* Hypnosis is like giving a suggestion. It’s a state of mind in which critical faculty of the human is bypassed, and selective thinking established. The critical faculty of your mind is that part which passes judgment. It distinguished between the concepts of hot and cold, sweet and sour, large and small, dark and light. If we can bypass this critical faculty in such a way that you no longer distinguish between hot and cold, sweet and sour, we can substitute selective thinking for conventional judgment making
* While a subject is in hypnosis state he is full aware of his/her environment
* To hypnotise a subject:
  + He should give you the permission
  + Operator should have proper communication with the subject
  + Subject should not fear any suggestions
* Signs of Hypnosis:
  + Warmth of the Body
  + Fluttering of the eyelids
  + Increased lacrimation (tearing)
  + The whites of the eyes getting red or pinkish.
  + The eyeballs going up into the head
* To obtain eye-closure, without these methods. Close your eyes and pretend you can’t open them. Keep on pretending, and while you are pretending, try to open your eyes. You’ll find that it is impossible. If you are concentrating hard on the pretence. No you know very well that you can open your eyes any time you change your mind and stop pretending. All the time you were pretending that you could not open your eyes, your sense of judgment was completely suspended concentrating that particular action. You have obtained the same eye-closure.
* Eye closure doesn’t mean hypnotise. It is merely a entering wedge, and hypnosis is not obtained until selective thinking is firmly established.
* Selective thinking is whatever you believe wholeheartedly.
* Selective thinking vanishes not only when doubt enters the picture but when fear does.
* Now let’s return to the eye-closing pretence. If I were to say, “Close your eyes and pretend you can’t open them and you followed instructions, you critical faculty would be bypassed, but I must go further to accomplish hypnosis. I must also firmly establish selective thinking. Therefore, I would say to you, “So long as you keep pretending that you can’t open your eyes, you will feel nothing. Nothing will bother you” If I say this convincingly enough and you believe it completely. I have established selective thinking while your critical faculty was inoperative, and the result is complete anaesthesia.
* There are two types of Hypnosis, and how to recognize each. Some people a small percentage – spontaneously go into deep hypnosis without even seeming to enter the light state. They become immediately somnambulistic. What follows applies only to those people who do not go into somnambulism spontaneously.
* Usually the subject enters the light state of hypnosis by what I call the relaxation technique.
* Light hypnosis proceeds when the body is physically relaxed and then proceed to get the deep state of hypnosis by relaxing the patient’s mind.
* Before a sleep the mind actually becomes blank, the mind becomes complete blank, and then you drift off to sleep.
* After light state of hypnosis there’s two types of somnambulism:
  + True somnambulism ( Where amnesia Happens) [Numbers are forgotten]
  + Artificial somnambulism (Where aphasia Happens) [Number are remembered but there is a unwillingness to speak ]
* Usually, There will be Light Hypnosis -> Artificial somnambulism -> True somnambulism Happens
* There are four true states of hypnosis in addition to the waking state which should be of interest to you. They are:

1. The light or superficial; (Body Relaxed)
2. The somnambulistic (Mind and Body Relaxed)
3. The coma (Esdaile state)
4. Hypnosis attached to sleep – The greatest depth of all, which I call Hypnosleep

* Repeated Induction Technique
  + Used for deep somnambulism state

























