bands. Picture those rubber bands going loose, limp and relaxed at your command.

Allow this wave of relaxation to go all the way down your legs to your feet.

Feel your feet relaxing now. Allow all of the muscles in your feet a sense of deep, perfect, relaxation.

Picture all of those muscles going loose, limp and relaxed.

Now from the top of your head to the tip of your toes your body is relaxing perfectly and soundly. You feel good in every way. You realize that you can relax like this on your own but it feels so good to have a partner assist you in the process.

In a moment I am going to count from one to five.

When I reach the count of five you will be able to awaken. You will feel wide-awake, alert and feeling better than you have ever felt before. The next time I hypnotize you, it will become easier for you to feel this deep relaxation.

When it is time for you to get up, you will be wide-awake, alert and feeling better than you have ever felt before. You will be energetic and fully aware.

All right, one.

Two.

Three, getting ready to feel fully aware now.

Four.

Five (louder) Feel wide-awake and alert. Open your eyes, stretch.

How do you feel!

And this is it! It might look like long, but once you practice it a bit, it will feel natural and easier every time. You will gain more confidence, and you might start adding more advanced techniques.

Conclusion

Now you have a basic idea about how to hypnotize someone. I invite you to try it out and gain confidence, but remember that there are much more powerful techniques that can make incredible things.

This introduction is based in a typical hypnotherapy session, but you don't always need to go through all this ceremony to archive hypnosis in a subject. There is a method called conversational hypnosis that hypnotize people in what it looks like a normal conversation, without them even realize that they have being hypnotized. This means that we could influence people and make them behave as we want! This is the kind of power I mean...

Conversational hypnosis is more complicated and needs a deeper study on the matter.

If you are interested I'd like to recommend you what I think is the best conversational hypnosis course out there:

[Click Here To Learn Advanced Conversational Hypnosis](#)

Go there and try their course 100% money back guaranteed. I'm sure you will enjoy it.

And that's it for today. Hope you enjoyed this book.

Good luck. Sincerely,

Russel Hill