

# POWERFUL HYPNOSIS



REVEALING

# CONFESSIONS

OF A ROGUE HYPNOTIST

BY  
THE ROGUE HYPNOTIST

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# **‘Powerful Hypnosis!’**

***Revealing Confessions of a Rogue Hypnotist.***

By the Rogue Hypnotist.

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**Also available on Amazon in the Rogue Hypnotist series:**

**How to hypnotise anyone!’ (Amazon.com and Amazon.co.uk no 1 bestseller in hypnosis titles.)**

**Mastering hypnotic language!’ (Amazon.com and Amazon.co.uk no 2 bestseller in hypnosis titles.)**



### **Introduction to book three!**

If you have bought either of my first two books may I take this opportunity to thank you. I had no idea that they would sell so well! I hope you have learnt much that will be of service to you, perhaps when you least expect it. The story continues.

This book is created as a third volume in the confessions of a Rogue Hypnotist series: it also stands on its own.

I *had* to make this book longer than I anticipated. I didn't want to; it just came out that way. It was absolutely necessary to have it at the perfect size for your learning. All learning has to be broken down into smaller parts or 'chunks' in that ugly computeresque NLP jargon. The various yet interconnected components can only be made sense of in this way – there are also many scripts, so your hypnosis scripts appendix is a lot longer. By the end – it all gets tied up: you'll understand hypnosis and hypnotherapy and so the human mind to a far deeper level.

Very quickly for newcomers: who is the Rogue Hypnotist? Why do you care what he has to say? His last two books on hypnosis went to no1 and no 2 in the hypnosis charts of Amazon in both the US and UK. He is a top NLP and hypnosis/hypnotherapy practitioner in the UK. He helps 99.9% of clients in one session, even if they were abused as children. That session lasts an hour at most. He has helped a wide variety of people of all races, religions, sex and height. He knows what he's talking about, he has the experience to teach YOU what you need to know. So without further ado...

Your hypno-confessions continue...

### **It's time to put the undoubted power of hypnosis to some practical use!**

Welcome young Padawan! Welcome back or anew to episode 3 in the Rogue Hypnotist series; if this is the first in the series you've read, thanks for joining the fun! But I suggest you read the other two books a.s.a.p!

I was thinking of subtitling this book: 'The Emperor has no clothes!' As you read I hope you'll see why.



- The first two books in the series were about the ways and means to hypnotise anyone. Book 1 dealt with the basics, Book 2 dealt with the language specifics of hypnosis. This book will deal with what to do once you **have** your hypnotee or client in a deep hypnotic state: after all the state must be purposeful.
- This book will also outlay in some detail how certain ‘persuasion techniques,’ ‘cultural hypnosis’ (past and present) and NLP are specifically used in advertising, the media, primitive culture and politics to manipulate others and you! I will outlay and dissect several examples. By the book’s end you will have a very comprehensive understanding and ability to see through them totally.
- By reading this book alone you will be taught the one technique needed to strengthen ‘the firewall of your mind.’ In order to combat these covert methodologies **you must be aware awake, conscious, vigilant with your analytical faculty functioning or you will be influenced, against you will.**

Obviously I will be giving some more hypnotic deepeners, a re-induction induction, even a ‘heightener’ but we have to go beyond that. We really do. I will outline my way of doing hypnotherapy too: my philosophy, my approach as it were. It is quite hard doing so because I have to think to myself: *what do I actually do?* I do almost all of it without thought, it is almost just an expression of my personality, but it works. Powerfully so, that’s why I usually only see a client once and once only. Most prospective clients have been conditioned in varying ways, unconsciously, that this *can’t* happen. I swiftly prove the nonsense they believe to be true – to be wrong.

The fact is – I invented this system. No one else does it. No one else knows how. It is obviously derived from others but has over the years been refined and coalesced into my own methodology. All stupid ideas need a catchy name that sells well...hmmm? Got it –we’ll call my system ‘Hypnotic Deprogramming.’ Why not.

Even a crack cocaine addict or an individual on the teetering cusp of depression can be helped in just one session – *if* you know or work out precisely what to do for the unique person in front of you. In each book we are going up a level: I am revealing more and more facts so that eventually your hypnotic mastery will be complete. Now you are but the learner soon you will be the master! Sorry I just

sounded like Darth Vader. You will be mucho disappointed IF you think knowing hypnosis and NLP will make you a Jedi Knight. Not going to happen. That was a film.

Let me tell you – if you want to be a professional hypnotherapist – it's gritty in the trenches. It isn't all squeaky clean and easy like it is on those DVD's, seminars, courses that teach you how to do various things perfectly. Real clients are more surprising and unpredictable than those sterile teaching aids suggest.

You will find the book's content has merit beyond its hypnotherapeutic function. You may use what you learn in business, education, life or elsewhere. It's up to you. Why compartmentalise your superior knowledge and skills if they have 'cross over' applications?

- I will be demolishing a lot of nonsense that surrounds 'hypnosis,' what it can and can't do. I will be demolishing myths spread by what I'll call **'Mind Secret Cults'** such as 'NLP,' 'Psychoanalysis,' 'Ego State therapy' (I mean the names alone are ludicrous aren't they – so melodramatic, so much like, er, sales slogans – aha!) and more. *Hold onto your horse's folks: the stuff they teach on most courses for which the 'guru' charges you an arm and a leg simply don't work:* in fact I have helped people who have been to see 'top' Harley Street (the place where posh people go to get better in the UK) doctors and therapists who have failed them utterly. I have helped people who have seen top TV star hypnotists and self-styled self-help frauds, or brought their dodgy (second rate if you're American) products and have been failed by them and their 'techniques.' This is not a boast, it's a fact. I am not a narcissist or an egotist unlike the types I have mentioned. *I will give you an alarming dose of reality: the quacks don't want to help you cure yourself; they want you to get 'hooked on the process of change' as they call it themselves!* These are the linguistics of a drug dealer. Why? *They want as much money from you as possible!* It's that simple. They even admit this on their courses and advise aspiring therapists/hypnotists to do the same!
- In your book 'Powerful hypnosis' (and it is SO powerful) I will also teach you how to hypnotically 'install' confidence in anyone. I'll show you many techniques and scripts to do so easily, swiftly. From understanding how to treat a lack of confidence you should be able to generalise to many other problems. Perhaps you want to do self-hypnosis? This book will begin to

show you how. I will save the full details on that topic for book 4:  
'Forbidden hypnotic secrets.'

One thing I do promise you is this. No one else out there is giving this information out! This book and its sister books in the Confessions of Rogue Hypnotist are for the grown-ups. So let's begin...

### **Myth busting 101: Hypnotherapy does not 'reprogram' the brain.**

Word origins: 'program.'

Program - verb form.

1889 use - write program notes.

1896 - arrange according to program.

With regards to computers dates from 1945.

From 1963 in the figurative sense of '**to train to behave in a predetermined way.**' Now we are getting somewhere! Stick with me – there's a point.

Program - noun (nominalised) form.

Recorded 1630s - public notice.

From Late Latin 'programma' - proclamation, edict.

From Greek 'programma' - a written public notice. From stem of 'prographein' - to write publicly.

The general sense of '**a definite plan or scheme**' is recorded from 1837.

So we see from this short excursion in linguistic history which is by no means in depth or comprehensive that the word program really means: **person/s A getting person/s B to act in a certain desired and predictable way.**

In other words we are talking about removing choice. That is the clear implication, is it not?

That isn't what I do. That isn't what ANY hypnotist/therapist should do.

So how does hypnotherapy really work? Take note class: **it causes the reorganisation of already existing subconscious structures.** Now what does that mean?

You cannot hypnotise someone to have the talent of Mozart. It will never happen. You can help someone 'express their talents fully' - say a good amateur golfer can be taught ways to get into the zone, to calm his nerves and to have more of a winner's mind-set – I have helped a man in his sixties who had never won a competitive golf game in his life become an amateur regional pairs finalist. However if that person were to play a top world class golfer who was on top form they would be annihilated.

A smoker who comes to see you already controls cravings and actually doesn't smoke about 90-95% of the time. So they have the ability to stop smoking in certain situations already. They just need that ability to be available in certain 'trigger' situations, such as while waiting for a train, while eating a meal etc. And remember their brain has a lifetime of experience of not smoking at all. Before they touched a cigarette, usually as a young teenager, trying to 'fit in' and follow the herd, they were smoke free. All those neural pathways are still there. *In hypnosis a person can re-access and re-associate to those healthy neural pathways* – so that instead of smoking whilst drinking a beer, they just drink the beer.

Basically, you cannot put into someone what they don't have. You can get them to re-associate to already existing abilities and have them available in contexts in which they previously were unavailable. Everyone is confident in some situations, even a shy person can confidently tie a shoelace, they might just need that confidence whilst out socialising. Easy.

*On an end note people wonder - is it possible to program people in hypnosis? Yes, but that is not a subject that concerns hypnotherapy, it is the remit of the study of 'mind control.'* It may involve covert hypnotic inductions so that the person is highly suggestible without knowing, it may entail the inhuman use of drugs, trauma and torture beyond your wildest imaginings, (both the Soviets and Nazis did this) something I hope no one reading this book finds acceptable. I will give you proof of how one primitive tribe did this. I once read a pamphlet on hypnosis that claimed some hypnotherapists pass highly suggestible clients around. I cannot verify this.

Some direct suggestions I will give toward a session's end to engender this therapeutic re-association I have outlined so far are,

*'You the subconscious can make just the right new associations, re-associations, re-organisations of already existing subconscious structures so this person can get the change they desire.'*

And or...

*'You can access your own associative matrix to uncover useful responses that can be structured into new, better, healthier behaviour patterns, now.'*

### **Creative deepener 1: The Helter Skelter deepener.**

This deepener came to me in a dream – it is a bit weird I must admit but it worked. Creativity is a massive boon for a hypnotist. Creativity is a product of the unconscious; creativity is one subconscious speaking to another. I used it with a man who had great trouble relaxing to very deep levels. I added it in after I had done the change work to teach him how to go deeper than ever before.

- **An interesting note:** there is evidence just after you tell people you are about to wake them up, that at that point they go very deep. No one knows why? Perhaps they relax in anticipation that the session will soon end? Answers on a postcard please! But at that point I advise you give some more therapeutic suggestions; they are highly likely to be 'implanted' and acted upon.

In books 1 and 2 I explain embedded commands fully. If you're new the highlighted text are the embeds. Just let your tone go down on them – as though making a command statement. You can pause a millisecond too before saying the phrase to be embedded. These simple actions mark out the message to the subconscious.

#### **The Helter Skelter deepener.**

(Deep hypnosis is assumed.)

*'Sometimes it is nice to*

***become deeply absorbed by your own imaginings,***

*with that in mind...*

*just **imagine** it is a beautiful sunny day*

*in the countryside...*

*there are rolling hills,*

*fields,*

*trees and woodland around you...*

*and being in the country can*

*make you **feel deeply relaxed**...*

*you can hear the sound of the gentle summer breeze,*

*the sounds of birdsong...*

***feel** the **pleasant** warmth of the sun*

*the lovely smell of fresh sea air,*

*for you soon realise you are near the coast...*

*You walk through a small patch of trees,*

*a lining of trees...*

***feeling calm***

*that separates the field you are in*

*from a sloped grass verge that leads to a cliff's edge...*

*you walk through the path*

*that leads through the wood*

*noticing the light of the sun beams through the swaying branches*

*to your right where the trees end and the verge begins*

*you see a gap in the trees*

*you walk toward it,*

*you pass through the gap on*

*3*

*2*

*1*

*And notice again to your right (right side of the brain associated with trance)*

*that you see a brand new parachute beside you...*

*almost by your feet.*

*When you are ready put it on because*

***you are about to go on the ride of your life...***

*As soon as your parachute is on*

*I would like notice that nearby,*

*straight ahead, about 200 feet or so*

*there is a black and white spiral decorated helter skelter...*

*a shiny new one*

*just for you...*

*It is right near the cliff's edge...*

*You **focus in** on it...*

*you know somehow that you feel drawn to...*



*go towards it...*

*it just feels right...*

*So you stroll there*

*up that verge*

*that gentle slope*

***feeling so calm...***

*soon enough you reach it...*

*You decide to climb its intricately woven metal steps...*

*On the count of*

*3*

*2*

*and*

*1 you will be at the top of those steps.*

*Almost instantly, at the top you realise*

*it is a nice-sized helter skelter*

*not too big or small...*

*you stand at the top with your parachute on...*

*and see that the end of the helter skelter goes off the cliff...*

*You can see the sea, the waves*

*crashing and frothing below...*

*But somehow you know **this is a safe place...***

You know somehow  
that by **going down** the helter skelter  
and off the cliff with your parachute  
that you will land safely,  
be protected...  
and that as you go  
**all the way down**  
when you reach the bottom  
on my count from 5-1  
you will have  
reached a very  
profoundly  
deep level of hypnotic trance... (setting up hypnotic expectation)  
just right for you today  
and **you're unconscious** knows where this is...now.  
So when you're ready...you sit down,  
holding onto the parachute cord...  
You feel a sense of excitement, anticipation  
about what will happen...  
it's not something you'd do in real life  
and rightly so

*but here it's all different, is it not?*

*But you know*

*each and both of you really know that it will be great*

*and you can't wait...*

*to*

***GO!***

***All***

***the***

***way***

***down*** *on my count of*

*5*

*4*

*3*

*2*

*1*

***GO!***

*Down the helter skelter you go (imagined physical disorientation follows – hypnotic!)*

*Whizzing around and around,*

*around and around,*

*as a child,*

*yippee!*

*Around and around and when will it end?*

*And whoosh!*

*(Pause momentarily)*

*You fly into the air*

*high above the waves*

*and for a miraculous moment*

***you feel totally free!***

***Feel that feeling – hear/here!***

*And then gravity takes over and*

***Down you go!***

***All***

***the***

***way***

***down!***

*And you yank that parachute cord*

*and whoosh!*

*The parachute opens and you fly up and up and up;*

*up higher and higher into a highly pleasurable state of*

***deep...hypnotic...trance, now***

*as the air is caught in the grasp of*

*the parachute's vast canopy...*

*The whole experience is utterly thrilling*

*and up here **inside your mind***

***you feel totally free***

*from those old cares and worries*

*you left behind back there...*

*You soar forward over the sea guided by thermal air currents...*

*seagulls fly by...*

*you can see for miles and miles...and miles,*

*it is exhilarating up here! Is it not?*

*The beauty of that vast ocean beneath you (metaphor for the unconscious)*

*with all its mysteries,*

*treasures*

*and secrets...*

*All the waves*

*undulating ceaselessly*

*rhythmically*

*since the dawn of time...*

*clock time is meaningless here...*

*All that sunlight shinning off of them*

*that vast blue/green deep that lies beneath*

*And with total faith in your safety,  
you know, really know  
that in order to get to where you need to  
you must go down...*

***all the way down...***

*And as you wish it  
inside, here in your special place,  
in your 'imagi-nation'  
you are free and safe to do so...*

***down you go,***  
*gliding gently down,  
feeling safe,  
feeling confident,  
you feel totally relaxed,  
free,*

***all is well  
inside your deeper mind...***

*You glide round and down,  
round and down  
you go...  
so gently toward the waves...*

*such utter **peace of mind and body is yours...***

*And **you can keep just the right level***

***of that peace of mind upon awakening...** (post hypnotic)*

*after this reverie/session.*

*Not too much but just right...*

*the appropriate level..*

*Like goldilocks in the story with the three bears... (fairy stories cause natural age regression)*

*She found the babies porridge,*

*the babies chair and bed*

*in which she could*

***fall fast asleep!***

*And you go*

***all the way down***

*On 5*

*4*

*3*

*2*

*1 but you do not hit the waves*

*a ripple spreads through the inner space of your imagination*

*the whole scene,*



*the whole environment changes*

*and you realise instantly that you are*

*in the ‘Land of your imagi-nation’*

*it’s been there since you were a child...*

*a joyous place of freedom!*

*A place **deep within your unconscious.***

*The place that can **dream** for you;*

*the place that can heal you...*

*the place that can **solve your problems unconsciously, now...***

*You land gently,*

*as though you had just jumped two feet in the air*

*and come back down again...*

*What only pleasant **sights,***

*what lovely **sounds,***

*what amazing **smells,***

***captivate you utterly here?** (Hypnotic code: see book 2)*

*What amazingly creative and only wondrous things do you experience there?*

*I cannot know because it is not my place, (‘place’ – ambiguous)*

*not my experience.*

*It is your inner space*

*and **you feel wonderful** there and here...*

waves of delight spread through you...

**inside your mind...**

And suddenly **you feel sleepy**,

very...sleepy...

As if an old fashioned hypnotist was dangling a watch on a chain...

as you **fall into a deep hypnotic trance, now...**

And you see a wonderful dreaming bed not a little way off...

you know it is time to **rest**,

to **make changes**

to **become utterly absorbed...**

so you lie down on that bed

get cosy and snug,

the cosiness only a little child knows

that deep comfort...

You feel the bed, the soft downy mattress supporting you...

you can pull the soft duvet/cover over you if you like,

feeling the enveloping softness against your skin...

the fluffy pillow,

the softest...most comfy pillow is there and you

notice your eyes **feel heavy...**

so...very...heavy

*and they close and*

*you don't know when but*

*you **fall into a deep, deep, unconscious sleep!***

*And nature knows we need not even remember our dreams.*

*And in this place of dreams,*

***inside your dreaming mind***

*you **dream a dream***

*with that part of you that can dream...*

*that finds solutions while you **SLEEP!***

*A dream that is so helpful to you.*

*Each and both of you,*

*a learning dream,*

*a healing dream...*

*You **dream a dream** that is so helpful*

*to you*

*and it is **YOU** that I am speaking to*

*Noooooooooow!*

*(In the session some rapping up suggestions followed.)*

Please note: activating someone's imagination is not sufficient to activate hypnotic trance. It is a starting place through which you can get to hypnosis, the first step or a step on the road. This is often why NLP visualisations do not work for people. To use NLP patterns successfully many good hypnotists have found that it is essential to have deep hypnosis first; otherwise the patterns just don't

work. NLP patterns often need repetition to be effective too.

### **Why ‘sensory acuity’ and ‘calibration’ are overrated.**

Many NLPers teach that you need ‘sensory acuity’ to see if you are getting the desired results. No s\*%t Sherlock! These ideas are really mainly drawn from observations of Milton Erickson and readings of his works. Now Erickson was a doctor. Doctors are highly trained diagnostician’s – they look for physical clues of illness. Erickson could tell if a woman was sexually active because her hairline receded a few millimetres! He noticed a woman’s ankle pulse slow down as she entered trance. Also he was colour blind and could only see the colour purple! Erickson therefore through training and accident of birth didn’t see the same reality we do! Trying to have the sensory acuity of Erickson is impossible. You might be able to do it if you’re a good doctor but I doubt it. Most hypnotists aren’t doctors. Sensory acuity isn’t really needed any more than you already have it. When someone enters hypnosis it’s obvious, when they get the change they want – it’s obvious! Usually all the ‘acuity’ (vile little word!) you need is to see the client’s beaming smile once the work is done.

The importance of NLP ‘eye accessing cues’ (up left = visualising etc.) are well overrated and rarely of use in therapy. It’s nice to know about them but that’s about it.

### **On the importance of doing research.**

Sometimes a client will confront you with a problem that requires research. Stay calm. You might have to learn about something you never thought you’d be asked to treat. Once you understand a problem fully you can use your knowledge of hypnosis and treatment interventions to devise a response. The first time I had a nervous twitch client I just used my knowledge (no course prepared me for such clients) to help the individual – it worked.

If you ever get stuck with a client, go and find a good professional hypnosis script website and order a script that deals with your client’s problems. There are some great ones out there. They can really help expand your knowledge base too.

### **Words for an unconscious response.**

Certain words suggest an unconscious response. I have listed a few below...

**Automatically**

**Surprise**

**Eureka!**

**Spontaneously...**

**Immediately...**

What do they all suggest? Something is happening without conscious thought. Automaticity – as in the carrying out of a post hypnotic command, is a sign of hypnosis or an unconscious (habitual) response.

**‘Values spotting’: how to get deep rapport.**

People do not feel understood. Do we even really feel those closest to us really understand us fully? In hypnosis sessions seek to understand your client. A way to do this is to spot their values. How do you do this? A woman came to see me about ‘depression.’ She was on anti-depressants the whole thing, blah, blah; if you get a cold these days the quacks will put you on anti-depressants. She didn’t have depression by the way, she was just too stressed. As I understood her problem better than her NHS (National Health Service) doctor I set her mind at ease and gained her trust. Secondly I noticed that she kept talking about how being independent in life was very important to her. Almost everything she said was tinged with the theme of independence. So I simply said –

‘Your independence is very important to you isn’t it?’ (Rhetorical question.)

She smiled broadly and replied yes. I had noticed what was important to her and pointed it out. Spot your clients values, it helps. You can then give suggestions about how she/he can have independence/trust/intimacy/freedom etc. in the session.

Some trainers suggest you listen to a client and then feedback a brief version of what they just said so they feel ‘heard.’ Don’t do that, it’s a stupid idea, you’ll just sound like a parrot or like someone who is hard of hearing. Just listen to what they say, engage with it as you would in a normal conversation. Make jokes

about it. If you can make a client laugh you are well on your way. My clients are often in hysterics; if a relative is visiting and I have a client they'll say – they laughed a lot didn't they? What was their problem?

'Uh, depression or something,' I'll say.

### **Speak up – an old person is about!**

Older people often have hearing difficulties. Sometimes I have to half-shout a hypnotic induction across the room. They still go under. Just thought you should know.

### **Treating the problem of 'confidence.'**

Ok, I thought we'd have a go at looking at a potential common problem and how hypnosis can help. From studying this hopefully you'll be able to generalise principles to treat other problems as I said earlier.

Let start with 'confidence.' People lacking it that is. The word 'confidence' is a nominalisation, a concept. You can't put it in a shopping trolley. Are 'self-esteem' (another hypnotic concept, after all I've never seen a 'self-esteem' have you?) and confidence the same? Similar, interrelated but lacking confidence literally means 'lacking faith in yourself' but to 10 different people it will mean 10 slightly differing things. They'll probably be pretty similar, in the same area. Is this a problem? No it's part of the solution: you don't do anything other than give vague suggestions so that the subconscious processes can make sense of them as they apply to that person.

*So what IS confidence, how do people know they lack it? When they want to do something and can't.* When they want to speak to that cute girl or man and can't. When they can't say no, when they want to. When they want to sing in public but lack the courage to even try. Anxiety is involved but feeling anxiety and lacking confidence aren't quite the same thing. However I have used the soon to be following script and variations thereof suitably tailored to the unique person before you for anxiety.

I once spoke to a woman, a client, who was training to be a psychotherapist; neither of us could solidly define confidence! So with that lack of clarity read on...The word 'can't!' If there is one word that can explain what a lack of

confidence is, it's 'can't.' So confidence is 'can.' I *can* speak to that cute girl/guy. I *can* go scuba diving. I *can* learn how to fly a plane. Confidence is not certainty, it is an attitude that leads to calculated risk taking, it accepts that things might be awkward at first, you might fail but then again you might succeed – and gloriously too. It is the place beyond procrastination where you just think 'f%\$k it' and go for it. It is about being relaxed with uncertainty. No matter what happens – you can deal with it.

The 'Total Confidence Boost' script is a modified version of a script I wrote for an engineer, he worked in a profession in which he had failed to compartmentalise his work pattern which was looking for faults to prevent injuries, from 'invading' his personal life. So that in effect he was 'always' pattern matching for problems; this understandably left him feeling less than confident. He was failing to look for the good things in life, for opportunities and the possibilities of better relationships with others in his own future which he had to create himself by taking action. The script is VERY comprehensive. Remember everyone is BORN confident. Then other people start infecting you with ideas to undermine your birth right. *You do not 'program confidence in' during hypnosis you **reawaken** it. Remember hypnosis = re-association.*

More thought on the matter led to this: confidence is when you just feel really good about yourself, not in an arrogant, egotistical way, it's when you feel happy, alive, strong and rooted, everything just seems to go right, the opposite sex are attracted to you and they don't know why: you are giving off a certain 'vibe' of 'success' and others want a part of that good feeling you are having. Good feelings are infectious.

Confidence can be lost after a loss: a loss of a job, a mugging, a prolonged illness, a relationship, bullying (a loss of self-respect); when our essential human and emotional needs aren't met – it can shake us. It's a human reaction. You were swanning along nicely and boom! Your husband leaves you, he was having an affair – your sense of security (perhaps even financial – who gets the home?), that positive attention you had on tap, those plans you imagined, the sense of life moving forward – out the window baby and anxiety and doubt creep in. Your confidence has gone, solid gone. You need it back!

**Note 1:** I use the personal pronouns 'he' dissociative and 'you' associative. In a way linguistically 'fractionating' between association and dissociation. You can do it either or, it don't matter folks. I tend to use 'you' when being really



personal and 'he/she' when I'm talking only to the subconscious. But when I say 'you' which you do I mean? Seems to work. Tons of goodies follow!

**Note 2:** This script uses lots of repetition and redundancies. It could be halved easy. But I want to lay it on thick, to give you more than you need. Although in sales a client will often have to have receive a message at least 4 times for it to take root: in hypnosis once is often enough. I give people MORE than they expected; they like it.

*The Total Confidence Boost script!*

(Hypnosis is assumed.)

*'I'd like to thank*

***you're unconscious***

*on your behalf,*

*for everything it's done for you*

*up till now...*

*doing the best it could on your behalf*

*with the knowledge and learnings*

*you've had up until now...*

*what is best for x (client's name) now however*

*is to **be totally and supremely confident,***

*so calm and at ease,*

*in control*

*more and more*

*in his increasingly enjoyable daily life,*

*so **deeply relaxed everywhere...***

*wherever and whenever he needs to be,*

*wants to be – automatically...*

*those former ways*

*are completely unnecessary now.*

*He can **feel totally confident,***

*in any and all situations,*

*no matter where he is,*

*who he's with,*

*man or woman,*

*children,*

*teenagers,*

*regardless of perceived status,*

*he can **feel totally relaxed** inside and out,*

*comfortable,*

*total confidence is his,*

*at ease now.*

*He experiences only confidence,*

*calm*

*and control*

*over his responses,*

*able to influence but knowing  
that it's not possible to control others,  
or desirable.*

*Bold,  
strong, assertive when needed,  
using that downward vocal inflection  
when **being assertive**,  
all these much more positive responses  
available when needed,  
in any and all situations that used to bother him  
and - this is so.*

*And because **he is so confident**  
and **always calm**,  
**and in control***

*at ease with himself and others,  
family and friends,  
strangers too...*

*so there are no nerves at all;  
nervousness,*

*worry*

*and unnecessary fear are for another type of person*

*that he isn't...*

*he's **totally and supremely confident, now!*** (Say the embeds VERY confidently!)

*You know that this man is a very confident man,*

*when he needs to be automatically,*

*no matter what the situation...*

*or person, or persons...*

*those old uncomfortable feelings*

*just aren't needed anymore.*

***This man is so incredibly confident*** (notice how I build it up!)

*deep rooted calm,*

*in control* (repetition of themes, not necessary but why not! You can lay it on thick!)

*that it will surprise and delight him;*

*he has total confidence in his strengths,*

*abilities,*

*competencies,*

*identity,*

*talents,*

*individuality,*

*the way he moves,*

*walks,*

*gestures,*  
*tone and quality of voice,*  
*strong,*  
*deep voiced (for men only! Say 'strong voiced' etc. for the ladies)*  
*relaxed,*  
*the way he thinks is **filled with confidence, now.***  
*Speak to yourself in a confident tone*  
*and **feel confident inside** and out.*  
*In new situations,*  
*with new people;*  
*only totally and supremely confident*  
*in all the situations he has to be in*  
*or wants to be in and this is a fact...*  
*calm and comfortable...*  
*so at ease,*  
*poise and inner strength of character better than ever!*  
*Enthusiasms boosted and enhanced*  
*without knowing how,*  
*feeling good around anyone he wishes to be with*  
*or has to be with*  
*no matter who they are,*

*so there will be no nerves of any kind.*

*Just the freedom to*

***feel confidence flowing through you***

*waves*

*and waves*

*and waves of **confidence is yours** (run on sentence).*

*Feeling good for no particular reason,*

*strong and determined!*

*He is comfortable with authority (ambiguous: his own and others)*

*because, again the old unhelpful patterns*

*were not really true about him,*

*in any shape or form,*

*just a passing time that blows away in the wind,*

*like grains of sand in a hand*

*on a windy day.*

***Things change.***

*Time moves on,*

*as things change anyway*

*direct the changes that he wants,*

*old ways gone for good,*

*they were for nervous people*

*and he isn't one, any...more, now...*

***He is totally calm!***

***He is totally confident!***

***He feels supremely confident!***

***He is relaxed with uncertainty** (Ram those suggestions in baby!)*

*A very calm, easy-going man*

*in any and all situations that he wants it, needs it.*

*Deep reservoirs of **confidence within***

*reconnected to as...re-organisations,*

*re-associations,*

*new ways take hold now!*

***And only improvement is possible!***

*He experiences deep comfort,*

*contentment,*

*competence,*

*satisfaction and safety*

*in those formerly bothersome situations.*

*Peace of mind. That's his new 100% total reality!*

*He uses his common sense at all times*

*and can **take calculated risks***

*that move him,*



*step by step,*

*forward,*

*toward the life HE wants.*

*No worries.*

*No stress.*

*No nerves of any kind whatsoever*

*and there never will be*

*because...*

*they don't belong to a totally confident man*

*whose sense of self-worth is derived from*

*just being him,*

*the unique,*

*one and only YOU!*

*The unique individual he is,*

*free to think,*

*feel and live as HE wants!*

*Is free to go anywhere that that he wishes*

*on this earth **feeling total comfort...** ('ing' words can be good by suggesting now and in the future)*

*meeting anyone he wishes,*

*meeting anyone and everyone that he wants...*

*desires...*

***feeling so good about yourself;***

*approachable when appropriate,*

*friendly too...*

*Knowing, really knowing*

*that no one is better than him.*

*No longer comparing himself unfavourably to others*

*but...*

*seeing others achievements of what IS possible*

*as an inspiration of what can be.*

*He is the equal of any.*

*Better than some. (Hitler? Stalin?)*

*Comparing himself positively with others:*

*counting his blessings;*

***perspectives shifting positively, now.***

*The majority of your thoughts are positive,*

*positive feelings,*

*more positive experiences*

*in any and all situations*

*from now on.*

*Those old things*

*just don't belong to a*  
***totally confident man,***  
*and as you are a supremely confident man*  
*who is so confident*  
*and feels so good, he can*  
***keep the changes locked in, now.***

*In control of himself, yes,*  
*but knowing there are limits to control,*  
*taking responsibility*  
*but knowing we aren't always responsible for everything,*  
*able to reconnect to your true destiny,*  
*the life you want,*  
*in any situation or event,*  
*any space,*  
*any location or personality*  
*that he encounters*  
***and this man is a totally confident individual.***

*He can think for himself,*  
*his opinions, attitudes,*  
*points of view,*  
*are just as important as anyone else:*

*learning from experience,  
thinking his own original thoughts,  
always learning,  
curiosity enhanced,  
always more to know and learn,  
new understandings,  
more positive experiences  
found in hypnosis,  
trance,  
in life.*

*He has all the mental toughness he needs,  
determined,  
motivated to succeed in all he does,  
going for it with all his heart and soul, now!  
Living up to his core values,  
knowing he deserves the best,  
not needing the validation of others,  
validating himself,  
his inherent self-worth, now.  
He deserves the good things in life,  
Perhaps setting higher standards?*

*Knowing what's truly important to him,  
his priorities and interests,  
he is good enough just as he is,  
he was born with inherent self-worth,  
perfectly imperfect as we all are,  
the good thing about mistakes is that  
**you learned something important, did you not?***

*Almost everyone doing the best they can  
with the resources they have,  
a man who is so confident, now!  
Much more in control of himself,  
his feelings,  
getting better, better, even better at all times.*

*Very little in life needs a high stress response.  
Achieving worthy, deeply desired goals,  
as easily as possible.*

*Finding ways to get positive attention  
and to give it to deserving others too.*

*Everyone can confidently find ways  
to **get your emotional needs met, unconsciously, now.***

*This man has potentials*

*and possibilities that hitherto  
he didn't realise he had,  
let him know what they are,  
what he is **really** capable of  
because you the subconscious know,  
really know,  
with a deeper wisdom.*

*Billions of brain cells capable of being utilised  
to **succeed** and wondering  
what changes will manifest in daily life.*

*What if he believes in that place  
where he believes things most of all  
that some of the best things in his life,  
haven't even happened yet.*

*Someone who can handle anything life throws at him,  
juggles with it,  
plays with it,  
lightens up about,*

*well you just know what... (this is an example of implication through  
deletion/incompletion)*

*as positive perspectives occur at just the right time.*

*He is **so totally confident**,  
competent  
and in control of so many responses,  
no longer reactive but **taking action to  
improve things daily.***

*Feeling better in whatever situations  
he finds himself in;  
confident yes in what he does  
but more importantly*

***he is confident in who he is;**  
descended from millennia of survivors,  
and that fact gives him strength.*

*Able to adjust his behaviours flexibly  
in just the right way;  
if he did something that didn't get him the results he wanted*

***do something different,**  
use the potentials for creative problem solving that lie within.*

*He is not the past strategies he used,  
he is more than that.*

*Trusting his instincts,  
intuitions,*

*using his intelligence wisely.*

*A confident public speaker:*

*this man is more persuasive*

*than he realised:*

***able to talk to anyone with confidence.***

*Feeling so confident makes others relax.*

*What you have to say is as important as anyone else.*

*Interesting,*

*compelling,*

*expressive and this is so.*

*He is so confident in those situations that used to bother him,*

*he can **feel attractive,***

*others will notice and comment on this*

*new poise,*

*confident manner,*

*posture good,*

*standing to his full height,*

***confidently looking people in the eye when appropriate,***

*calm and at ease,*

*in control,*

*effortless,*



*abundant confidence!*

*We are all born with it,*

*you needed it to learn to walk,*

*you fell down and got up*

*and sooner than you knew it*

*you could run and jump too.*

*Speaking fluently,*

*with ease.*

*Gone are the old negative responses*

*and unhelpful thoughts and beliefs of the past.*

*He has an amazing ability to **remain calm***

***in any and all situations** that once would have bothered him.*

*He totally trusts this ability.*

*He trusts you the subconscious to*

*protect this man sensibly;*

*we all blink without knowing how,*

*we don't think about it,*

*it just happens as an automatic*

*reflex action, now,*

*Keeping him safe from real danger,*

*no longer fearing fear,*

*calm and alert when necessary,  
allowing him to **feel wonderful**  
more and more,  
taking the right actions  
from a deep source of strength within  
from now on, and this is so,  
unconsciously.*

*And if this man is alone  
or with anyone,  
involved in some activity  
that he felt less than  
**resourceful and...confident, in-side,** (run on sentence)*

*from now on  
**he is fully resourceful, flexible, confident,**  
**calm throughout his life:**  
stable, trustworthy confidence.*

*A rock in a crisis –  
he can **remain cool and calm,**  
he can keep his head  
while others don't –  
the rock is steady*

even as the storm passes over,  
wind and rain,  
choppy seas  
eventually give way to  
**calm, still** oceans of **peace** and blue sky,  
the roughage of life is essential.  
There is a place deep within that is always calm.  
Confidence,  
new experiences,  
appropriate directed change –  
all the same is it not,  
in this man's powerful  
creative, wise mind?  
He is his own comfort zone  
wherever he goes.  
Temporary tension  
is just an invitation to  
**relax.**  
Old, unhelpful ways –  
gone forever!  
They just can't bother this man in any way...

*no fear,*

*only bravery.*

*A new found **boldness is his,***

*total positivity,*

*confidence.*

*He keeps this poise,*

*composure,*

*sense of **strong self-worth,***

*in control*

*but not controlling,*

*calmness,*

*resourcefulness,*

*total confidence*

*and infinite courage,*

*the ability to **react calmly and reasonably***

***when appropriate,***

*feeling great.*

*Because the fact is*

***there is little in life that requires an overly stressful response,***

*is there?*

*Handling things well.*

*He is confident no matter  
what the circumstances or how they change,  
a problem solver,  
focusing on solutions;  
he can handle anything  
or anyone with ease,  
calm when needed,  
assertive appropriately too.*

*Often,  
if they are around a particular person  
and that would have bothered them...  
it won't disturb them,  
they might actually  
find ways to enjoy it,  
look forward to it positively,  
doing things differently,  
**thinking and perceiving in better ways,**  
always more than just one rigid perspective,  
insight available from new angles  
and approaches...  
handle it all with ease and humour.*

*It just doesn't bother him anymore,  
in any shape or form,  
he can even laugh and express himself  
just as he wishes because that's simply  
who he is. Confidently.*

*Smiling more, with the eyes too,  
**enjoy a giggle,**  
**lighten up**  
and deeper belly laughs as things –  
**relax.***

*His actual power, creativity,  
the resources of ALL his emotions,  
humour and resourcefulness always available.*

*He can and will handle any  
and all situations with total confidence.*

*It just doesn't matter...*

*what anyone else is doing,*

*what they say,*

*who they are,*

*where they are,*

*those old behaviours and feelings*

*are not something that this man does...*

*it's not what you do.*

*No nerves,*

*no fear,*

***no problem whatsoever...*** (a 'super suggestion')

*there is a certain impossibility*

*in going back.*

*It's totally unnecessary to feel any of*

*the old fear or discomfort in any situation.*

*And when fear goes,*

*only relaxation,*

*confidence, poise,*

*self-control,*

*and even a sense of fun and playfulness remain.*

*When it is ok to do so,*

***be spontaneous as confident men are.***

*Being confident means – **you have self-belief,***

*you **have self-belief** when you put on your clothes*

*when you pick your nose,*

*when you use a garden hose –*

***you have total self-belief, do you not?***

*The very thought of any possibility  
of any old negativity,  
former worries,  
past fears or stress  
about old situations or people (that pretty much covers it all!)  
is completely outside of his reality now.  
Can't, couldn't, wouldn't happen anymore  
in this confident man's future experience.  
It just won't happen.  
the place or space,  
person or activity is  
**no problem...**  
no bother at all...  
no matter how others react around him  
or where he is,  
others are entitled to do as they wish  
and he does likewise,  
he is in control now,  
balanced and centred,  
independent, confident  
in all situations he wants to be in*



*or has to be in...*

***no problem...no bother at all,***

*others can do what they want,*

*it's their choice, it doesn't matter where he is*

***he is always free to feel ultra-confident, now!***

*Perhaps there are times when being indifferent*

*or unreactive would be appropriate:*

*and you'll just know when.*

*Stillness has power. (High-status figures in society are very still as are calm people, low status and stress = fidgeting, movement caused by stress – e-motion, 'energy in motion' as some people say.)*

*And no matter what happens during any kind of situation...*

*it will just seem the most natural thing*

*in the world just to let him*

***feel great,***

***feel totally confident,***

***feel calm,***

***be composed, totally rational and optimistically realistic,***

***in control, now...***

*in all of this man's responses,*

*feelings,*

*behaviours,*

*lifestyle choices,  
energy levels boosted,  
determination available,  
motivation and willpower,  
focus and concentration,  
self-belief,  
creativity,  
problem solving abilities,  
choice of people and place,  
altering certain perceptions,  
patterns,  
and more...*

*and every time that happens  
you can give him a sense of inner strength and purpose  
for **being a very confident man**  
throughout his amazing life!*

*Without knowing why,  
from this moment forward,  
**keeping this confidence**  
for the rest of his interesting,  
eventful, joy filled life...*

*and that's that.*

(This should be delivered in an enthusiastic tone – once someone is hypnotised you can vary your tone, adding in more flavours: the emotions you colour *your* speech with - *they* (the client) will feel! The above is a giant hypnotic pep talk – one woman said to me that it was one of the most inspiring things she'd ever heard.)

If someone is single you can say,

*'You can speak confidently to any man/woman that you are attracted to, knowing that you are doing them a favour by doing so.'*

Cheeky I know. Two more things.

#### *Physiology of states.*

Ok what do I mean? This example tailored for confidence (remember its uses will go beyond confidence to many other states etc. you can work on) should be fairly self-explanatory...

*'Your subconscious mind knows the psychological and physiological component parts of confidence and can make them frequently more available to you when required.'*

That's a truism plus a suggestion.

#### *Imagine better future rehearsal.*

To help people access resources you must get them to dissociate from unhelpful states and associate into resourceful ones. With confidence, this will do...

*'Imagine just the right time in your future where **you have all the confidence you need...**see that you over there going through a situation, perhaps one when you lacked confidence previously. See the whole thing from beginning to end with you acting **full of confidence, now...**see yourself handling any problems that arise well, confidently.'*

(Pause for at least 10 seconds to let them process what you just said...)

*As soon as you are happy with that image of that you over there – float into that you and see through those eyes, hear through those confident ears and **feel that confidence flowing through you, now.** Go through that whole situation again, all the way through, **feeling that confidence is yours**, handling everything with ease. I'll be quiet for 10 -15 seconds while you do that/process that...*

NLPers call this 'future pacing' such an ugly, vulgar phrase. We need to eject the jargon of NLP from hypnosis. It was just called future rehearsal before. There is evidence that by imagining behaving differently a person's neural pathways are stimulated almost in the same way as if the event were actually happening. So a kind of virtual reality simulator in the head. Some suggest that templates are activated that seek completion on awakening. Know what? I haven't a clue – it seems to work though!

### **On the importance of violating 'rules.'**

One of the dumbest principles of the human professions is just doing something because you were taught it. You have to do that to pass exams but when you are in the field – it all goes out the window, you have to innovate, think on the spot; about 70% of what you've been taught will be inadequate, ill-thought out and brainless, lots of it will just be too weird! And that's me being conservative! You must think for yourself. 'Therapy' is not a religious practise; it's not a cult with infallible dogmas that you can't question – does technique 'A' work? No. Do something else. Find another way – do not keep banging your head against a brick wall. Improve on what does work – put your own spin on it so it becomes yours – remember you cannot copyright an idea just the unique expression of it.

All the breakthroughs in history came from mainly lone men working away in the dark, in utter obscurity. If they had stuck to the 'rules' we'd all still be living in caves. This does not mean breaking the law or 'experimenting' on clients on wild outlandish whims, it does mean for example ditching stupid, anti common sense ideas such as...'the subconscious cannot process negatives.' Don't be so incredibly dense – of course it can! You've been processing 'negatives' your whole life! 'Don't touch the fire!' 'Don't be so sure!' 'Don't eat that poisonous toadstool!' All 'mind secret cults' have these stupid rules that have no basis in reality.

One thing you should know about cults is that they will often change dogmas. The dogmas are irrelevant. It is the fact that the followers (sheeple) change

dogmas for entirely new dogmas without question or thought!

**Recommend that all your clients exercise.**

**The best way to cope with stress which everyone experiences in the kind of artificial technological society that we all live in is a regular exercise routine.** I define this as 3-4 days a week for between 20-30 minutes. Any form of exercise is acceptable, as long as it leads the person to break out into a light sweat with the feeling afterwards that they have used their body *vigorously*. It is not necessary to train like Sylvester Stallone in Rocky IV. You just need to do regular, moderate exercise: that's it.

In day to day life, when we experience the fight, flight or freeze reaction, which can be caused by worry, a late train, rudeness etc., our body is preparing to carry out intense physical activity: you could call it a muscle priming response. By the way anxiety and panic are just the physical preparation response occurring when there is no real cause for alarm.

In man's more natural yet more wild (you could argue the modern world is more 'dangerous' for humans in more ways than one) past, when he was a hunter surrounded by giant predators and prey, if the subconscious detected the threat of injury or attack it released adrenaline and other chemicals into the body to help Mr Caveman run for his life or fight. That's the theory at least. The subconscious reacts to modern stressors the same way as it would if a wholly mammoth were charging you. *It also reacts to imagined stress the same way!* When you do not use up these chemicals they 'pool' in you and you feel tense and more stressed. Why? You didn't use up the 'energy' provided to exercise, to move that body. When you have a regular exercise routine you quite literally flush those chemicals out of your body, leaving you feeling great.

If you are stressed regularly with no means of flushing out the adrenaline and his friends like cortisol you are at risk of developing anxiety based problems, the worst of which is depression. Depressed people have high levels of cortisol which is released if stress continues unabated.

Exercise is better than meditation, (which is actually potentially damaging to good health) alcohol, smoking or marijuana. Although I must admit liking a bit of booze! Only craft beers and real ales though. Not junk beer. We need a few vices don't we ;)

## **Your enemy: The problem matrix.**

Clients will come to you with a problem. This is called in the trade: ‘the presenting problem.’ That is because it may just be *the tip of the iceberg*. Let me explain.

Say a client comes to you for help with ‘weight loss’: this is the so-called presenting problem. It is a very vague term, not all weight loss clients are the same. Some people are addicted to sugary foods, some people’s food portions are too big, some people comfort eat, some people eat to smother unpleasant emotions, some have got into a habit of eating badly, some do not eat enough healthy food, some eat far too much junk food, some watch TV and stuff their faces not realising that they are eating, some don’t exercise enough, some lack any motivation to exercise at all. So the approach you use will vary according to the needs of the individual in front of you: there is no generic weight loss session that will work for everyone. I will give you a basic diagram of a potential weight loss client:

### **Problem matrix: ‘weight loss,’ - presenting problem.**

Component variables may include:

1. Portion size habitually too large.
2. Lack of motivation to exercise.
3. Low self-esteem/worth.

Another example of a potential weight loss client:

1. Comfort eating when upset or stressed.
2. Inability to relax after work.
3. Lack of self-belief in general and therefore with regards to eating healthily again. The lack of self-belief has generalised throughout the ‘system.’ It functions as a dominant ideological theme throughout the personality – a damaging ‘dominant-belief.’

Can you see how you must have a wide variety of interventions that can help

someone with the generic term 'weight loss' now?

A rare case with weight loss clients is the woman who has been raped or sexually assaulted and who is overeating as a protective measure or because her body at that time disgusts her. For example: If a woman's husband has a best friend that secretly makes a pass at her at a party, she may gain weight to make herself less attractive. These things happen.

**When thinking of how to solve someone's problems think of what their problem matrix is: break it into component parts and address each part in a module within the whole session or at least try to touch on them all albeit briefly.**

Let's take an example of what you might do:

Problem matrix: 'nervous twitch' - presenting problem.

- Induce hypnotic trance and deepen.
- Direct suggestions (authoritarian style) to get rid of twitch.
- Self-belief module.
- Inferiority complex module.
- Feeling of comfort in solar plexus area. (Weird I know!)
- Stop picking scabs. (Client's will often have interrelated problems)
- Boost self-worth.
- Boost self-confidence.
- Undo traumatic programming from childhood.
- Ability to 'handle criticism.'
- 'Let go of past' module.
- Anger management.

- End muscle spasm work.
- Relate to others in a more tolerant manner.
- Eliminate feelings of self-consciousness speaking to groups.
- ‘Install’ little toe dissociation anchor. (This won’t always work.)
- Symbology change work to dissociate unpleasant feeling state that leads to manifestation of twitch.
- And on and on!

The above hypothesised client may need two to four sessions maybe more. Note: the more sustained, intense abuse of any kind a client has received in childhood and throughout life – the greater in scale the problem matrix will probably be. Some people’s childhood homes are hell on earth! It also all depends on the rate of change the subconscious wants, the pace it deems healthy and safe for that person. Some people have heroic miraculous change in one session, a few need several sessions, a very rare few still (about .1% of clients) return on and off over a few years. With 99% of clients with their bog standard problems they will just need one session IF you know what you are doing. Most people haven’t been horrendously abused in childhood or adulthood. 99% have experienced no significant traumata whatsoever – most clients live rather dull and uneventful lives. The lucky ones!

Remember: if a person comes to you with multiple problems they are all interconnected. This is why I call it the problem matrix. It exists as self-sustaining nebula within the nervous system: your job as a hypnotist is to replace it with better choices. You never take it away and leave nothing in its place: the problem matrix has been keeping that person alive and sane! The problem matrix will not shift until the subconscious part or parts that created it are 100% convinced that the alternatives offered are better than the old patterns.

Therapy is gentle ‘war.’

I see hypnotherapy as a war between me and what I know and the problem matrix. You must know your enemy, know what strategies will unbalance it and destroy is utterly: you must overwhelm it with overpowering fire power. You are healing psychological scars. I never give any indication of this attitude to the



client's or the problem matrix: to do so would lead to utter failure. A problem matrix is usually constructed by a much younger subconscious doing the best it could with a child's mind or a teenager's mind or an adult in an intense fear state. You can't let that younger mind or unresourceful state stay in control; the healthily functioning adult subconscious must take over the reins of internal power for your client.

I am at war with past bullies and abusers.

I am at war with tobacco company propaganda.

I am at war with the self-hatred the media installs in people.

These enemies and more leave scars.

### NLP submodalities 101.

From time to time we make pictures in our head don't we. Think of someone you find attractive. Imagine seeing them in a movie - bright, up close, colourful, make the sound if there is any loud and clear. Did you find them more attractive? Push the image into the distance a bit. Make the image black and white and still. Did you find them less attractive? Put the image back how it was originally and leave it that way. This is what NLP means by submodalities – the tiny factors that affect the way our internal senses affect us. NLP claims that it is these images and their qualities that make people feel bad. Good grief Charlie Brown!!!

But NLP is wrong – the pictures in people's heads don't solely disturb them – reality does. The pictures are often just the residue of the original stressor. They are the end results of feeling states. Not the cause. Sometimes in a minority of cases they are. 'Submodality' work can get good results but only with a great many other things being done also. My experience is that NLP patterns alone aren't enough to stabilise change long term. NLP directionalises the mind temporarily but if people's needs aren't met rapidly the NLP work will 'collapse.' Usually the 'submodalities' that had affected a person adversely auto-correct after the right hypnotic intervention anyway.

I just want to conclude this section by saying never tell your client's that they'll have NO problems. That's insane – life is a series of problems/challenges to be solved. The problem about problems is when people 'perceive' them to be

insurmountable. The way I see it this – as we progress through our lives we just get more interesting problems.

The opposite of the problem matrix is? **The solution matrix!**

For confidence this could be...

1. Hold eye contact module.
2. Start conversations module.
3. General confidence boost...

All hypnotic and therapeutic suggestions entice the subconscious into doing the opposite of what the problem state is! It's that simple. But to do this effectively you must thoroughly, completely understand the problem. Then you can use your hypnotist tool box to design solutions.

### **The overwhelming power and danger of 'Cultural Hypnosis.'**

All children are born into an existing culture, unless it is in the process of disintegration, and even then the disintegrating culture or its replacement will be the man made 'environment' in which growth occurs. **Like a sponge children absorb the cultural 'norms' around them. The most powerful cultural artefact that we all absorb without any conscious effort on our part is our language: the language we speak literally programs the brain.** Our given language then acts as a filtering mechanism as to what we think, how we think it and even the nature of our 'reality.' Language is instantly a liberating communication device and a potential block.

English and all languages use connector words known as conjunctions. An example of these connector words are 'and,' 'but,' 'if'. Did you know some English conjunctions find their origins in the ancient language of the Hittites?!

**Monkey see, monkey do is the prime directive of all human behaviour.** Humans are imitators, we see other people doing things and then we copy them. If you want to get women to act on mass a certain way you just get a beautiful and famous woman to carry out a desired behaviour and put it on TV. Many women will then perceive that behaviour as desirable and copy it. It is that simple. Women have no defences against mind control and propaganda; this is well

known. Don't believe me? Read the books of philosopher Jacques Ellul. Or...

'First you get the women, then you've got the children, so follow the men;' who said this? Adolph Hitler.

Most people want to fit in, to think like others, to buy the same clothes, go on the same holidays, to get the same haircuts the list goes on: the human instinct for 'tribal unity' is warped into an urge for conformity: this is programmed into people very early on. Reward and punishment enforce desired conformity and undesirable disobedience. Man's herd instincts are manipulated and exploited; they have been since the dawn of civilisation.

By the way all the things I'm saying are generalisations but none the less truthful for that. Generalisations are things that are generally true.

### Media ideological hegemony.

A magic trick is all about sleight of hand, that is, misdirection of attention: the magician is getting you to pay attention to something and not to something else to produce an 'illusion.' The mass media works in much the same way. Powerful news organisations promote an agenda, a 'party line;' these create the same headlines across multiple platforms, and the same topics of conversation at the dinner table. In the UK you can often see a news report on one channel and then turn over to another 24 hour news network and see the exact same topic being covered at the same time with the same editorial stance!

It is a fact that if you do not share a certain mind-set, you might politely call it an 'esprit de corps,' you will not enter into the media fortress – you must be a 'convert' a 'true believer' or perceived as such to gain entry. All organisations enforce a group think mind-set. They at least demand a public show of it. Differences of opinion that deviate from a news organisations agenda are not even permitted to enter the media organisation's output. If I point a camera **here** I cannot place it **there**. What **am** I being directed to look at? What is **not** having the spotlight focused upon it? **Who** makes that decision and **why**? Through background music, camera angle, lighting choices and interview style media operatives can subtly shift an audience's perceptions of reality in the desired manner. The decisions you make and your very model of reality is shaped by the information that you consume. We are what we eat and we are also literally in-formation by information. Choose your sources, very, very wisely.

### The myth of Plato's cave.

Each human culture we are born into through no choice of our own (that we know?!) is our 'Plato's cave.' What do I mean? Plato posited in his ancient book, 'The Republic' a society in which people were chained inside a cave, whose attention was focused on shadows on a cave wall, deep underground. These people could not turn their head except in the desired direction. They had never been outside. They had never seen the real world – the 'world' they imagined in their head as being 'reality' was actually just what they knew, what they had been permitted to know. Their reality was the limited experience of the cave.

Remember people operate from what they believe to be true, not what is true. There is a saying,

'What the thinker thinks, the prover proves.'

Most people want their beliefs confirmed not challenged. They come to identify with their beliefs as though a belief was as intimate a part of oneself as an arm or leg and any loss thereof would be just as traumatic. They come to confuse belief with identity.

If you were born into a certain family you are no doubt more likely to have the broadly same beliefs as your close family. If born into a family in one part of the world you may well be a believer in the dominant religion of that region. Much of what we believe is an accident of birth, the cultural amniotic fluid in which we are immersed from cradle to grave. A good hypnotist MUST be able to think for themselves if they are in any way to help their clients. Ask yourself this: are my thoughts original? Are they mine? Or am I just parroting something? You must *never* impose your views of reality (however well-intentioned) on other vulnerable people who seek your help. **Help clients solve their problem and allow them the right to think for themselves.** You should not see hypnosis as a method for more effectively being a member of the Thought Police. What if you believe something and after some experience of one kind or another you change your mind? Be careful what you suggest to your clients. Ask yourself: do I really have a right to do this? People who believe they are 100% right about matters of politics, science, education are more often than not potentially very dangerous. Think of the Spanish Inquisition. The bloody history of the 20th century shows us just how dangerous those fixed ideas (the 'idee fixe') in people's heads were. The body count of all those murdered in the last century by certain very similar

ideologies alone was well over 200 million (probably much more); that is more than all other wars in recorded history. Oh yes, cultural hypnosis can be very powerful. People can be literally ‘possessed’ by an idea. It is well known from his own writings that Adolf Hitler especially understood hypnosis very well indeed.

### **Installing ‘Holographic Confidence.’**

You can do the following technique in a hypnosis session to boost confidence or access and increase any emotional state you wish. It is easy. In fact it’s so powerful it’ll work without hypnosis! Of course we know we don’t ‘install’ anything.

#### **Holographic confidence script.**

(Hypnosis is assumed but not required – just closing your eyes and moving into the space before you is enough, people with a good imagination could probably get results without eye closure.)

*‘Imagine before you,*

*say 2 feet or so ahead*

*seeing yourself from behind,*

*and that you is 10 times more confident than you are.*

(Pause a moment)

*Step inside them now and **feel that confidence increase***

*throughout your mind and body.*

*Feel that in your mind and in your body...*

(Pause to let the feelings soak in)

*And notice...*

*say 2 feet or so ahead*

*seeing yourself from behind,*

*and that second you is 10 times more confident than the last you...*

*Step inside them now and **feel that confidence increase***

***even more!***

*throughout your mind and body.*

*Feel that increasing confidence*

*all throughout your mind and body!*

*Feels awesome doesn't it?*

*You like it don't you?*

*(Pause to allow processing)*

*And a third time to really reinforce the change...*

***notice...***

*say 2 feet or so ahead*

*seeing yourself from behind,*

*and that third you is 10 times more confident than the last you.*

*Step inside them now and **feel that confidence really increase***

*even more!*

*throughout your mind and body.*

***Feel that powerfully increasing confidence***

***all throughout your mind and body!***

*(Pause a moment)*

*And one last time for luck...*

*for a fourth and final time*

*notice...*

*say 2 feet or so ahead*

*seeing yourself from behind,*

*and that fourth you is 20 times more confident than the last you was.*

*They are so confident that they are the colour of*

*your colour of confidence.*

*So when you are ready -*

*step inside them now and **feel that awesome, unstoppable confidence really increase***

*even more!*

*Throughout your entire mind and body!*

*Every nerve, fibre, every part of you*

*radiating confidence!*

*Feeling that powerfully increasing confidence*

*as that colour of confidence spreads all throughout your body*

*all throughout your mind and body!*

*Wave after wave of wonderful*

***feelings of confidence inside, now...***

*(Allow processing time.)*

*If ever you see your colour of confidence*

*in your life you will **feel a further burst of confidence for no reason** (post hypnotic optional).*

*Now, keep these wonderful feelings of super confidence locked in,*

*as a gift to yourself;*

*won't it be surprising to see how*

***this abundant confidence manifests in your daily life just as you wish!***

(Repeat as required – you can get people to take two steps forward, two back, and then four forward, sort of gathering up and going back and gathering up ‘state x’ even more.)

### **Australian Aboriginal hypnosis: trauma trance imprinting.**

Many primitive tribes use a form of what you might call ‘trauma imprinting’ on their young men, usually about the time of the onset of puberty. This trauma imprinting uses hypnotic principles and the generation of a ‘trauma trance.’ The religious significance of these rites does not concern us here, only the hypnotic methodologies therein.

We will take the example of a particular Australian aboriginal tribe. I will leave them nameless. Remember the man/boy has been hypnotically primed for this psychically changing event since he was a little boy. His hypnotic expectation is incredibly heightened therefore – giving the performance its potency. Only a section of the ‘hypnotic ritual’ is outlined for brevities sake.

1. The young man-boy is isolated and blindfolded and taken to a ‘place of ritual’. ***In other words a pattern interrupt in daily living occurs, sensory deprivation utilised and his sense of balance is destabilised (think of a hypnotist tipping someone backwards) – both induce hypnosis or trance or both.***
2. Blindfold removed. Men dressed as ‘were-creatures’ of various sorts carry out a ritual drama. Dancing, crying out etc. in odd costumes. This is said to be done to revivify the ‘dream time’ or *altjeringa*. ***The ‘initiate’s’ attention***



*is fixated on the surreal performance about him, it is frightening and weird – he becomes absorbed in a state of waking hypnosis. Surreal images can program the unconscious, they can also destabilise ones sense of reality. ‘The dream time’ = the dream world of myth, the subconscious/unconscious.*

3. 2 men in costumes lay on top of the boy/man for two minutes. They leave him and go off singing with other men through the night. This is repeated for 6 days and nights. *Kineasthetic fixation, forced ‘intimacy,’ feelings of suffocation and fear, extreme emotional arousal, chanting (which is hypnotic), repetition of themes. Notice this occurs at night when the mind is most suggestible. Also the repetition will induce tiredness ensuring the defences are down.*
4. On the 7<sup>th</sup> day the man/boy is covered in ‘paint’ and lays down at night time by a fire. Men and women dance about him. The women are chased away by bullroarers (a type of loud musical instrument); he is beaten with many poles as a ‘magical verse’ is sung over and over. *Timing = hypnotic expectation and anticipation. He is painted ‘suggesting’ a change of his usual self. Some dance forms induce trance in both dancer and those watching, think of the ‘Whirling Dervishes.’ Shocking, strange music can induce trance, as can certain musical rhythms – they powerfully affect deep subconscious structures in the brain whether consciousness likes it or not. The ‘beating’ fixates his attention – on his body, on the pain within it. Hypnosis fixates the attention inwardly – see book 1, ‘How to hypnotise anyone.’ Religious slogan/s are repeated installing them into the unconscious using poetic language – see book 2, ‘Mastering hypnotic language.’*
5. He is taken off to be circumcised. *The whole build up to the circumcision prepares the boy for a transformation from boyhood into manhood. A trance-formation. ‘Trance’ means – 14<sup>th</sup> century derivation, ‘state of extreme dread or suspense,’ also ‘a dazed, half-conscious or insensible condition,’ from the Old French ‘transe’ that is ‘fear of coming evil,’ original 12<sup>th</sup> century use - ‘passage from life to death,’ from ‘transir’ that is to, ‘be numb with fear,’ - originally ‘die, pass on,’ from the Latin ‘transire’ – that is ‘cross over’ (see transient – ‘to go...’). French ‘trance’ in its modern sense has been ‘re-borrowed’ from English. What we are talking about here is the freeze response of all animals to stress. When we*

**are stressed and fearful we are programmable.**

6. Is hypnosis the deliberate creation of this freeze state? No, but it is similar.

I didn't even mention the massive social pressure on the boy/man undergoing such a rite. Even so-called 'hazing' at some Universities uses very similar principles, does it not? I personally do not like the term 'primitive' it sounds too much like primate. Traditional human groups are survivalists. As a 'modern' if you were left in the wild you would probably die quickly; a so-called primitive would thrive.

### **Why Freud's weird work is dangerous and of no use to us or our clients.**

The following attack on the motives and works of Freud should in no way be seen as an attack on the good will, integrity or professionalism of those involved in providing 'psycho-dynamic' approaches to mental health. I know that such approaches are fundamentally flawed and deeply misguided. Modern hypnotists such as myself are at 'war' with 'Freud's ideas' whether we know it or not.

Let me lay my cards honestly on the table: I think psychoanalysis is total bullshit. I have no respect for it at all as a 'treatment.' I don't use cave man tools thanks.

A good hypnotist has no use for and should never under any circumstances use the techniques of Sigmund Freud or his 'disciples.' His ideas are in my opinion and many others injurious to mental health. Carl Jung methods are pretty much worse than useless too. You need never use either of these characters techniques. They won't heal anyone. It doesn't mean there isn't a slither of 'truth' in certain insights within those fields, just that they are worse than useless in therapy. Listen a stopped clock tells the time right twice a day!

I will tell you some of the reasons why I say these things. To tell all would require several volumes! In fact others have written books about the subject!

On close examination...

- Freud was a poor man before he 'invented' psycho-analysis. He was a cocaine addict. He was a doctor with very few clients. He was a total failure by 40.

- He convinced a friend to try cocaine, the friend became an addict and his addiction eventually killed him.
- Dream interpretation is not required to help anyone. We are supposed to forget our dreams upon awakening more or less. Dreams are for the dream state. One of the main purposes of dreams is to discharge anxiety.
- Freud originally used abreactions when a patient was under hypnosis; this he learnt from Dr. Josef Breuer. There is no need to cause an 'abreaction' in anyone to affect healing. An abreaction is when someone is directed toward an unpleasant experience and or trauma to revivify the feeling and supposedly discharge it; it is also known as a 'catharsis' (see Aristotle's 'Poetics'). It is crude and painful. It doesn't always work; in fact it can re-traumatise some people further. A trauma victim wants the feeling to go, not to re-experience it. Although Milton Erickson did make extensive use of abreactions in his patients there are nicer ways to solve such problems. In Erickson and Rossi's book 'The February Man,' Erickson guides a woman through an incredibly convoluted yet undoubtedly creative process over several sessions to get rid of a phobia. I can do that in 10 minutes without hypnosis. As an interesting closing point: abreactions are used in the Dianetic techniques of Scientology.
- Focusing on the past and on oneself are patterns of many people with depression. As psychoanalysis has this at the root of its methodology it will make this habit of arousal inducing rumination worse. Also anxious rumination leads to over dreaming and exhaustion upon awakening. This is why people undergoing psycho-analysis get worse. And they do. I have met them and 'cured' them in one session so I know. Many people report feeling suicidal after such types of 'counselling.' Some people end up on anti-depressants as a result. No! Who would have guessed!? As I said many of my clients have been harmed by those using such methods – how do I know? They told me! You mean going over traumatic past events is dangerous?! Who knew!!! Is it good to pick a scab?! Basically psycho-analysis helps set up the patterns that cause anxiety and depression in vulnerable people!
- Freud's misguided disciples often believe that all problems are 'deep rooted.' For example: that if a hypnotist gets rid of a phobia, well, sorry he hadn't dealt with the 'underlying issue.' This is complete b\*ll\*%\*t! 99% of

the time a phobia is simply learnt, conditioned into someone or arises as a result of a stress build up as people's essential needs go unmet. I had a young woman and her mum who both came to see me to get rid of a spider phobia. As a little girl the daughter had simply copied her mum's reactions to seeing a spider: it was that uncomplicated. The only other alternative is that it's a 'metaphorical phobia.' I'll talk about that later. Even depression, which you can lift in some people in one session, if you know how that is, is not – 'deep rooted' (where specifically are the 'roots'?) The gains of competent hypnotherapy are kept for life and at a reasonable price. I know because I've done it, as have many others.

- When travelling to the United States to spread his ideas Freud confided to a companion that he was 'bringing a plague' to that country. Excuse me???! His companion? Carl Jung, both passengers on the ship George Washington on Freud's only visit to the US. His exact words were, 'They don't realize that we are bringing them the plague.' The plague – a highly infectious disease. Hmmm?
- The epigram (quote before a text) that Freud chose for his book, 'The Interpretation of Dreams,' was a line from Virgil – 'If I cannot bend the higher powers, I shall stir up hell.' Hardly the words of a healer.
- On another occasion he told somebody that he was worried because he was going on holiday and concerned that in his absence his patients would get better!
- Most if not all disciples of Freud believe that Freud used hypnosis and then saw its faults and 'invented' his method from it. No, read history books please, his 'inspiration' and methodologies were in fact based on very ancient sources. It is beyond the scope of this work to delve into that here. Interested readers should give, '**Battle for the Mind**' by British Psychiatrist **William Sargent** a glance. That at least is a good starting place. Modern hypnosis is derived from the work of Dr. Milton Erickson, the American psychiatrist. The followers of Fraud, I mean Freud are largely ignorant of Erickson (especially in the UK) although anyone with any brains knows he was the best therapist of the 20<sup>th</sup> century. He was goal focused, creative and brief!
- Freud's 'theories' and 'practise' were derived from just 6 clients!!! He

called them patients. The long term response for each of those 6 people was not good at all. This alarming fact is unknown by the general public and most therapists. Psychoanalysts being good 'cult' members won't even go there! Let me warn you: all cultists hate reality!

- His concept of the unconscious was moronic, infantile, perverse and dangerous. I had a young lady client whose deeply religious parents had told her that her unconscious was her worst enemy – they had read Freud and fell for it hook-line and sinker! She had honestly believed that 'it' was out to get her – even though on the surface Freud's ramblings and her parent's religious beliefs were entirely incompatible! In part the massive stress of this belief led to her developing OCD (Obsessive Compulsive Disorder) and then depression (co-morbidity) – this led to a temporary psychotic break as she started to process reality through her dreaming brain. The subconscious/unconscious is entirely benevolent. It is only EVER trying to help you: fact!
- Freud believed human nature was evil! Excuse me??? All humans are born basically good but they can be warped through indoctrination and abuse into being evil, that's for sure.
- People who have been brainwashed by psychoanalysts can start having psychoanalytical dreams not their own!!! In fact I had a client who was a teacher who had undergone psychoanalysis – she confirmed it was just like being brainwashed. Such people therefore lose or are impaired in the ability to create their own unconscious symbolism. Individual symbolism is a defining quality of being human. This is why we all share a language with our 'linguistic community' but we use our own preferred words and phraseology. Children do not speak exactly alike, their subconscious 'recreates the language.'
- Interestingly Freud attempted an authoritarian form of hypnosis on his patients early in his career. He had false teeth due to his cocaine use and his patients just couldn't relax listening to his unpleasant voice. This is why he attacked hypnosis so vociferously - he was a failed hypnotist. He also probably attacked it because it worked.
- Freudian 'talking cures' are in fact a form of covert conversational hypnosis. All non-drug therapy uses hypnosis whether it likes it or not. That

is too complex a matter to be covered here.

- Freud's theories of 'sexual repression' were at the heart of his 'treatments.' Do you know anyone that's sexually repressed nowadays??? People's problems arise from stress!
- Freud wanted to see the extinction of religious belief. Why? What business of his was it what others religious beliefs are? Any therapist who seeks to impose their beliefs on others is in the wrong profession – it's the exact opposite of what any good therapist should do. The explicit warning he gave was that religious people are mentally unbalanced. 'Religion is comparable to a childhood neurosis,' 'The Future of an Illusion,' 1927.
- The fuzzy goal of psycho-analysis is to produce a transformation in personality; sometimes they use vague nominalised concepts like – 'greater maturity.' Riiight! Excuse me but the goal of therapy is to bring specific relief to a specific problem or series of them. The core personality should remain untouched. Mind your own business springs to mind.

That is the tip of the iceberg folks. This rather odd subject can be studied further if you wish. Make up your own mind but what kind of a man are we dealing with here? Hmmm?

### Freud and hypnosis's mutant offspring: hypno-analysis.

'Hypno-analysis,' so-called is used by some 'hypnotherapists' who believe 'insight' to problems 'cure' people and it is more readily achieved by using hypnosis. Curse would be more like it. It does not work. **Digging up unpleasant memories can cause a psychotic break in some vulnerable people. It is also one of the first steps in brainwashing someone.**

Just recently I saw a man who had seen a very kind and well-meaning therapist who had used these methods. He had spent hundreds and hundreds of pounds over a year and felt worse off. He only wanted to feel confident. That was his goal. Instead the 'therapist' had dragged up abuse memories and got him focusing on his past. Interestingly you can almost always tell if someone's undergone any form of psychoanalysis because they talk too much!!!

I cleaned up his past in 10 minutes so that he could let it go. This involved him visualising bubbles. I gave him back his confidence in under 10 minutes through

symbolology work. As soon as he emerged from trance he reported thinking about things differently and feeling very confident. I saw the confidence flowing through him during hypnosis. With real hypnotherapy improvements are noticeably right away. This is because they are 'in tune' with how the brain really works.

In closing it is a fact that ALL forms of 'critical debriefing' have been shown to programme trauma more deeply into the mind, thus preventing 'natural healing mechanisms' to work at an unconscious level! Also therapists put themselves at risk of developing PTSD (Post Traumatic Stress Disorder) by listening to their client's horrific tales!!! Psychoanalytical methods are dangerous and useless to client and therapist.

You have been warned. In order to be well, people need to focus on solutions and the 'resources' available to effect the solution. I see myself as a person hired by a client to get them quick and safe results that last. I achieve this and so can you.

### **Other subjective theories to ignore.**

There are two highly subjective practices that are surplus to a hypnotist's requirements.

#### **We are passed 'Past life therapy.'**

Never use past life regression in clinical therapy: it's a subjective, religious belief and so has no place in a serious hypnotherapist's repertoire. Avoid any technique that possibly imposes a belief system on those that don't share it in general. I once had a client who told me,

'I saw a woman who told me I have problems now because I was a murderer in a past life.'

I just looked at her and said,

'O-k...'

She laughed and then I got rid of the problems. If she had past lives (I remain unconvinced) they didn't mind me helping.

Past lives are derived from a religious belief and practice from the Hindic Civilisation. I am however never rude nor do I ridicule such requests for 'past lives therapy' or just the experience of 'seeing if I have had past lives.' I say stuff like,

*'I can do that (doubting tone) but I never have so it would be an experiment for both of us.'*

Or

*'We could do that but I have no idea whether it would be true or just your imagination.'*

No one has ever asked or booked an appointment for such an experience after that. In order for hypnotists to have any respect or good standing they must I think entirely reject any approach that smacks of what you might call 'subjectivism.' At the least you'll break rapport if confronted for example by a Christian or Atheist needing help.

Change techniques should remain ideologically neutral.

*The nonsense of NLP timelines and 'timeline therapy.'*

Never use NLP timeline stuff. It's all gibberish – you don't need it. Timelines do exist, however they should NOT be tampered with. They make up part of the uniqueness of everyone.

NLP emphasises 2 main timelines. But people do not have just...

- 'Through time' (so-called 'Western time' represented as a straight line going from left to right) and...
- 'In time' (so-called 'Arabic time' represented by the past being behind you and the future ahead).
- Note: there are as many different timeline configurations as there are people. Some people's timelines are like helter-skelters. Leave them that way. **You have no right to fiddle with people's uniqueness.** Our job is to help people solve problems not alter their perception of reality or their fundamental personality.



*I can help people overcome **all** problems without any timeline stuff. It's surplus to requirements.*

The only thing I learnt about timelines that helped was that if your date sees time as a straight line in her mind she'll turn up on time. If she doesn't – yikes! The other time lines turn up whenever they want!

*Metaprograms and other tooth fairies.*

NLP trainings talk about fictitious entities called 'metaprograms.' They are supposedly preferred personality types and behaviours. They don't exist. No more than nominalisations like 'shy,' 'taciturn,' 'extrovert' and 'introvert' do. Knowing about 'metaprograms' will help you in therapy in no way at all. I never use them, they're utterly pointless. Much therapy training is a useless waste of time and energy.

All forms of personality testing are stupid; being able to judge someone's character accurately is something anyone can do; you are born with that ability. People can't be divided neatly into either or paradigms. 'Personality' and life are too fluid and dynamic to be measured. It is a desire of business to want to quantify the unquantifiable to reduce risk. The modern world had made people 'technique addicts' – a world of technocrats! However 'metaprograms' as a series of 'governing beliefs' or 'dominant beliefs' do exist. These control a person's life from morning till and through sleep. Ditch all jargon and psycho-babble when speaking to clients.

**Fears of demonic possession.**

Some cultures and religious practises believe that hypnosis/trance can 'open you up' to demonic possession. Never poo-poo such beliefs which are sincerely held. Assure the person that you know what they are talking about and that they are safe. Hypnosis is just like watching TV they are not 'open' to anything. That should do it. It also happens to be true.

**Adventures in time distortion.**

Time distortion occurs naturally in the hypnotic state. Many people upon awakening from trance feel as if only minutes have passed when in clock time they have been hypnotised for an hour. Interestingly those who claim they were

abducted by aliens report time distortion as did those in the Middle Ages who claimed they'd run off with the fairies.

The subconscious controls a person's sense of time. Remember the long day of childhood when a day seemed to last a week? Remember that boring time when things just dragged by so awfully slowly? Remember a time where you had a fantastic day and everything just flew by? Before you knew it that day was gone, in a flash!

The strange history of time.

There are two types of time: clock time (solar time) and subjective time. Solar time or clock time derives from the 'Babylonian time system.' Also known as the 'sexagismal system' (based on 60 minutes, 60 seconds etc.), which can be traced back to ancient Sumerian civilisation. The points on a clock represent the position of the sun in the sky. This you might call 'collective time.' The wrist watch and modern clocks really came into being following the industrial revolution; clocks were essential for getting people into work on time. Half hour for lunch, then the factory whistle blows: everyone back to the factory lines. 'Time is money, money, money,' as the song says. Until this period in history it was the passing seasons, the intensity of sunlight, the length of shadows, the rising and setting of the sun, the migrating birds, the spring lambs, the changing weather that told you the time.

During the so-called Middle Ages in Europe the church bell summoning the flock to worship/indoctrination (depending on your point of view) and prayer was the only form of 'collective time' for the vast majority of people in the West. Major holidays (holy days) would have also shown time's passage – Easter (Spring Equinox), Christmas (Winter Solstice), Harvest Festivals (Autumn Equinox) etc.

Therapeutic use of time distortion in trance.

History lesson aside what use can the hypnotist make of subjective time, our own sense of time passing? In this modern world of hyper fast time: the time engendered by city life as opposed to natural country life many people feel subjectively pressed for time. Not enough time on one's hands is a common complaint from many of my clients. Not enough time to spend with family, not enough time in the day. Their perception is that their current quantity of time is

insufficient. Their subconscious has been conditioned to ‘civilised time,’ or ‘stress time.’ The ability to experience slow ‘country time’ is in the neural networks before birth. You can give someone who has this problem a suggestion as follows,

Resetting natural time script.

*‘I know that up until now you have felt you lacked enough time in the day to do the things you needed, wanted to do...but your subconscious mind is in charge of your sense of time passing...we have all experienced that sense of time seeming to pass quickly or slowly, have we not? And your subconscious can change your sense of time passing safely and appropriately so that you just seem to have all the time you need to do all you want to do, unconsciously, now.’*

I also use time distortion with clients who are smokers or drug users to help them cope with withdrawal and or cravings; I might say something like...

*‘Your subconscious is in charge of your sense of time, and when appropriate if any minimal cravings or withdrawals occur they will seem to pass so quickly that before you know it they are gone and you feel fine again.’*

I have explained this intervention more fully latter on in your book. You could write a book on this subject alone, in fact someone has! For the interested reader I highly recommend,

**‘Time Distortion is hypnosis’ written by Lynn Cooper and Dr. Milton Erickson.**

It’s a bit dry but this book explains Dr. Erickson’s experiments with time distortion. He would hypnotise a client and explain clock time and subjective time, then he would say something like,

*‘You have all the time you need in hypnosis, days can seem like weeks, hours, minutes – I will give you a signal in a moment and you will experience a week of time even though only 5 seconds of clock time has passed – GO! (Wait five seconds) Stop!’*

The patient/subject would then relate what had occurred in that time and lo and behold subjectively they had experienced a whole week in their mind! Bizarre but true. You will learn as a hypnotist that **truth is bizarre** because it is the

opposite of what you had been conditioned to believe.

In 'hypnotic therapy' we are often just resetting natural abilities. As Yoda said, 'You must unlearn what you have learned.'

### **Hypnotic healing power – mind-body secrets explored.**

Mind-body healing does occur. First a caveat - when I use the term 'mind' I am not referring to the same thing as 'soul.' I mean the physical nervous system, including the brain. A relaxed and stress free body heals quicker than a stressed one. Hypnosis itself seems to reset a nervous system that has gotten out of balance. I have no idea how or why this is the case. So **the trance state is in and of itself healing and highly therapeutic.** People love the trance state, if they are habitually stressed they may not want to come out of it when you want them too, you will most likely rarely have trouble hypnotising 99.9% of clients – it just feel too damn good!

### **Ultradian waves?**

There is intelligent speculation by Dr. Ernest Rossi that hypnosis utilises what are known as 'ultradian rest cycles.' These are naturally occurring 90 minute cycles of rest and alertness. Every 90 minutes or so, the mind-body system wants a break, it wants to relax and take it easy: to rest. We become more day-dreamy, our attention softens, it's harder to concentrate and our mind naturally wants to drift. Do we have to obey this 'ultradian rhythm?' No, not always; you can override it but if you don't take enough rest you will become ill and stressed – overloaded.

### **Allostatic load.**

There is a certain amount of stimulation or allostatic load (wear and tear) that the mind-body system can deal with before stress and disease processes begin to result. Too much information is also stressful. Think of country living: very little information – result – calm and happy. Why do you think as most people become more prosperous that they move out to the country?! Set limits on information consumption – some people are 'info junkies.' We need information to make good decisions but quantity is not quality. Also note that some people are addicted to the feeling of excessive allostatic load: the so-called 'adrenaline junkie.'

A good way to think of allostatic load is in the following way:

Imagine a transparent body on a page. As that person gets more stressed the body fills up with liquid (adrenaline/cortisol etc.) if that liquid level reaches the waist alarm bells go off – you get phobias, panic attacks etc. If it reaches the head BOOM! I had a neighbour who within a few years experienced the loss of his parents, house and job. Within a year of losing his house he was stone cold dead from cancer.

Exercise as already said is one major remedy but hypnosis can in the short-term alone be used to treat the ‘allostatic imbalance.’ There is probably nothing better for calming down than hypnosis. It’s not just deep relaxation – its deep *hypnotic* relaxation. It is a whole other order of things. You can never get that relaxed in the waking state – it’s not going to happen ok. A chronically stressed person is habitually and therefore unconsciously activating their sympathetic nervous system too often. This over time leads to exhaustion: you cannot be preparing for danger all the time; the sympathetic phase of the nervous system starts the arousal ‘fight or flight’ processes. In hypnosis the parasympathetic ‘calming down’ phase of the system predominates. Once a person has been hypnotised they will feel much calmer in general. They will have felt tension for so long that it seemed perfectly natural – they had adapted to it. This is why clients sometimes report feeling a bit ‘spacey’ or spaced out after a trance session. In reality they are adjusting to the new normal of feeling very calm. In trance you can give a stressed person the following suggestion,

*‘You had been experiencing the predominance of your sympathetic nervous system working on your behalf, over protecting you but now the parasympathetic, the **calming down** phase of the nervous system can predominate.’*

### Hypnosis and the immune system.

The digestive tract and skin are the major defensive ‘forts’ of the immune system. Hypnosis can be used to boost the ‘immune system.’ The immune system is after all a subconscious process/system. Therefore it can be ‘spoken to,’ persuaded if you like to work better. Cancer occurs when the immune system is faulty and cannot effectively fight off cancer cell proliferation, which naturally occurs in healthy people all the time anyway, but the cancer cells are killed off. A depressed immune system can therefore lead to cancer. Depression affects the

immune system making people prone to a whole host of difficulties. Again I have said before, in book 1 'How to hypnotise anyone,' – in real depression the person is intensely stressed and anxious. Hypnosis alone can break this pattern and start a healing response. On its own it's not enough but it is nice drugless start.

Allergic responses are also controlled by the immune system: they result from what you might call a 'hypersensitive immune response,' detecting 'danger' where there is none. A word of caution however, **some allergic responses occur in response to actual toxins.** So be careful when you intervene. People need to know if they have been poisoned so that they can seek medical help. But if someone has an allergic response to bananas there is no good reason for that. Bananas aren't potentially lethal toxins. You can actually stop a person using hypnosis from having an anaphylactic shock, the extreme and potentially lethal reaction to a massive amount of histamine production. In book 4, 'Forbidden hypnotic secrets,' I'll show you a way to do this. The body has been fooled that something is threatening it when there is actually no danger at all. Allergies are highly treatable using hypnosis. I would speculate and it is only speculation on my part but what you might call a pervasive 'toxic background' may account for some allergies – think of all the chemicals we come in contact with on a daily basis, the pesticide on our veggies that the livestock eat too; it's all so unnatural. Our immune systems may be so overworked that in some people they have become 'trigger happy.' The 'allergen' is simply the straw that breaks the camel's back.

As I have said: city living is unnatural too. As the famous naturalist Desmond Morris has written, we live in 'Human Zoos,' we are designed as hunters, with all those instincts still within, yet we live in cramped, overcrowded, concrete moon surface cities; as with animals in zoos this can lead to suicide, murder and psychosis. Man was meant to awaken, look out of his dwelling and see nothing but trees and fields.

*Be warned: hypnosis can also trigger a histamine response.* You can hypnotise someone into having an allergic reaction. This has been done. Always be careful what you suggest. Just as you can stop anxiety and fear using hypnosis you can also create it: believe or not this has been done experimentally, I will cover this 'experiment' in detail latter. *For your learning purposes only:* I will give you a script similar to the one used to induce 'terror' in volunteers. Would you ever use it? Hell NO! But you can use the principles of the experimental script to induce

good feelings. I'll show you how. **Never use hypnosis to induce pain. EVER.** Apart from the sadism of such behaviour you may well taint the hypnotic state itself via association.

The idea that you need to feel bad to start feeling good is as stupid, clueless and dangerous as saying that before putting a plaster on a broken leg you should twist it a bit first!!!

Mind-body healing processes using hypnosis may only be at the tip of the iceberg right now. In fact they obviously are. When the right 'symbolic-neural processes' are discovered and stimulated many seeming miraculous healing changes may be possible without drugs. The keys to the healing mind can and will be found.

A stimulating though flawed (due to the heavy psycho-analytical methodology) book on the subject is,

**'The Psychobiology of Mind-Body Healing,' by Ernest Rossi.**

Remember a book is only ever a stimulus to further thought and enquiry, never an end to itself, including this one! This leads me to write about...

The mystery of the 'placebo response.'

Let me tell you a true story. A woman visited her doctor with a complaint of abdominal pain. On further investigation it turned out this woman, who was in her sixties, was afflicted with a bizarre condition whereby her womb had become fused onto other internal organs nearby. The only remedy was a hysterectomy; obviously this would involve invasive surgery (physically and psychologically). This woman was deeply religious, a Christian (I am not by the way). She prayed to God for help. On her next visit to the doctors a seeming miracle had occurred. Her womb was now normal; whatever had caused the strange fusing was undone. Now, that we know, this was an entirely physiological problem. The doctors were baffled. No surprise there then! So the question I leave you with is: what actually happened?

Another story about a younger woman, a mother, diagnosed with cancer. The cancer she was told was terminal. The doctor advised she stay in hospital and wait to die. Nothing could be done other than to make her as comfortable as possible. The young woman looked at the doctor, her three young children in

tow and said, 'I'm too busy to die.' She left the hospital. She did die. 50 years later from an entirely unrelated illness.

Another unsettling tale: woman goes to doctor. She has inoperable cancer; he (the Dr) believes. She ignores his advice – seeks another method of healing and is cured – cancer free for life. The doctor gets the same cancer and dies. His belief killed him – a bit like voodoo deaths which are real – if you believe in voodoo. People can lose the will to live and die at any age. Tragically, children who have been violently sexually and physically abused can just curl up and die from it. This is well known.

Lastly I read about a study whereby people with cancer were told they were being given chemotherapy. But they weren't. Many developed the known side-effects of chemotherapy however!!!??? 'You are now entering a place beyond sight and sound, a place known as – the Twilight Zone'...cue music. Actually you could use Rod Serling's intro to the Twilight Zone in a trance induction!

Now, if these 'mechanisms' of healing were known: how much money and heartache would be saved? The fact is Governments, the medical profession and big pharmaceuticals are clearly not interested in researching these things. If they are and have, they have kept it hidden from the rest of us.

### A deeper magic?

I call the placebo response and the healing ability triggered by hypnosis a 'deeper magic,' now it's not magic but it reminds me of the book, 'The Lion the Witch and the Wardrobe,' by C.S. Lewis; when Aslan the lion is seemingly killed in a sacrificial ritual by Jadis, the evil Queen of Narnia; Aslan's sacrifice makes him more powerful than ever before. The witch didn't know this but Aslan knew that there was a 'deeper magic.' As I've said before with regards to hypnosis no one understands how it works - at all.

### Nacebo...

The opposite of the placebo is the nacebo response. This is for example where in studies volunteers being given trail 'drugs' have been told they may cause 'side effects' (just effects really) and so the expectation of them causes 'side-effects' from just taking harmless sugar pills. It happens. The human mind is a funny thing. The power of 'hypnotic expectation' will be covered on and off throughout this book as you might have already noticed.



## **The truth about failure.**

Failure occurs 99.9% of the time because –

1. The goal was dumb and unachievable.
2. An unrealistic model of reality exists.
3. Giving up too soon.
4. Doing the same thing even if it fails – i.e. insufficient flexibility of approach. You are too dogmatic!
5. You colour your hair orange!!! This will be explained in the final module of your present book. It has to do with losing that ephemeral thing: ‘prestige.’

## **Trace hijacking – personalising hypnosis.**

Trance-hijacking is just the utilisation principle. You find out where and when people become very absorbed in an activity and get them to imagine it in trance or to go into trance. Say I help a professional musician, or someone who plays guitar just for pleasure. Anyone who knows anyone that plays an instrument well knows that they go into a musician’s trance. They aren’t here; they’re off out somewhere else. As they will say, they are, ‘...using another part of the brain.’ You could say something like this to induce trance,

*‘Remember a time/I know there have been times...when you were playing your guitar and you **feel so absorbed** as you do. Holding the instrument, your fingers on the strings, listening to the wonderful music that your creative mind can produce and expressing that in your own unique way. You **become so involved** in your playing, do you not? My brother plays guitar and when he does his face changes, he gets his ‘guitar face’ because as he says **you’re using another part of the brain when you play**. That’s right. It’s as though **you forget your surroundings...as a hypnotist watching him I’d say he does go into a trance state**, but an awake one. A waking trance, now. Is that something **you feel that** too?’*

Notice the last sentence is grammatically incorrect. That’s why it’s hypnotic. I spoke about eliciting trance by speaking about it, describing it in book two, ‘Mastering hypnotic language.’ To find out what does absorb a person just ask,

*‘What activities that you do absorb you completely?’*

That question itself is hypnotic, it will also pattern interrupt a person. A ‘pattern interrupt’ used to be called shock. But if you’re selling something you have to make up new names to pretend it’s original so you can charge money for a natural occurrence.

### **Pattern interrupts: shock by Spock!**

The 1978 film ‘Invasion of the body Snatchers,’ has a great example of a ‘pattern interrupt!’ NLP nerds and hypno-nerds are always going on about them, as if they are the be all and end all. Milton Erickson used to do one called ‘the handshake induction.’ I’ll teach you this in book 4, ‘Forbidden hypnotic secrets.’

In the film Leonard Nimoy (Spock in the 1960’s Star Trek) plays a psychiatrist Dr David Kibner who is trying to convince Elisabeth Driscoll played by Brooke Adams that there is no alien ‘invasion.’ The pattern interrupt goes like this...

- He questions Elisabeth intensely as to why she feels people are becoming aliens. She must go into light trances to retrieve this information which is linked to powerful emotions.
- The pressure is placed on her to prove herself to an ‘authority figure.’ Someone who she believes is able to declare people sane or insane. So there is an unspoken presupposition that he could have her locked up.
- He uses truisms – ‘...people are increasingly irresponsible,’ ‘...people have too many relationships,’ ‘...the family unit is breaking down,’ etc. These are obvious and make the critical faculty go down, switch off. It’s a ‘yes set’ – see my first two books to find out what this is, if you haven’t already.
- Jeff Goldblum’s character Jack Bellicec approaches the two; completely unexpectedly Dr. Kibner grabs Jack, slams him against a wall and yells,

‘...I want you to stand still, be quiet and stop!!!’

- This instantly causes Elisabeth to freeze up and to follow the commands given even though they weren’t given to her. Kibner has her confused, entranced and open – through shock - to suggestion! This is waking hypnosis. He convinces her that there are no aliens, when there are!!! **Her**

*current pattern of thought and emotion is interrupted through shock, she becomes open and programmable.* See? Go and watch the film, it's a great movie anyway. The ending is brilliant.

### **Moronic hypno-indoctrination and dogma.**

*'Live in the moment.'*

A good way to create a drug addict. Wrong! Think about the consequences of your actions on yourself and others. Think Long term! Those are better ideas. Very wealthy people are not short term thinkers at all. They in fact make long range business plans.

*'You can do anything you put your mind to.'*

No you can't idiot! Sprout wings and fly! See you can't. Add 27 with 52 and make it equal 2 billion. You can't do it. You have limits, we all do. Some things are impossible. Thank goodness. Some of these sorts of ideas are potentially very dangerous.

*'You have unlimited power!'*

No, average people have very little control over many things in their lives. We have varying degrees of influence in life. You could say,

*'We have varying degrees of influence and control it varies; you can relax with that fact.'*

*It is a fact that much 'self-help,' 'education' and 'therapy' is actually installing harmful delusions in people.* It can make them dangerously hedonistic and irresponsible. There are a great many people who rate themselves far too highly. Few people are born geniuses. Look at the talentless zombies on so called 'talent shows' – total delusions of grandeur! These programmes encourage the current pandemic of narcissism all Western societies are afflicted with.

*'You are responsible for everything that happens to you.'*

This is so outrageously stupid and puerile that it warrants no serious consideration. Are children who are sexually abused responsible for it through not 'thinking positively' enough? There is no 'Secret' folks!!!

I know of one highly respected NLP Master Practitioner and trainer who shall remain nameless, who will tell clients in hypnosis,

*‘If you don’t get better things will get worse and spiral into chaos.’*

What the hell kind of dumb and potentially dangerous suggestion is that to give anyone!? Let alone a vulnerable person who needs help. It is tantamount to a command to experience psychosis. This happens when therapists fail to understand the complexities of life faced by clients and when they lack the knowledge that people have certain needs that **MUST** be met. Imagine if you could programme people to tolerate terrible situations. This would be Brave New World realised.

*‘Everything happens for a reason.’*

Oh dear. Let’s stop now.

Have you ever wondered why these self-help gurus know how to be a ‘success’ and can teach everyone else but they have never been a success at anything other than telling others how to be? Haven’t they got any other talents they could succeed with? Hmmm?

### **Most ‘conversational hypnosis’ courses are a scam and a waste of time.**

The biggest scam in contemporary hypnosis is so-called ‘conversational hypnosis’ as opposed to ‘direct hypnosis.’ In book 2, ‘Mastering Hypnotic Language,’ I pretty much showed you what to do with words to induce hypnotic trance. There are tons of highly expensive courses with 24 DVD and MPG downloads that cost hundreds and thousands of pounds/dollars/yen by self-proclaimed ‘experts’ on talking weird to get what you want, that **FORCE** others to do your bidding. Ah! So acting like a psychopath. I don’t want others to do what I want; I want them to do what they *really* want. These scammers claim you will be ‘rich’, ‘a success with the ladies’ (these products are always aimed at powerless men who are not getting their emotional needs met) or just a ‘success’ – if only you had these ‘secrets’ you would be part of an ‘elite.’ No, you will waste your time and money. Courses that offer Faustian hypnotic pacts with Mephistophelian hypnosis wizards from bizarre backgrounds are at best a farce, at worst pathetic.

By the way modern direct or ‘authoritarian’ hypnosis can work fantastically IF

you know how to use it properly.

### **Hypnotic ASMR.**

ASMR (autonomous sensory meridian response) also known as the ‘nameless feeling’ is just when we get deliciously pleasurable head tingles. Some people are semi-addicted to this natural phenomena. In real life it can be triggered by...

1. Slow, accented, or unique speech patterns.
2. Watching educational or instructive videos or lectures.
3. Experiencing a highly empathetic or sympathetic reaction to an event.
4. Enjoying a piece of art or music. Music triggers head tingles in one of my friends!
5. Watching another person complete a task, often in a diligent, attentive manner – examples would be filling out a form, writing a check/cheque, going through a purse or bag, inspecting an item closely, etc. I used to experience this when I was a little boy at school. I would sit next to a friend on a warm Friday afternoon watching them draw or just talking to them and get ASMR. Odd.
6. Close, personal attention from another person
7. Haircuts, or other touches from another on head or back, such as...
8. A head massage.
9. Whispering.
10. Chewing gum noises!

Ok let's stop there. Not everyone can experience this but if your client can, how can you use this in hypnosis? Let's assume the person is under. You say,

### **ASMR elicitation.**

*‘Everyone has had the experience of head tingles, or ASMR, it's a wonderful feeling, that starts in the head and spreads down the arms and body...can you*

*remember a time that happened to you? Sometimes music triggers the feeling, sometimes whispering, music, pleasant attention, a haircut, tapping nails, many things can make **you feel head tingles**; have you ever had that happen? Make the memory of that time vivid – see what you saw, hear what you heard and **feel** how **wonderful** those **head tingles** were. That's right. Turn that feeling into a colour and let the tingles spread all throughout your body...intensify that feeling....more and more and more...now.'*

That's just one example of how it could be done. I find people like experiencing wonderful, even blissful feelings in hypnosis. It's much better than getting them to have a hand raise up or forget their name: people won't resist pleasure, especially if it's free. Pleasure is the best convincer if you're going to use any as I said in book 1 'How to hypnotise anyone,' I rarely do. It can help with drug addicts for example. You are showing that the brain can produce all the natural uppers and downers they need without external aids, demonstrably. Good for breaking depressives' patterns and expectations too.

If you want to find out if something like the ASMR revivification might be something a client would like to experience just ask,

*'Have you ever experienced ASMR?'*

If they have they will know what you are on about, the 'ASMR community' is a small internet cult. I wouldn't have even known about it if a friend of mine wasn't addicted to listening to young women whispering on youtube. It takes all sorts!

### **A hypnotic 'heightener.'**

In hypnosis we usually say down to induce/deepen trance. You can send someone sideways 'lateral-nosis' or anyways. You can send someone up and down or round and round. Here's a way to use something called 'the apposition of opposites.'

#### *Flying on the hypno-plane.*

(Hypnosis is assumed)

*'Imagine you are boarding an airplane at an airport...*

*you take a comfy seat and start to **relax deeply.***

*You are the only passenger aboard*

*and you are looking forward to going on a fantastic  
enjoyable journey...*

*You put on your seat belt and the plane begins to taxi toward the runway...*

*You see the other planes and passengers outside...*

*all the hustle and bustle that you can leave behind for a while...*

*Flying is such an unusual experience that most people*

***become deeply absorbed and fascinated in the whole experience.***

*The plane is in position to take off...*

*It heads down the runway...*

*faster and faster...*

*you feel the excitement and anticipation of take off...*

*Faster and faster you go...*

*you can hear the roar of the engine...*

*On and on and on...*

*faster and faster...*

*and 3*

*2*

*1...*

*The front wheels lift off the runway and you...*

*take off on a journey*

*inside your mind...*

*you wonder where you might be going*

*and what you might experience here and there...*

*so you **fall into a deep state of hypnosis** just considering...*

*the many possibilities...*

***You are so calm** and relaxed*

*as the plane goes higher and higher...*

*And the higher it goes*

*off into the clouds*

*and beyond, the easier*

*you can **go deeper and deeper into hypnosis...***

*you just begin to drift off*

*imagining what things;*

*what new and exciting things you can do in this place*

*as the plane goes higher and higher and **you go deeper and deeper***

*into a heightened state of inner awareness...*

*And as I count from 10 – 1*

*the plane rises higher and higher*

*and you go deeper and deeper with each number I count down...*

***all the way down...***



*so in a way, in your own way*

*you can go higher and deeper...*

*deeper and higher* (confusing – ‘apposition of opposites’ – see book 4  
‘Forbidden hypnotic secrets)

*and*

10

*And every time I say ‘**deeper**’ that state intensifies as you go higher...*

9

8

*Deeper and higher...*

7

6

5

*Higher and **deeper**...*

*all the way up and up...*

4

3

*And **all the way down***

*as **deep** as you’d like to go*

*each and both of you, now...and*

2

*And 1;*

*and you are off somewhere very nice and pleasing are you not?*

*And when on your journey did you **go into deep trance...**?*

*You are soaring higher and deeper*

*and further and further off*

*and maybe my voice is so distant*

*like the sound of the air currents outside...*

*or the comforting hum of the engine...*

*and **you drift off pleasantly, deeply***

*as you head toward your desired destination, now...*

### **Hypnosis doesn't command but it does negotiate with the subconscious.**

When you hypnotise someone you don't tell them what to do, you offer sensible alternatives: if the subconscious doesn't think your suggestions are suitable for the person, it will reject them. A powerful survival function known as

'subconscious rejection' will occur. The suggestions will not be taken on board or acted upon to any degree. You may well successfully hypnotise someone: they may experience a lovely, wonderful feeling when in the hypnotic state and then: nothing happens. The interventions you used were wrong for that person. You didn't have the right key. Back to the drawing board! We learn and become better hypnotists and 'healers' as a result of our failures. Do not fear failure, it will teach you much. You'll improve a result of it. I say to some clients the worst that will happen is nothing.

### **Another creative deepener.**

This is a script to show you how creative you could be with a deepener. It is loosely based on themes from Stanley Kubrick's 2001. I would advise if you use it, that you use it with people who like or love sci-fi. Just ask 'em if they do. I would use it as a deepener after I had already deepened the trance by other

means. Experiment, see what works. Creative inductions work when the person 'becomes absorbed' by watching the unfolding events in their imagination. See my first book, 'How to hypnotise anyone' for the 'go inside' principle.

Hyperspace deepener.

(Hypnosis assumed)

*'During our pre-talk you were telling me*

*that you love sci-fi movies,*

*can you remember a film*

*in which you*

***become absorbed completely?***

*So just*

***imagine***

*as you prepare to*

***relax even more deeply, now...***

*that you seem to be on a space station*

*somewhere in deep space...*

*you know that today*

***you are going on a special journey.***

*It has been planned*

*you are looking forward to it*

*with a certain joyous expectation*

*for you have never been before*

*where you are going now...*

***You are going on a trip***

*into deep...inner...space*

*and you will be using a new technology,*

*the 'hyperspace pod.'*

*You can see her on the launch pad,*

*a chrome bullet shaped craft.*

*You see the stars and planets in this region*

*of the universe and it looks spectacular...*

*you **feel so calm, here/hear.***

*You put on your space suit,*

*not the old cumbersome type,*

*this is sleek and stylish.*

*It fits perfectly,*

*this was designed just for you. (What was?)*

*When you are ready,*

*you open the space port door*

*in the depressurisation chamber*

*and descend the steps*

*On 3*

1

***all the way down***

*you go.*

*You walk along the space jetty that leads to the pod.*

*You can feel your space suit on your skin...*

*feel the feeling of those boots on your feet...*

***You are completely safe*** for your gravity boots

*hold you firmly to the space station as it slowly twirls*

*in the middle of nowhere so it seems;*

*you reach the hyperspace pod,*

*its chrome surface is so polished*

*you can see your reflection...*

*Before entering the pod*

*you take a deep breath*

***and release all tension...***

*and listen to the infinite silence of space,*

*space is noiseless*

*and endless..*

*except for the sound of your breathing...*

*You simply say,*

***‘Open.’***

*And the pod cockpit opens.*

*A robot controlled ladder descends*

*and you climb up happily.*

*You have longed,*

*deeply desired to have this unique experience...*

*You **feel a sense of deep peace...***

*For you know, really know*

*that **something special is about to happen.** (Hypnotic expectation)*

*You sit in the pod,*

***you feel so comfortable,***

*safe,*

*protected,*

*hear/here.*

*There are no control panels.*

*To fly this craft you simply*

*give it commands*

*and it responds*

*to your wishes...*

*The craft speaks to you*

*in a **calm, soothing** voice;*

*an ageless wise voice,*

it makes you **feel profoundly relaxed**.

Almost as though,

**this voice hypnotises you...now...**

It is one of the most advanced supercomputer systems in existence,

‘Hello (client’s name)

where are we going today and at what speed?

I am glad to be working with you,

I have every faith in you and the success of our venture together,’

the computer says.

‘I want to test the hyperspace drive.

I want to see what she is capable of,’ you say.

‘I thought you might,’ says the **tranquil** voice of the computer,

‘Sit back and **rest deeply** (client’s name) and I will do the rest.’

You **do as the voice suggests**, it just feels natural too.

You put on your seat belt. Clink.

You **sink deeply into the comfort**

**of this private space,**

this place out in the middle of nowhere...

As the computer counts down from 10-1

you **feel more and more relaxed**

with each number it counts down,

***all the way down, now...***

‘10

9

8

7

6

5

4

3

2

1 Launch!’

*The pod **gently** rises like a feather from the launch pad.*

*Up you go about twenty feet or so as she goes higher and higher*

*and you **go into a pleasant state of mind and body***

*just by experiencing these changing sensations...*

*The craft begins to move forward slowly,*

*‘By the way (client’s name)*

*there is no G force,*

*no resistance will be experienced...*

*all of that has been taken care of,*

*it’s just like going for a gentle ride in the countryside*



*even though we will be going far **deeper***

*and faster into a certain place*

***into deep...inner...space, now***

*this should **set your mind at ease.***

*You thank the computer.*

*‘In order to go into hyperspace*

*you must give me the three code words in order...*

*These are...*

- Silver
- Gold

*And*

- Platinum...

*with each word that you say*

*I will take you **deeper and deeper***

*into deep inner space*

*at just the right pace for you*

*to go where you need to go*

*to get what you came here for;*

*it can be that easy,’*

*says the **soft** reassuring voice of your guide.*

*Please say the first word now...*

*(pause)*

*‘Good. Silver phase will begin.’*

*The craft speeds up faster and faster and faster*

*you whizz past planets*

*and meteorites,*

*comets*

*and space debris,*

*and endless nebula giving birth to stars...*

*stars dash by overhead...*

*and **you are going deeper and deeper***

***into a wonderful state of mind...***

*This experience is so blissful, is it not?*

*‘The second code please,’ says the guide.*

*(pause)*

*‘Good. Gold phase now begins on my count down...*

*3*

*2*

*1*

*Gold phase initiated...’*

*The ship accelerates even faster;*

*the faster and faster it goes*

*the more relaxed you become,*

*the **deeper** you go*

*into just the right frame of mind...*

*Some people might call it*

*a state of **deep...hypnotic...SLEEP!***

*But you are aware*

*of certain changes within that place*

*are you not?*

*As you **become utterly fascinated***

*by what is taking place...*

*The passing planets become a blur,*

*the stars are streaks of light,*

*lines of bright starlight that you can see through the cockpit!*

*You see reds, blues, greens, other dazzling colours...*

*Each colour that you see*

*takes you **deeper...***

*And you **go deeper and deeper** into inner space...*

*It is almost as though*

***you're in trance...***

*there is no...space-time...here.*

*No location.*

*Just an inner journeying,  
through  
into  
beyond beyond;  
no planets,  
no time,  
and yet all the time,  
no stars,  
just brilliant constellations of colours  
that race past.*

*And you **feel so profoundly pleasant,**  
so **deeply relaxed,**  
so at **peace** with this universe...now.*

*The moment is almost here,  
for you to go  
where you need  
have always deeply desired,  
passed/past those former boundaries  
of what you habitually knew  
to be true...  
and experienced back then.*

*And you can't wait*

*for this is **you're***

***changing** experience is it not?*

*'Please say the final code word (client's name),'*

*says the voice of your guide.*

*You **trust this voice***

*for you know*

*with a very deep knowing that it has*

*your best interests at heart, now...*

*(pause)*

*'Thank you: platinum phase initiated – on my count of 6-0*

*we will have entered into hyperspace speed,*

*toward our destination.*

*Not knowing yet quite where or when that is*

*but knowing that*

***you can enjoy this ride...***

*Remember it is best experienced as you*

***fall into a deeply altered state,***

*the state that would do you most good,*

*to get you what you want,*

***deep hypnosis, deep trance, now...***

*that profound*

*blissful oblivion...*

*Count **down**,*

***all the way down** initiating...*

*6*

*5*

*4*

*3*

*2*

*1*

*And **as deep as you can go!***

*0*

*Platinum capacity has been reached...*

*And something blissfully relevant and almost  
magical occurs,*

*a miracle...*

*your own learning experience...*

*beyond what was possible,*

*opening up a dimension of*

*new healing possibilities for you...*

***deep**, powerful resources can be re-connected to...*

*they always were here...*

*beyond those old doubts that you now doubt...*

*nothing to do here but*

***experience just the right change,***

*And then*

*the ship can **slow right down...***

***down...***

***down...***

***down...*** (make your voice progressively deeper – ham it up!)

*‘Where are we?’*

*you ask the computer...*

*‘My data banks say that we at the*

*‘Planet of Hypnotic Change...’*

*And the whole ship...*

***slows...right...down...***

*to a place beyond thought*

*or what you thought was thought...*

*You are where you need to be...*

*the planet appears in your view...*

*the craft begins the landing procedure...*

***all the way down...now...***

*You have gone **deeper than ever before...***

*into your deeper mind...*

*perhaps **your deepest mind...***

***here/hear***

*and as the ship stops*

*and gracefully, effortlessly*

*lands on the Planet of Hypnosis*

***you feel wonderful***

*as the cockpit opens,*

*you climb down the ladder*

*because you are in the right place*

*to **change...***

*each and both of you, now....*

*And you will, will you not?*

*For this is the place*

*the space within,*

*where **I may talk freely***

***to your far deeper mind, now.***

(You can take the basic principles of this deepener and create your own – take the victim, erm, hypnotee for a walk in a wood, on a fantasy as a jousting knight, as a fashion model – remember fantasy is hypnotic. I may cover this more in book 4: ‘Forbidden hypnotic secrets.’)



## **Hypno-myths busted: dispelling client's fears of hypnosis.**

The most common potential client fears arise in these questions:

**Q. *What if I don't believe in it? Or...I don't believe in it.*** (My prospective client's numero uno question!)

*A. That's ok, I don't believe in it either, (that will completely throw them) it's not a religion. Have you eaten ice cream? Did you like it? Would you still have liked it if you believed you didn't? Hypnosis is a technique.*

**Q. *Do I become hyper suggestible/suggestible?***

*A. Nope. Some people are hyper suggestible in the waking state – about 10-20% believe anything they're told, especially by perceived 'authority figures.' Your subconscious will act on ideas that help it and reject what doesn't. A powerful protection mechanism called 'subconscious rejection' is always looking out for you. In fact because you will be in a situation in which you are aware you 'might' be influenced you'll be less easily influenced than in any other situation if life. I negotiate with the subconscious, offer it choices, if it likes 'em it'll try them out and if they're better than the old ways it'll keep 'em too.*

**Q. *What are you going to do?***

*A. (First I describe trance and hypnosis.) Ok, the two states I work with are hypnosis and trance; they are different. Hypnosis is a highly focused state of concentration. That's it. Ever watched TV? Ok, when you are really into a TV program that's hypnosis. Same thing, except in hypnotherapy your attention is focused inside on your feelings and imagination. Trance is the daydream state – we all daydream, you need to. You just take a few seconds or minutes to let the mind wander. It's essential to good health; it's just taking a little break from all the outside stimulus for a while. Drive a car? Ever go 5 miles down the road/motorway/freeway and suddenly realise you got someone but didn't know how you did get there? You zoned out. That's trance. Hypnosis and trance together create hypnotic trance. In that state you can heal quickly and make amazing changes. Only two thing you do in hypnotherapy - suggestions and visualisations. I'll give you suggestions – they're called that because you can choose to follow them or not. The ideas I offer will be so vague that your subconscious will make sense of them for you and apply it to your life. I won't say at 7pm you WILL brush your teeth, you'll just reject that. Second thing is I'll*

*ask you to visualise some things like imagining you are confident in a situation where previously you weren't. It's a visual suggestion. That's it.*

**Q. Will I wake up again, ever!!!!???**

*A. No you're a zombie already; you'll just stay that way. Sorry just joking! I say, it's impossible to stay hypnotised forever (this may not be true when we think of waking trance but with regards to hypnotherapy it is true), you might fall into a real sleep but you'll just wake up after a bit.*

**Q. Are you going to harm my wife's brain? She has a good head on her.**

*A. Well she married you, she can't be that smart. Not really, just teasing again. A man actually asked me this in all seriousness. I said well what do you 'imagine' I'm going to do? He fell silent at this (a good idea); he then revealed he saw a film in which a woman was blah, blah, blah...No ability to differentiate reality from fiction. I reassured him and I also said,*

*'Look at me, I'm not a weirdo you know!'*

*This worked. When someone asks questions like this they are actually implying you are a pervert or psychopath. It's an insult, don't put up with it but do so wisely.*

1. People are rightly afraid of being manipulated and controlled – ultimately of being brainwashed. That's the deep fear. Women and their boyfriends/husbands are afraid that a man hypnotist will seduce/rape them and give them amnesia to forget it. Note: hypnosis CAN be used to seduce women. It has been and very successfully so people should ensure that when seeking help, the therapist is not a deviant pervert!

2. People are worried about wasting time and money on something they imagine is like going to see a 'witch doctor.' They imagine it's a scam.

**3. I think a lot of people's real underlying fear of hypnosis is not that it doesn't work but that it DOES!** And if they experience it and it works, it gets the desired results that is – what will that do by way of shifting their entire belief system of what the *imagined* was true?!

99.9% of the general public have had the media entirely condition their view of

hypnosis. They are basically almost completely ignorant of the reality of it. Rubbish like 'The Mentalist,' and other such TV dross, newspaper reports of 'unqualified hypnotists' (the 'qualified' ones are bad enough!), hypnotists groping young mother's breasts while hypnotised and on and on. Stage hypnosis has kept the therapeutic side alive: fact. However it has made most people think hypnosis is being 'mind controlled' to think an onion is an apple etc.

The biggest threat in hypnosis is to YOU the hypnotist. One – you get sued. Two – you get attacked by a mad client (protecting YOUR personal safety is vital!) Three – you do something unethical and stupid and someone's husband/wife or the police pay you a visit.

### **The Authority principle: the myth of the 'expert.'**

Right, listen up! Get this into your head now – **THERE IS NO SUCH THING AS AN EXPERT!** There are people who have acquired knowledge and truth and those who haven't. *If someone is referred to as an 'expert' this is an implicit hypnotic command – in effect it say – stop thinking, this person knows EVERYTHING – listen to them as though it were the word of God and follow them, their ideas and suggestions slavishly. Do not question, do not criticise – do not think.*

If you believe that you are in BIG trouble. You must always think for yourself. Ever notice how often 'experts' completely disagree?! Are they all 'expert'? Is one right and one wrong? Another example of 'experts' are 'statistics.' We've all been there: a news reader says,

'Statistics from study X show that Y is bad/good for you.'

One: who funded the research?

Two: who is carrying out the research?

Three: what methodology did they use to gather and analyse the statistics?

Four: are the conclusions 'they' drew correct.

Five: has anyone carried out a study and found the polar opposite? I could go on.

Do you know that you can only get funding for research if it supports a bigger

‘agenda?’ Usually of corporations or Government agencies – these are the only organisations capable of investing the required capital. If you would like to do research that might go against such powerful groups interests, good luck! I know this because I have a relative who is a researcher.

How to fake being an ‘expert.’

**If you want to be an expert make a statement in a tone of voice that 100% conveys that you believe what you just said is gospel and 99% of the general public will believe you know what you are talking about.**

If you want to look like an ‘expert’ - wear a suit. Power dress. Look the part. No one will believe a person who looks like a bum.

If you want to be perceived as ‘authoritative’ say that you are ‘a success’ – no one will listen to a failure, no matter how intelligent. The ‘news’ regularly reports the cretinous opinions of vapid ‘celebrities’ on a whole host of issues – the environment (great nominalisation that one), war, peace, how everyone should raise their kids etc. Why? Because they are rich/famous/successful – you should listen and be influenced, shouldn’t you??!

If you want to be an ‘expert’ put the words ‘Dr’ in front of your name or write a book so that you are an ‘author.’ These two words convey a magical ability to hypnotise a viewer/listener/audience member. ‘Scientist’ is another good one, which had replaced ‘priest/bishop/pope’ in its induction of an almost totally open and uncritical trance state in the public mind. ‘Science’ another great nominalisation changes ‘its’ mind ALL the time. First the world was surrounded by an ‘ether,’ then Newton told everyone that the universe was ‘mechanical;’ then Einstein came along and said it’s all ‘relative,’ until Bohrs came along and said it’s all ‘chaos.’ Were they all right and wrong?! Maybe all these ideas should disappear up their own singularity!!!

Uncritically and slavishly following the ideas and ‘theories’ of ‘experts’ is in no way different from waking hypnosis, which is hypnosis without inner focused trance. See my next book, ‘Forbidden hypnotic secrets,’ on that subject. I’ll teach you exactly how to do it.

I hope you are critical of what I write in this book. If what I say in this book doesn’t work in real life when hypnotising clients – ditch it like a pair of dirty Y fronts!

Words that trigger waking ‘hypnosis’ automatically will soon follow. Remember watching TV creates waking hypnosis, going to the doctor too – your health is at risk however slight, you are ‘open’ to the doctor’s remedial suggestions even if the drugs he prescribes you have potentially awful ‘side-effect’ (actually just effects). A celebrity appears on TV – your attention is locked, after a while you’ll associate that person alone with an altered state, if you met them in real life you may well spontaneously slip into a waking trance without knowing. N.A.C (Neuro-Associative-Conditioning, discussed fully later in this book) in the real world – why do you think those teen girls go crazy and hysterical over their poster boy celeb pseudo boyfriend of the moment? They are in an altered state.

*The psycho-linguistics of expertise.*

**Prestige, prestigious.**

**Expert.**

**Doctor.** (He wears a white coat)

**Priest, Father, Bishop, Pope etc.** (Though they have less power than pre-twentieth century.)

**Nurse.** (Wears a costume, role/status differentiation made visible – so you know how to behave on sight.)

**Teacher.** (Stands at the front of the class while children sit – dominant position of teacher - lower down children are submissive, crouched over desks – spatial differentiation of mass of children and lone teacher – like a sheep herder.)

**Professor.** (Wears those funny gowns and capes.)

**Magician.**

**Author.**

**Authority.** (On??)

**Journalist/news anchor/reporter.**

**Celebrity.** (Interestingly the Roman author Leviticus said that he knew Rome was finished when cooks became celebrities; thank goodness that hasn't happened. Doh!!!)

**Master...** (Chef? Martial Arts? Hypnotist etc.)

**Sir.**

**Graduate.**

**Lord.** (They wear ermine gowns.)

**MP.** ('Member of Parliament')

**Senator.** (In a 'republic' system.)

**Judge.** To judge – a verb, 'I judge thee!!!'

**Officer/Sheriff.** (From English 'Shire Reeve') **Policeman/woman.** (A costume can elicit waking hypnosis by the way.)

**Sergeant/General/Admiral etc.**

**Chief.**

**Warden.**

**Inspector.**

**The 'name' of a Hollywood 'star' or Rock and Roll 'star' etc.**

**Advisor to...**(President, prime minister.)

**President.**

**Prime Minister.**

**King/Queen/Emperor/Sultan/Prince/Princess etc.** (N.A.C occurs in early childhood through fairy tales.)

**Artist.** (If he or his 'works' earn lots of money before or after death.)

**Conductor.** (Musical and otherwise.)

**Actor/actress.** (The new pseudo global aristocracy.)

**Singer.** (Pop)

**Model.** (Catwalk, fashion etc.)

**Mum/dad.** (The ones who impact you most!)

**Businessman/investor etc.**

**C.E.O** ('Chief Executive officer' of a corporation – sounds militaristic doesn't it? The new feudal baron class.)

**Manager/owner/boss.** (Boss meaning slave master in Dutch, 'Baas.')

There is another category of authority figures? Who are they? The question is – who is *she*? Can you guess?

**Beautiful women.** (It is a fact that people will listen to beautiful women MORE than less attractive ones. First they fixate the attention; hypnotic to both men, especially, obviously and women: when they speak most people listen even if she is dumb as a bag of bricks. Think of Miss World speeches!!!)

**Hypnotist?**

Sorry to disappoint but saying you are a hypnotist will elicit an almost startled look but alas no social prestige. 'I can't get no respect!' as Rodney Dangerfield used to say. Unless you are a world famous hypnotist – see celeb. The great god TV alone has 'validated' you. Don't get me wrong women like it; they say stuff like, 'Cool!' when they find out what you do.

That is at first: once you have demonstrated your 'power' successfully, things change. Then you have the prestige of knowledge, 'truth' and effectiveness. People admire people who dedicate their lives to helping others: a rare thing in this dog eat dog world.

*A chilling proof!*

The latest American Psychiatric Association's DSMR (Diagnostic and Statistical Manual) has just declared paedophilia – a 'sexual orientation.' Well they are the experts, aren't they!? Beware, many 'therapists' see that book as some kind of 'Bible.' Oh by the way,

## **Books**

themselves are authorities. The printed word is invested with too much assumed power by readers.

### Milgrim's experiment: obedience to authority.

Almost 100% of people will do what they are told if it is an authority figure telling them. The psychologist Stanley Milgrim carried out an experiment whereby an actor pretending to be a man carrying out a test was 'electrocuted' (he acted!) if he got the test wrong. The person administering the 'electric shock' was an ordinary member of the public who was not in on the joke. A real Dr/scientist/professor would give the 'shocker' instructions to shock the actor if he got the test wrong. The test was a sequence of lights or something equally irrelevant. The point was that as the actor got more tests wrong – the electrical charge was 'increased.' A significant amount of the people tested, as far as they knew, 'shocked' the actor with an increasing electrical voltage. Even though the actor acted as though he was in increasing agony!

Some of the public did refuse to administer the shocks. Most did it without question. Women were found more likely to electrocute the actor obediently than men on average. In a repeat of the experiment in Australia this time with a real puppy that was really electrocuted, again women were more likely than men to shock it when told to do so by an authority figure.

Remember the Nazi defence: 'I was only obeying orders!!!'

Interested readers should read,

**'Obedience to Authority' by Stanley Milgrim.**

### The incredible suggestive power of words.

The ancient Egyptians believed that words could control demons/gods, that they could open 'gateways.' In J.R.R Tolkien's 'The Lord of the Rings,' the wizard



Saruman used his 'voice' to control his thralls and victims. In the same author's, 'Silmarillion,' Luthien Tinuviel, the elven princess used song to lull the dark Lord Morgoth to sleep. In the same book, using his hypnotic gaze the dragon Glaurung hypnotises the warrior Hurin with evil words to lose all hope.

If you haven't realised the fact yet, I hope you have, words are powerful. In fact we know that they were regarded as having *magical* properties. Think of the word spelling. 'Spell-ing.' Do you see? Words are used in magical spells. This is the derivation of the word spelling. The origin of the noun form of 'spell' was from a Germanic root meaning 'tale, story, message.'

Think how just the wrong words at the wrong time can set someone off into a terrible mood. Think of how you were feeling a bit down and someone said something that brightened your spirits. Think of how funny stories make us laugh. Verbal abuse in childhood can cause a whole host of problems. Wars are declared with words,

**'We are now at war with Germany...'**

What about this,

'We have to remove your right leg Mr. Stevens.'

Imagine the impact on the person saying it let alone the person being addressed!

Woman's romance books use words to take a woman's mind on a romantic and increasingly pornographic experience. Women devour these books. To men they are unreadable drivel; to women these books use the 'feeling language' of women's brains. This explains the appeal of the recent 'Mummy Porn' success, '50 Shades of Gray.' For women sex first takes place in the mind. A woman's most sexual organ is her mind. It is accessed by words. Vividly described sexual fantasies access women's 'sexual mind.' This can also be done on the phone or by email/text.

Radio news reports paint pictures in the mind of the listener: radio has been called 'the theatre of the mind.' When your friend tells you about a particular experience you must imagine it to understand it. The brain does this automatically. And we may imagine things very differently than they really happened. On the phone we imagine what the other speaker looks like just from their voice and what they say. Words make people smile and burst into tears.

Words end relationships,

‘Can we just be friends?’ (Translation: I find you in no way sexy.)

Words can be weaponised, used to deceive; they can create propaganda to distort the truth. Words are so powerful, and thankfully we hypnotists can use them to help heal people. Words are usually so clumsily used. Their power is amazing.

When hypnotising obviously use nice calming words,

‘Soothing, relaxed, tranquil, peaceful etc.’

You wouldn’t say,

‘Knife, hate, war!’

I cover the linguistics of trance and hypnosis in more detail in book 2:  
‘Mastering hypnotic language.’ Suit the words to your intention.

The lady in red.

An experiment was carried out to condition women to wear red clothes by complimenting them. Within short order a university canteen was filled with women wearing red. The power of ‘compliments.’

**Two mini deepeners.**

Sometimes I like to throw in a whole series of deepeners while helping clients. I have used the following when about half way through an induction or when nearing ‘change work.’

The colour of contentment deepener.

(Hypnosis is assumed)

‘What colour symbolises **contentment** for you?’

*See that colour,*

*where do you **feel it** most already?*

*And then let it spread,  
let it wrap itself around you  
like warm loving arms  
that protect you  
and care for you...*

*Whenever you wish to **feel this feeling**  
just imagine the colour spreading through you so pleasantly,  
so effortlessly:  
this is a post hypnotic command!’*

Those who have read my first two books, ‘How to hypnotise anyone,’ and ‘Mastering hypnotic language,’ will notice the various ‘patterns’ employed in these examples. The next one induces profound physical dissociation rapidly.

*Ultra hypnotic sleep deepener.*

(At least light hypnosis assumed)

*‘In a way that you can **feel fascination**  
allow a magical mist of **SLEEP** to cover your body...  
so that your body seems to gradually yet quickly disappear...  
and so you are weightless,  
beyond time and space...  
**you are in hypnotic SLEEP!**  
And in this state **you can make amazing changes...**  
and when you awaken,*

***you will be changed in all the appropriate ways...***

*All your muscles loose,*

*smooth,*

*relaxed;*

*as though a hypnosis magician*

*has cast a magic healing wand (think of Mesmer's 'passes')*

*over you, now...*

***going deeper***

*maybe on a joyful memory,*

*a sweet incident,*

*or a favourite rhyme that brings comfort...*

*a song,*

*the sound of comfort.*

(Notice at the end you offer multiple choices to the client, this stimulates their personalised responses.)

### **The hypnotically dictatorial power of ideas.**

Ideas are beliefs about the nature of reality. They fully operate and direct a person's thinking from dawn till dusk. They even affect the dreams we have. If someone firmly believes 'I am a smoker,' they will not be able to stop smoking. If they lack self-belief that they can stop smoking, they may or may not succeed in the long term.

Our ideas about the weather and what causes it, (the weather is a powerful political issue now) about the nature of a politician's true character which you draw your opinions from via 'Public Relations' (PR) - which is just the modern term for propaganda – in stage managed 20 second sets of carefully controlled

image making and ‘sound-bites’ (lies?). About whether the bread in your supermarket trolley is healthy or causes gluten intolerance and perhaps organic would be better (soy in bread causes sterility in boys and men). In deciding to support war or not because so and so did or didn’t do X. Ideas govern your life, make your decisions and even override instinctive messages from the subconscious.

A man with low self-worth will see a woman, feel she is wrong for him in his gut and approach her and start a relationship with her that ends painfully for both because at some level he has been programmed to believe that he is unworthy of someone who would treat him better. Ideas can be ‘self-fulfilling prophecies’ that keep the person stuck and seem to confirm themselves through experience.

Ideas control your actions: for many centuries, perhaps millennia man has not widely utilised advanced technologies such as the computers, cars, aeroplanes etc. Yet all the ingredients lay in the soil in the past million years. People didn’t make these things because until recently they were perceived as impossible. They weren’t even on the radar, Roger Bacon and Michelangelo aside.

Ideas are conditioned into us as very small children; in fact children will implicitly model beliefs even before speaking by watching how people behave around them. Children need intensive love, care and affection: if they don’t have these needs met, they can die from want of attention alone. Alarming new evidence from neuroscience suggests that abused children have smaller brains than loved children. However human brains are incredibly ‘plastic;’ if these children were to experience love, their brains would change.

Children are totally dependent on parents, relatives and other unrelated adults for food, shelter, advice and physical protection. They need help from adults when they are ill. Children have a desperate instinctive fear of being abandoned and helpless. An abusive parent who feeds them is better than starving and the situation seems ‘normal’: it’s all the abused child has known. When physical and emotional abuse occurs children become programmable. This is why clients with very low self-worth feel that their low opinions of themselves are so ‘deep rooted’, they are; in an intense emotional state and with repeated indoctrination that you are worthless, cold-hearted or clumsy adults condition the young brain into believing their negative suggestions as true. And worse than that a ‘negative hypnotic voice’ often gets installed in the child’s brain verbally abusing the person into adulthood. One of the things I have to do in therapy is

get rid of that voice and replace it with an encouraging one. I'll show you how to do this in the next book.

**There is a myth that young children are like complete sponges: they are not, children have very powerful critical minds, more so than 99% of adults.**

Children will have no trouble spotting how a magician does his tricks unlike adults, why? They have not been conditioned how to see. They just see reality; it takes time for adults to condition children's visual processes so that the magic trick seems real. By adulthood we have learnt where to look.

Parents will with the best of intentions indoctrinate at worst and at best teach their children with their own world view and knowledge – what else can any of us do? It is the parents 100% right to do so of course and the Soviet Union and the Nazi regime show us full well the horrors of state control of child rearing. But how many parents or educators teach children how to think for themselves? How to develop a powerful, analytical mind? Again the critical mind protects us from harmful influences by criticising them. For when the critical mind is down, the firewall for the mind is down and all people of any age become susceptible to indoctrination by cults, political parties (cults?), school teachers, religious groups and corporations seeking loyal (brainwashed) customers/citizens with messages of false hope that only organisation x,y,z can help them fulfil their needs. We are all subtly persuaded against independence.

Boredom, fatigue, sensory deprivation, darkness, poor nutrition and certain drugs lower the conscious mind's resistance to programming. When that analytical guard is down through a myriad of techniques you are open! The mind really has no firewall so be careful what you let in.

When you 'just' watch a movie!

Ok folks imagine a fictitious evil film maker! (Insert villainous laughter).

- Consider the average cinema: you are in a darkened space (**sensory deprivation same as hypnosis when you close your eyes and look at your mental screen**)...
- You are fixated on the goings on the screen; you totally ignore your surroundings (**hypnosis**). Unless someone shuffles by to go to the toilet...
- You see beautiful, famous people dressing and behaving a certain way

**(monkey see, monkey do).** Ever seen children act violently after a violent film? If you have children you have.

- Your emotions are heightened and manipulated by the story and events, music and sound **(hypnotic emotional programming and metaphor):** and that's just the tip of the iceberg.
- The words the actors use, the ideas their speeches convey, the 'meta-themes' behind the story, the message the director, financiers etc. wants to lead future viewers to reach, all these things and more are affecting an audience **(suggestion/persuasion)**. *Do you want to be influenced!?* Didn't you pay that cash and buy that fat tub of popcorn to be entertained? Now I'm not saying any filmmakers are doing this but...I worked in theatre and TV I know what goes on behind the scenes!
- I didn't even mention the fact that in a cinema you are in a crowd: in crowds 99.9% present of people will be in herd mode **(group hypnosis)**; doing what everyone else is doing; crowds tend to depersonalise 99% of individuals: group think, group pressures take hold. *The individual can lose themselves in the mass power of the crowd.* Why do you think Hitler, Stalin, Mao held mass rallies? The crowd has a mob mentality and it can be led easily. Hitler knew full well that the symbols of Nazism (solar wheels a.k.a. swastikas), the dim lighting and the fact they were held at night **(fatigue and semi-dream state, sleep deprivation)** made the crowd his! His powerful voice, simple slogans (repeated) and black and white emotionalism would force his powerful voice, gestures, his evil creed deep into the minds of the German people, capturing and leading their imaginations as though they were his puppets. Also he promised to get their needs met which democracy had failed to do.

Chairman Mao, the dictator of Communist China admitted to having over 80 million people murdered. Imagine that stack of corpses piled skyward. That is the entire population of modern Britain plus about 20 million more from northern France for good measure. Now he was a monstrous psychopath but what led the Chinese to slaughter their fellow Chinese? Ideas are very powerful. To start to understand group psychology read,

**'The Crowd,' by Gustav Le Bon.** Both Hitler and Freud read it. Hmmm?

### Factoids.

Many people act upon 'factoids.' These are ideas they perceive to be true and act upon as if they are. Hypnotherapy clients are often acting on these factoids as if they were true. That's why they are in your office. Once ideas get 'rooted' in the deeper layers of the psyche they have a power and life of their own.

### **TV: the post-modern peasant's portal into another dimension!**

People worship their TVs: don't believe me? In medieval Europe people's small cottages/shacks would often house a shrine to either a pagan or the Christian deity; this was often simply a cross for the latter. In the modern house the focus of attention in the main 'living room' is the great god TV. People can see things their ancestors only dreamed of. They can travel the world, passively. They can watch adventure, passively. They are 'informed' by a third party, personally unknown to them, passively. Their brains are bombarded by words, images, music and spectacle in a way a primitive farmer or hunter never was. What does all this data do to the human brain in the twilight state the 'box' hypnotically induces? As Shakespeare's Prospero said, 'We are such things as dreams are made on...'

Hypnotherapy is used to set people's minds free. Or it should be.

### **The orange, yellow, green deepener!**

Another mini deepener I use now and again that works proving the universal principles regarding deepeners I outlined in my second book, 'Mastering hypnotic language,' follows. There does seem to be something inherently hypnotic about colours.

#### The orange, yellow, green deepener.

*'In just a few seconds I will say the words*

*Orange*

*Yellow*

*Green!*



*When I get to green you can be...*

*50 times deeper into hypnosis and trance,*

*drifting off into a profoundly blissful,*

*wonderful state when you wish...*

*not because I'm making you do it*

*but because your subconscious just knows how...*

*See the colours as I say them:*

*Orange – going deeper and deeper!*

*Yellow – going deeper and deeper still...*

*Green! Going deeper and deeper down, now!*

*50 times deeper!*

*And the deeper you go the better you feel,*

*and the better you feel the deeper you can go, now!*

*Deeper and deeper into trance and hypnosis,*

*deeper than you've ever been before, now.*

*That's right...'*

*Simple.*

### **Entrancing promises: how advertising 'brainwashes' you.**

Cultural hypnosis includes advertising. Advertising works – major corporations spend millions, billions on it every year: they don't waste their money. **The sole purpose of advertising is to make you buy something you don't need.** It does this by programming your brain.

- One of its primary techniques is repetition. If you watch TV regularly you might see that ad for that washing powder 100 times in a month. Tip 1: minimise or don't watch TV at all. I really don't, because it's drivel if nothing else. If you can't stop watching then maybe you're addicted. I might tell you what TV does to the brain in book 4.

'Buy Whito Washing Powder!' repeated over and over and over again. That's one way you program a human mind, through endless repetition.

- Another technique used is to create an emotional state, power it up and just at its peak flash the brand name/product so that you associate that product with that feeling (see the section on N.A.C). Men are in many ways simple creatures. If you want to sell him something, make him think the most beautiful and sexually desirable women will sleep with him if he buys product x. Show a man incompetent with women, show him confused till he purchases product x (hair dye/aftershave); he applies product. Show man surrounded with sexy women just wanting him, oh so badly! Show man looking happy (men in audience are sexually aroused and frustrated at this point). Flash up product linked with feeling of lust! Man thinks next time he shops,

'Ug! Bottle of Plonko! Me buy!'

Sucker. Men are simple creatures. Sex sells. By the way boys and girls, men can be seduced by women using trance language also. It's been done.

- The advertisers know how to make things memorable – they often use increasingly surreal plots and characters to do this. These arresting, odd images more readily imprint on your brain. What they want is brand awareness, so that when you are in that supermarket buying eggs, Plonko or Whito or whatever it is, you buy their brand over the others. **They are literally battling to control your mind.** You think you are making a choice but you have been manipulated in very sophisticated ways. **They have literally taken away your right to decide.**

The ad men know your deepest desires, your unconscious drives. They use them against you. They brainwash children to buy their paymasters' toys. They know exactly how to do it. It is a science. Not a single thing that happens in an advert is there by accident, it is a minutely, carefully crafted process of mind

manipulation. And remember when watching TV you are hypnotised! But you don't know you are – your guard is down you are suggestible, programmable.

### Supermarket trances.

Watch people next time you go to a supermarket. Mainly the women (who it is primarily designed to affect) but even most men will be in a 'supermarket trance.' All those bright packages, all that choice! It overloads the brain which goes into a trance to cope (hypnotic overload principle). The people all have a dreamy look, like they're not quite awake. The products are coloured in ways to make them attractive to women and men. The ad men know it all. If you are interested in knowing more read,

**'The People Shapers' and 'The Hidden Persuaders,' by Vance Packard.**

You'll never watch an ad the same way again. One of these books is well over 50 years old – so the question is what are the ad men doing now?

### The reality of clients: dealing with the general public.

Fact: the only reason we hypnotists have any clients at all is because we are the last resort! They've tried everything else and we the black sheep, ugly sister of therapy are given a try as one last desperate shot! Although statistically we are proven best!!! Go figure as the Americans say!!!

Ah the general public, the great unwashed: your customers! You will meet all kinds of people as a hypnotist: strange people, very, very rude people, snobs, twits, slobs, degenerates and the salt of the earth – all sorts. One thing to bear in mind – be professional at all times. Keep your wits about you and do not put yourself in a position of danger ever.

You may well from time to time get odd phone calls. I was phoned by a man who wanted to be hypnotised while he was *naked*. I was phoned another time by a man in a prison who said he liked to listen to hypnotists' voices: he then proceeded to *masturbate* at the other end of the line. Needless to say I offered him an immediate appointment. No I didn't really. Be careful – there are all manner of strange people out there and the internet has given them access as never before. A woman once asked me why my home address wasn't on the internet, I replied,

*'I have to be careful, some weird people phone me from time to time!'*

She laughed. Most people who call you will be a bit nervous, embarrassed, confused. Some are terrified of hypnosis: as I've said they think (imagine) it's mind control and are afraid you will diabolically enslave them and keep them as your 'hypno-gimp!' Boyfriend's may demand to sit in on a private session (don't allow it – they may be a big part of the problem, beware of control freaks) they may phone your client as you are half way through a hypnosis session to check things are 'alright.' You are not responsible for the odd fears and ignorance of the public with regards to hypnotism. Again: you can often set their mind at ease in the ways I've already outlined. The conscious mind – that is its analytical factor does not go away during hypnosis, it is still actually sitting there, quietly giving you the benefit of the doubt: if it is 'spooked' in any way it will kick in again and the person will wake up and walk out. Of course there may be exceptions such as the somnambulists out there but...

Armed with the knowledge in this book you should be able to allay any fears people have about hypnosis. *In fantasy hypnosis seems glamorous and exciting, in reality it is quite mundane: you sit in your chair speaking to a person in another chair who has their eyes closed.* That's it. The satisfaction for the true, caring professional comes from helping people lead better, healthier, happier lives.

### **The deep structure of a hypnotic session.**

Simply this has 7 parts:

**1: The phone call/email:** This part is SO important. I can tell what people's problems are 99.9% of the time just from an email and especially from a phone call. The subconscious will detect nuances of emotion and vocal inflection, plus what is said and not said (hidden) and draw a great many conclusions about your prospective client. By the way just because they booked doesn't mean they all show up! About 98% do. Most people are very nervous save an obnoxious few. Interestingly if they have had business training they'll ask, 'Do I need to bring anything with me?' I'll say,

*'Nope, just you.'*

Or they'll text to confirm the appointment 'is still on.' Of course it is!!!

**2: Greet:** Meeting the person, getting to know them; **noticing their initial**

**reaction to YOU.** It will tell you much about their expectations, fears and even prejudices. Be prepared, they might turn up with a husband or boyfriend, sister, mum, dad; I even had someone turn up with their entire family, another brought their dog! I always allow clients to bring support, it makes them comfy. However I NEVER let a friend or relative into the hypno-room. Why? As I said they might be the problem or part of it! Or they might just be after free treatment! If they hear my voice – they are going under!

**3: Interview:** information gathering. Finding out what the client's specific goals are. Finding out what is missing in their life (if anything), focusing on solutions, not the past or problems. I don't 'care' about a person's past. It's over. There may be 'residue' – you just clear that up. The purpose of the interview is to clarify precisely what interventions the unique individual before you needs solving. Later on I'll give you the 30 or so questions that you can ask to help you help them.

**4: Induction of hypnosis:** pretty self-explanatory. By the way I start layering in therapeutic suggestions during this phase often using subtle ambiguities, trance language etc.

**5: Therapeutic interventions/stage hypnosis routines etc.:** as we are not dealing with stage hypnosis in this book even though I was trained to do it, let's take a bog standard smoker. Ok – if the person wants to stop with 100% motivation, great. Problem is they rarely are 100% committed. In the interview you learn that they lack self-worth – fix it along with the stop smoking intervention you use. If someone wants to speak confidently in public but lacks self-belief – fix it too. If a drug addict does drugs with others and can't think for himself – do an intervention for the drugs AND for thinking for yourself. If you don't solve the totality of the problem matrix – they may well fail or come back again until the entire matrix is resolved. Sometimes you can't get it all in one go. The matrix is too big! Note: remove the dominant pillars first - the matrix will then collapse.

**6: Wake up:** take a guess. Make sure they feel 100% wide awake and alert. On their awakening you can say,

*'Feel wide awake?'*

**7: Aftercare:** I say to people –

*‘If the changes last up to two to three weeks, that usually means **we’ve sorted everything out**. The only thing that could upset the work we’ve done is if a life stressor comes along. Doesn’t mean it ‘will’ undo what we did but it might, just something to be aware of. If the problem does come back after a stressor don’t blame yourself it just happens sometimes.’*

Although I make it clear that a client can come back whenever they want I halt ALL dependency issues etc. by saying...

*‘Please feel free to contact me and let me know how you got on, I like hearing people’s success stories. But don’t feel you have to. If you want to you’ll know and if you don’t you’ll know, just trust whatever you feel you’d instinctively like to do. **If I don’t hear from you or see you again, I’ll assume everything is fine or that you don’t want more help.***

This last sentence is THE most important! How do I know 100% know the session worked? Their friends, spouse, co-workers or relatives turn up some time later in the month or year. That’s how I know we got rid of the problem.

Another tip is as the person leaves your practise or house and they thank you, you say...

***‘No problem, no worries,’***

That’s a command! Remember your clients are still suggestible up to 5 minutes or so after you’ve hypnotised them.

### **The dangers of ‘positive thinking.’**

At one time in my life I was studying ‘psychics’ and what they do. It just interested me. I was listening to a psychic radio show, we don’t really have them in England but the US is full of them. A lady phoned up in distress, she confessed to being an optimist. She was also a gambling addict. A married one. Well she was until her eternal optimism and positive thinking that she would ‘win big’ led her to secretly accumulate MASSIVE debts. When they became huge and unpayable she told her husband all. Hubby left: the dangers of positive thinking!

Instead of ‘positive’ thinking I like to call it ‘constructive thinking.’ You set a goal – you think about how you will achieve it and then you take action. The

goal must be healthy and realistic otherwise you will end up deeply disappointed. On the plus side most people vastly underestimate their abilities and potential. In book 4: 'Forbidden hypnotic secrets!' I'll show you non-hypnotic methods to befriend your subconscious mind and how to easily achieve your goals.

### **Handling physiological withdrawal from drugs.**

I had to make up the following suggestions myself. I have found great stuff out there for 'treating' addiction. However no one covered how to help people handle withdrawal. One of my early clients complained that although she gave up smoking weed (marijuana if you're an innocent) and nicotine cigarettes for six months, the initial withdrawal had been horrible, she asked if I could do something to help her as she was coming in for a 'top up' to stop smoking any drugs once and for all. Sometimes it does take two to three sessions to kick an addiction. Good news is, the more often you try to stop using any drug the more likely you are to succeed.

Ok the script is self-explanatory; it uses **direct suggestions** (you don't have to be 'indirect' all the time) and **time distortion**. Within a hypnotic session it would only ever be a small component, a module of a whole. Horrible withdrawal symptoms or the fear of them can completely derail a person's attempt to stop using drugs. Some smokers suffer very bad withdrawal – it seems to be genetic, you can advise them that using patches or nicotine gum to wean themselves off may be effective post hypnosis. Interestingly harder drugs do not ever seem to have bothered my clients with terrible withdrawals but I throw this in for them too.

Note: most drug users that see a hypnotist are not what you would call heavy users or 'junkies' – if someone is **seriously** abusing drugs they will more than likely see a medical doctor. Sometimes only drugs that a doctor can prescribe can safely help such a person off certain drugs. With 99.9% - 100% of casual users who will see you will not need such help. Be on the side of caution if in doubt.

### **Handling physiological withdrawal script.**

*'There may be a very small period of time*

*when you may experience*

*mild physiological withdrawal,  
there might not  
but there might be  
as your body cleanses itself  
of those past toxins.  
But the subconscious  
can minimise these  
as much as is possible,  
so that you still feel good,  
sleep well,  
concentrate easily,  
feel calm and focused  
with no sense of grief at all,  
as much as is humanly possible;  
whilst the body  
gets rid of old toxins,  
determined to succeed  
during this short time frame  
that passes so quickly, (say this quickly)  
before you know it  
they are gone*



*and you feel totally great*

*and fully healthy.*

*Your subconscious mind*

*is in charge of your perception of time*

*at any time,*

*it can compress and expand*

*this sense of time passing.*

*If withdrawals, urges or cravings arise*

*they will pass so quickly yet naturally*

*that before you know it*

*they are gone completely.*

*trust you have all the resources required within you –*

*desire, determination, toughness, (say this line and the next with emphasis and meaning!)*

*endurance and willpower so strong...*

*to get through this tiny amount of time (emphasise the word – tiny! Make it sound tiny.)*

*in the grand total of your life (stretch out the word grand in contrast to – ‘graa-aand total...’)*

*knowing those only temporary*

*passing feelings remind you*

*how important it is*

*to be fully healthy*

*a non-smoker not an ex-smoker,*

*always keeping in mind your goals.*

*Trust that your subconscious will aid you*

*powerfully*

*in all your efforts, now.'*

The above script will not be sufficient to help someone coming off of long term anti-depressant use. Anti-depressant cessation can be dangerous (though by no means always) to the client and others.

### **Getting the knack of 'N.A.C' - Neuro-Associative-Conditioning exposed.**

#### **Evil N.A.C**

This in essence is the 'behaviourist' Pavlov's ideas plus hypnosis. What you do is first hypnotise your client. Two: you get the client to associate pain with their habit. So for smokers you get them to associate the idea of smoking in the future with the imaginary scenario of them having to tell their two year old that they have cancer: you make it vivid and unpleasant. Why not just beat them with a stick till they stop? This is the idea of being cruel to be kind. Look, if someone wants to carry on smoking that's their business. The therapist's job is not to psychologically torture someone into 'compliance.' Who is any hypnotist to hypnotise some poor individual and make them feel pain?! Unfortunately this 'treatment' works in the majority of instances but who cares?!

In Huxley's Brave New World very young children were electrocuted when first introduced to books so as to condition them Pavlovian style into developing a terror of learning. Sounds a bit like most people's school experience!

*As a hypnotist be very careful that you don't get people to associate to damaging things. The whole experience of successful change can and should be pleasant.*

I once had a client who asked me to 'make them' hate marijuana. I refused. It wasn't the issue anyway. I can do it but I didn't. To do as she requested all you

have to do is say to someone,

*‘Every time you even think of smoking x you will feel physically sick, deeply nauseous.’*

That would work with most people but why didn't I? Because it would not be therapy, it would be a form of coercive mind control. Someone has to want to change, they must take responsibility for changing, you can only help them. In effect this person was asking *me* to take responsibility for them. Needless to say they did not get what they wanted. Despite my warnings against this method I will include here how it can be done...

### Pain association script.

*‘You have been making pathetic excuses as to why you have done x (undesired habit), how selfish have you been, abusing your body, potentially leaving your wife/mum/dad/daughter/son/hamster/cat to deal with the terrible death you may well suffer as a result of your thoughtless actions. Imagine a future time: you have just come home from the doctors, he has told you the worst because you failed to stop doing x (bungee jumping whilst intoxicated!??) you have to tell your wife/husband/pet goat that you have ‘Y’ (Y being a bloody awful fatal disease!); see the pain on their faces, the tears streaming down the face of your monkey/parrot/friend – see how you have made them feel and how terrible you feel now.’*

Why not just throw in a ‘...you worthless bastard!’ for good measure!!!?

That is pretty much, joking aside structurally, what some therapists say to their client who then emotionally breaks down and sobs, sometimes on and off for days. NEVER DO IT. It is stupid, cruel, unnecessary and incompetent. I actually think this may reek of a sadistic impulse on the part of the ‘helper.’ Although the road to hell is paved with good intentions so you never know. If you ever need help be ever so careful about which therapist and approach you choose. Some could make you much worse off.

### A clockwork orange or banana??

If you have seen the film ‘A Clockwork Orange,’ (based on the Anthony Burgess novel of the same name) you will know what I am talking about. The evil lead character Alex is a violent, sadistic thug and rapist. He has no redeeming

features except that he loves the music of Beethoven. When he is eventually caught for one of his many crimes he is taken to a lab where white-coated doctors are tasked with correcting his deviancies. How do they do this? They use what is known as 'Neuro Associative Conditioning.' They didn't use formal hypnosis obviously but he is told to watch scenes of rape and violence which he enjoys (remember from 'How to hypnotise anyone,' that TV is profoundly hypnotic); his eyes are held open forcibly by some vile contraption so he cannot avert his gaze. As he watches the disgusting images he is given a drug which makes him feel violently sick. All the while the doctors play the music of 'Ludwig Van' as Alex calls him. Alex's one redeeming feature is forever linked with a foul nausea. Eventually Alex is released, his unnatural urges quashed.

In using N.A.C to adversely hypno-condition clients you are running at least 3 risks possibly 4.

1. You trigger subconscious rejection.
2. You trigger rebellion from the 'rebel part' of someone.
3. The 'stubborn part' of someone kicks in and digs their heels in.
4. For luck – they may be so affronted by what you did, they sue you.

This principle can work in reverse. What if comedies made jokes about things that weren't funny? Say paedophilia and bestiality. What if you laughed at them so much till those subjects didn't totally disgust you but raised a grin? Something to think about isn't it?

You can condition people who hate maths to like it by getting them to close their eyes and think of something very pleasant (I will show you the NLP revivification pattern that allow you to do stuff like that in a mo') then get the person to open their eyes and look at some sums. If done repeatedly over several weeks, the hatred pattern would probably be extinguished.

So-called 'speed seduction' hypnotists use an old NLP 'pattern' whereby they get a girl to close her eyes and revivify feelings in her of sexual attraction; once they have done this, now and again they will get her to open her eyes and look at them. This is both a fractionation deepener and a N.A.C pattern – she looks at the man talking to her even though it may be a past boyfriend she is 'thinking' (actually feeling) about. In short order she links sexual desire with a man for

whom 5 minutes earlier she felt nothing. I learnt the basic structure of this on one NLP course or another; it goes somewhat like this,

*Pleasure association script.*

*‘Would you like to **feel really good?***

*Do you like to **feel pleasure?***

*Just close your eyes,*

*and just recall a time when you were feeling x in your body (Desired state = pleasure etc.)*

*see what you saw,*

*hear what you heard,*

*feel how great it feels,*

*...*

*open your eyes and look at me!*

(She does so, as she does touch her hand/arm to create an associative link to you and this state.)

***Great! Lovely! Beautiful!*** (The choice is yours – this is your verbal association!)

*Close your eyes again.*

*Remember that time gain vividly...*

*see what you saw,*

*hear what you heard*

*feel how good that feels,*

(most so-called ‘speed seducers’ would stop here, I’ll tell you how to amp this

up!)

*Now make that image surround you –*

*all the way around you, so **you are fully in that time!***

***Become immersed** in remembering this wonderful time and feeling!*

*Hear what you heard and make it surround sound stereo!*

*Make the sound quality amazing, resonant and clear as if you were there!*

*Now let those feelings of x (desired state) really build to a peak!*

*And **feel how good you feel!** Feel how good you feel, that's right! (Say this with gusto – the whole shtick should build to a crescendo of feeling in your voice!)*

*Now open your eyes and look at me!*

***Great! Lovely! Sausages! Code X! Blah!** (The word itself is irrelevant; its only use is association – a post hypnotic.)*

Now you could repeat this several times to 'wire' it in more. But now all you have to do is say that code word: 'Great!' etc. And your victim feels that feeling. Simple and very naughty. You see ladies how you can be manipulated? You know what to look out for now. The men readers are probably rubbing their hands with glee laughing, 'Mu-ha-ha-ha-ha!' evil villain style. Adverts use the same principles as I have already said.

Now, the creator of 'speed seduction' as I said took this from an old NLP anchoring pattern (NLP is nearly 50 years old, officially) and adapted it for seducing women; trust me – the stuff works! Anyway, I will teach you how to use the principle therapeutically. We will use it to help someone feel relaxed at will. So I don't control them and their feelings, they do. I don't want control over **anyone**: the thought is an abhorrence to me! I want people's minds to be totally free: men and women. Also I'm good looking and don't need to use hypnosis on girls. Anyway, 'smokers' and 'anxious people' might find the following useful.

*Neuro associative script for confident relaxation at will.*

(Hypnotic state amplifies the following greatly)

*‘Can you remember a great time in your life*

*when you felt very happy, totally confident,*

*very proud and on top of the world?!*

*Or can you imagine a time like that, now?*

*It could have been a time, it’s up to you,*

*when you felt you could achieve ANYTHING,*

*just so long as you **feel happy, healthy, calm and superbly confident!***

*See what you saw,*

*hear what you heard*

*and feel how good that feels! (Build up the emotional levels with you voice!)*

*Now, make that image bigger, brighter, bolder!*

*Make it panoramic so it surrounds you!*

*Make those sounds surround sound stereo,*

*like they’d sound on the best sound system in the world!*

*Now turn those feelings up to a peak*

*and squeeze your finger and thumb together on the hand that feels right/say a trigger word! Hold your finger and thumb together at the peak of these emotions etc.!*

*That’s right!*

*And now just relax that hand (etc.)*

*Now, I would like you to notice how good it feels*

*to **experience these positive and beneficial states of mind and body,***  
*and as you do, realise now,*  
*that whenever you need to enter this special place, this state*  
*in your everyday life,*  
*whenever you are confronted by the unexpected...*  
*or those things that once would have bothered or concerned you,*  
*now as an automatic reflex action,*  
*all you need do is squeeze that finger and thumb together/say that trigger word*  
*and instantly this will make you **feel confident!***

*Every time you need that extra help,*  
*some people find just the act of those fingers brushing together*  
*sends bursts of **relaxed confidence flowing through you***  
*for no particular reason!*

*And sooner than you think...*

***you feel confident all the time.***

That's it folks. You could use this for euphoria, anything.

As an interesting side note: exerting power over others affects some people's brains the same way that cocaine does! No wonder some people are control freaks! We have all encountered these second rate losers from time to time. Weak, weak, weak.

*Political name calling.*

*Political and or ruling groups or those who aspire to power in any society can use simple 'name calling' to control whole populations. Think of the word*



‘witch’ or ‘heretic’ in the so-called Middle Ages. Fear and terror could be evoked very rapidly just by pointing a finger and spouting a word. Of course the conditioners would have to have used intense methodologies of emotional arousal via scenes of awaiting hellfire and the dehumanisation of the ‘enemy’ through ‘atrocious propaganda’ (I will explain this later on). But our own age is no better; we too have our ‘witches’ and ‘heretics;’ lives can be destroyed through ‘name calling;’ social revolutions can be successfully carried through by the artful use of name calling with all the imagined horrors of association therein.

Good, good, good, good vibrations: positive associations.

However a good hypnotist can and should make use of ‘positive’ associations with desired therapeutic change; although this would be more like the behaviourist Skinner’s work; (he rewarded pigeons and people if you didn’t know) it can be used ethically. Below I will show you how...

Positive future associations.

*‘You have made this fantastic decision to stop using/abusing x. You have told me all the great reasons why you wish to do so and you, the unconscious know more than me what they are. Imagine a time in the future, say six months from now which will confirm that this has worked, totally free of x. Perhaps with your family having a wonderful day out. Look how happy and proud you look, you have done it, six months without even a thought of x/doing x and it feels great knowing that this was done, does it not? And every time you make the decision to stop x you will feel a marvellous feeling, happiness, pride, joy (whatever!) that will smother any old thoughts you ever had about x...etc.’*

Get people to imagine success not potential misery: do not taint the trance state with pain. Ever. From the minute a client phones you, you should be directionalising the brain toward certain easy, **joyful** success.

As an end note to this learning module I would just like to point out the main N.A.C technique that is used on us all in our Western social system. What is it? Fame, sex, food? No – money dummy! We are conditioned with money. I advise all hypnotherapists read *all* of B.F. Skinner’s books. **Beyond Freedom and Dignity, Verbal Behaviour** and the **Science of Behaviourism** at the least are essential reading. Skinner was a deeply unpleasant man who believed humans had no internal life – that they were merely stimulus response machines to be

trained like pigeons.

A question: what states do people associate to YOU?

As an interesting historical note: a medieval European princess was said to have trained the swans in her family's castle to associate being fed to the ringing of a bell. Nothing new under the sun.

**'Fractionation:' how to do what need not be done.**

I never use fractionation. Except when asking questions. Questions are hypnotic remember if you read book one. Now I just see fractionation, which is just 'waking' someone and re-hypnotising them back and forth a couple of times as a bit cruel. To me it's like letting someone nod off then waking them up just as they are going into a nice sleep. It does deepen hypnosis but so do lots of things. If you want to do it try this...

**Rhubarb fractionation script.**

(Hypnosis however light is assumed)

*'In a bit I'll say rhubarb...*

*when I do your eyes will open you'll feel fantastic!*

*As soon as I say 'Mrs. Miggins crusty pie'!*

*You'll close your eyes and go 20 times deeper into hypnosis...*

*and into trance feeling outstanding!*

*Ok...here we go...*

*Rhubarb – eyes open feeling good...*

(Pause a moment...)

*'Mrs. Miggins crusty pie!'*

*20 times deeper, that's right...'*

(Pause...)

Repeat as required, say three times. Essentially you are setting up an awakening and re-induction trigger. It don't matter what you say – you could use a recording of a parrot screeching, a cymbal clanging! Knock yourself out – totally unnecessary. Sometimes I think hypnotists just do stuff because they think they're supposed to or their clients expect them to do it. Who knows!?

### **Sticking someone's hand to their leg – pointless but...**

I have on only two occasions stuck someone's hand to their leg or a sofa. On both occasions I was trying to get someone to realise they could 'stick' to changes they had made, hoping that by hypnotically sticking their hand to something a metaphorical cross-over would occur. Both had been hypnotised by me several times and both were highly hypnotically talented. One, a woman was the most hypnotically responsive individual I have yet met. I do know how to hand stick in an authoritarian style, but for my purpose then I wanted a 'permissive hand stick;' the following script should show you what I mean...

#### **Permissive hypnotic hand stick.**

(Deep hypnosis is assumed)

*'Now what I am going to do next*

*is show you the power of YOUR unconscious mind...*

*You will discover its power,*

*your own power.*

*I have no hypnotic power over you at all.*

*Now, have you ever had your hand stick to something?*

*With glue maybe?*

*Something really sticky?*

*Or something else?*

*Maybe as a child?*

*Just **imagine...***

*powerful glue between your hand and the other one/leg/sofa...*

*hardening glue...*

*sticking your hand to your thigh/other hand/sofa/wall etc.*

*feel it hardening,*

***sticking your hand there...***

*to your leg/other hand etc.*

*Sticking with that glue to your leg/hand etc.*

*Now in a moment I will say **STICK!***

*When I do...*

*that hand will be stuck there...*

*completely stuck to that leg/hand etc...*

*And the harder you TRY to lift it...*

*the tighter it will **stick there...***

*the harder you TRY...*

*the tighter **it will...STICK!!!***

*That hand is stuck...*

*Go ahead and TRY to lift it and find **it is stuck!***

*In fact the harder you TRY the tighter **it sticks!***

*The harder you TRY...*

*the tighter **it sticks!***

*Really TRY! (If you ‘try’ you can’t do it – as Yoda told Luke)*

*...and verify **it won’t move...***

***RELEASE!!!!***

*That hand is completely back to normal now!*

*But it shows you the power of your mind, does it not?*

*And there is a significant lesson for you*

*in this achievement, is there not?*

Such a hypno-trick can be a powerful indicator that the ‘subconscious’ is ‘powerful’ if it can produce such phenomena to a client/subject. It could potentially give them confidence regarding the power of their mind to solve many problems – a reframe that can generalise.

If stage hypnosis tricks like this fail and they might say,

*‘Great! That’s just the right response. Never do what you don’t want to.’*

You can also do the above using ‘waking hypnosis;’ as I’ve said this will be taught to you, in full in Confessions 4, ‘Forbidden hypnotic secrets!’

### **The invisible mind made visible: using ‘ideomotor signals.’**

Ideomotor = (essentially) ideas that affect the body. Some hypnotists use finger signals to ‘speak’ to the unconscious. From time to time I do too. It works but you have to do it the right way.

The subconscious mind has an agenda of its own. It will communicate to you if you know its ‘language:’ it’s a communication frequency in a way; really everyday ‘ideomotor (idea-movement) signalling’ is also known more prosaically as body language.

I once asked a grown man who wanted to stop sucking his thumb (quite

common!) if he was ready for me to help him solve the problem using hypnosis. He said yes as his head shook. I paid attention to the head shake. I pointed out what he did; his response was ‘Ewww creepy!’

Watch politicians who say yes as they shake their head. The head shake is telling the truth. *It has been said that the subconscious is the body. This is partially true.*

Freudian slips, I prefer ‘subconscious slips,’ after all they existed before Dr. Freud, are a verbal form of ideomotor signalling. As is voice tone. Newsreaders use voice tone to tell you how to feel about a particular news story. Listen to how a news reader/anchor modulates their voice with each changing story. Sad for sad stories, indignant over others, sighing and head shaking over others still – this is to tell you what to think and feel. You take your emotive cue from the talking head. After all they are on TV, they must be right!

Ever had someone say yes as their voice tone said no? Ever had someone stumble over words or hesitate a fraction of the second? It seems that even in psychopaths, the subconscious wants to tell the truth, that it will leak out sooner or later. We do, in spite of ourselves leak the truth to the consciously observant but also other’s subconscious minds are noting the discrepancies at sub-threshold levels which is why we feel uneasy around some people and don’t know why? We have this ability as children but we are disconnected from it oftentimes as we grow to maturity. This ability to ‘sense’ such things can keep us alive. Many victims of crime have admitted afterward that they knew something was wrong yet they ignored their feelings. Remember: *you ignore subconscious signals at your peril!*

If you have a client whose head rocks from side to side as they think, it is because two parts of them are talking to each other. They are chatting. Weird!

I rarely use finger signals with clients. I don’t like to bother the subconscious too much or give it a chance to change its mind. *The main reason to use finger signals is to get verification.*

*“Can you wiggle a finger if you want me to continue?”*

I don’t ask people’s subconscious/unconscious if they accept the suggestions I gave them because for one it might not answer just for the fun of it or it might change its mind: after all by doing so you introduce doubt.

People have many levels of unconscious mentation. Whole other processes are going on just beneath and in the furthest recesses of the mind. But as ‘Shakespeare’ wrote in Hamlet,

*‘Truth though it hath no tongue will speak with most miraculous organ.’*

Observe people very closely. People watch, notice how people sit on dates: is her foot facing him showing attraction or facing the man on the table opposite (trust the foot!); is his leg bouncing up and down in sexual excitement under the table unbeknownst to the women he’s with? Blushing, nervous yawns, nervous coughs reveal many, many truths. Pupil dilation indicates sexual arousal. A pulse rate on someone’s wrist or ankle can sometimes be observed and monitored for changes. Observe, observe, observe. You don’t need a book to ‘read’ body language: you’ve been doing it since you were born. You used it to discover people’s intentions before you had words. Baby girls when being carried will watch adult’s faces noticing every single micro expression that flits across it: they are born with the ability to read emotions minutely. Although in later life their circuits can be fooled via sophisticated deception and indoctrination.

In men an erection is an ideomotor response. You don’t need to look out for that during a hypnosis session though!!! Although an erection in a man is also a sign of trance! He’s relaxed see. It is also a product of ‘girlnosis,’ one of the most powerful forms of hypnosis ever! Only surpassed by ti...time to move only!

Later on I will show you just how I used hypnotic finger signalling to ‘cure’ a women of a ‘psychosomatic pain’ problem. I’ll give you the step by step process which you are free to try. It worked spectacularly. I made it up – I make up a great deal of the things I do with clients based on their needs as individuals and my knowledge of hypnosis and how the mind really works. Truth is stranger than fictions as they say; that’s an understatement!

I once saw a hypnotist ask for verification of what he was doing by asking someone,

*‘Can the unconscious give some sign, maybe wiggle a finger or something else to let me know it’s working on this problem.’*

The hypnotee’s nose twitched twice! Weird! On another occasion a man asked if I could try communicating with his subconscious. I set up a finger wiggle signal and just at the right time – nothing happened. I was annoyed so I said,

‘Just move something!’

And his leg shot up in the air!!!

### **‘Atrocity propaganda’ and fear based selling.**

Atrocity propaganda is how ruling factions get men to fight wars and women to support them doing so. *Rulers of human societies have known and know even more now how we work. Mankind is well studied.* If I show normal, healthy people a picture of a man harming women and children, they will be angered and demand action! Just telling a story about some alleged ‘war crime’ has often been enough in the past. Hitler used this to start World War 2. German troops received stolen Polish Uniforms from then German spy Oscar Schindler (of ‘Schindler’s List’ fame); they murdered Polish guards on the border with Germany, dressed them in German army uniforms and took photos of them. The Nazis then used the photos of the dead Poles in German uniforms to generate enough hatred in the German people to want to avenge ‘their’ dead! This tactic is also known as ‘demonisation.’

Normal people don’t want to fight ordinarily, it is traumatic, a high risk – no one wants to do it unless they have to. So to get someone to override their peaceful nature you have to tell them that the ‘enemy,’ people you have never met and who have never hurt you are deeply evil - that they eat babies, that they do so and so horrible things, even if they in reality they don’t; then you can start a ‘war.’ *Such a horrific story, picture etc. – **locks your attention and makes you highly emotional** – it makes you become fixated. You then become programmable.* Remember: trauma creates the right emotional ground for programming: you don’t need a hypnotist, a TV will do, even a pamphlet with a drawn engraving will do, as were used to inflame English public opinion during Cromwell’s war against the Irish. Most people little suspect how any media can and has at the behest of their pay masters pulled the puppet strings of the well-intentioned public with scientific tools of indoctrination.

Images, fixation, emotional arousal, fight or flight responses: all hypnotic phenomena.

Atrocity propaganda was used during the Boer War by the British against the Boers (Dutch settlers): entirely fake stories of Boers killing innocent English Settlers in South Africa were circulated by the British press.



***Can man be made to believe anything? This is a question a good hypnotist should ponder.***

To study this further read **‘Public Opinion’ by Walter Lippmann**. Lippmann was involved directly in ‘guiding’ an unwilling America into fighting in World War 1. He outlines the techniques he used, quite openly in his book.

*Fear based selling.*

This widely used technique is easily explained.

‘If you don’t buy product X you will smell, have no friends, women will never sleep with you: you loser!’

‘If you don’t buy product Z you won’t be fashionable, fit in, blahhh!’

‘If you don’t let us protect you from the bogey man the bogey man will get you...’

‘If you don’t do X you WILL get cancer!’

*Interestingly putting pictures of cancerous tumours and warnings that smoking kills make smokers reach for a cigarette to cope with the stress!* Oh the tobacco drug dealers, I mean companies would never be so cynical. Yes, they are such nice, caring people. I will talk about how women were originally fatally conned into smoking in a short while.

**The magic phrase for ‘resistors’: ‘As soon as...’**

Remember people never resist – they are only ever afraid. A good technique to use is the...‘As soon as you are ready’ pattern. It is really just a variant of the ‘in a moment pattern’ identified and detailed in book 2: ‘Mastering hypnotic language.’ How do you do it? To start hypnotising someone you need only say,

*‘As soon as your unconscious mind is ready for you to learn something of benefit/solve this problem/experience hypnotic trance etc. you will begin to feel comfortable and your eyes will close...’*

Instead of ‘as soon...’ you can say ‘when you...’

By doing this you bypass all resistance to hypnosis – you have merely offered a choice. And not to the conscious mind but to the unconscious mind. It will take over if it so desires. Erickson used to say,

*‘As soon as your unconscious wants you to experience a therapeutic trance, one of your hands will begin to lift.’*

This takes experience to know when to use.

### **‘Reframing’ that works.**

Therapeutic reframing is in essence ‘a blessing in disguise.’

Therapeutic reframing happens when a client looks at their problem from a ‘better’ usually calmer point of view, one that is actually more realistic than the old attitude. Through a variety of factors people have been taught to underestimate themselves.

I once had a woman who had in a private email said some humorous and disparaging things to a work colleague about her ‘boss’; the manager in question discovered it by snooping, a gross violation of her privacy and fired her. She lost her job, long-time role and a good pension. I said,

‘Who knew managers were so sensitive?’

My client thought about it and said,

‘I never thought about it that way.’

That’s a reframe. In fact that sums up a good reframe – ‘*I never thought about it **that** way.*’ We experience natural ‘reframes’ when we tell our friends about various problems and they give us their perspective on them. It used to be called wise advice. Our friend will often see the funny side, being more objective and tease us, making us laugh. Often proverbs are reframes that have stood the test of time. They have been found to be true almost universally; they represent an untapped source of human wisdom.

One truism that I sometimes give my clients is,

*‘You are descended from generation after generation of survivors down through*

*history: that fact can give you strength...'*

Humans today are taught to be wimpy and vulnerable; the fact is Man is actually very tough. German women were so tough they used to fight Roman soldiers!

I'll illustrate what I mean by telling you a story about a girl I once knew. Whenever you came up with an idea, she would immediately come up with as many ways as she could to make it work. She looked for solutions. How many people do the opposite? Creating therapeutic suggestions is just saying the opposite of what the problem is: it is actually that ludicrously simple BUT people running courses who teach you what to say want to make sure you pay mucho money to find out exactly what the opposite is.

Humour as a powerful reframe.

You know when you have overcome a problem when you can laugh about it. In the worst of situations humour can be found, black humour, gallows humour is well known. If you can do a hypnosis session just to boost people's sense of humour you will be helping them greatly. Wit, humour, ridicule are always under attack by tyrannical belief systems, why? Because they cause powerful reframes, re-associations, radically different and often liberating perspectives to occur. The English had a marching song in WW2,

'Hilter has only got one ball, the other is in the Albert Hall...'

Make a client laugh and change their frame of reference, break an unresourceful state and make them feel good. How? 'Or you got it or you ain't!' If you ain't funny don't try to be. Frankly most therapists are not even slightly amusing. You can't learn to be funny. **I think as a hypnotist you should intend to make your clients laugh!** Some of them are very humourless souls though.

You can get someone to remember a time they really laughed while they are hypnotised. Sometimes I think we do these things to remind stressed people that they still can do the resourceful things they used to do. This leads me to the ultimate 'reframe'...

Problems can be a client's best friends!

Let's say a client has insomnia – you get rid of it and help them get their missing needs met. The person sleeps brilliantly and feels happy again. The problem was

a warning – something is wrong, is missing. Problems that are drugged cannot be resolved! The anxiety and depression people feel is an indication of a temporary inability to find healthy, appropriate solutions to get their needs met, and so, in effect extend their coping skills and ability to mature. A problem solved can turn a whole person's life around. And the thing is the solution lay inside them all along. Often just small and subtle yet precise shifts are all that is needed. Nudges can be powerful.

### *The potential evils of 'reframing.'*

Ah the wizardry of 'reframing!' Reframing or setting the frame of reference or perception of events is something you should really allow the client to do...*The best type of reframing is the truth.* Sometimes I might say,

*'3 people witnessing an event will have many different interpretations...'*

A truism. I have not told the client what new perspectives to have...

*'Our perceptions can change about certain things over time...that which once troubled us can become a source of humour can it not?'*

Again I am telling them just a plain fact. I leave the details to them.

Sometimes things **are** very bad. If someone loses a leg you don't say,

*'Wow! Now you can really practise your hopping!'*

Politicians and large companies use 'reframing' in their favour not yours: this is called 'perception management,' a rather sinister term for it implies no truth, just 'perceptions.' People who state that there is no such thing as a universal truth are themselves stating a universal truth. I will give you an example of 'evil' reframing.

### *Did Bernays give women cancer?*

In the 1920's women didn't really smoke much. The nicotine drug dealers (tobacco companies) wanted to push their addictive product on the (up until then) healthy, sensible women in the USA. They hired Edward Bernays, the so-called 'Father of Spin.' He was an expert propagandist and nephew of my friend and yours Sigmund Freud. Faced with the challenge of how to sell cigarettes to

women he devised the following scheme, well understanding the nature of women.

He hired debutants to parade through New York smoking cigarettes which he termed (reframed) 'torches of freedom.' Seeing perceived high social status women smoking (celebrity effect/monkey see, monkey do) and rebranding them as allowing women to achieve 'freedom' from 'patriarchy,' women in the US fell for it hook, line and sinker.

It would be interesting to calculate how many women actually died from this frankly despicable understanding of the nature of women. We can I think put the figure in the millions without much effort. Bernays should indeed be regarded as one of the biggest liberators of women. They were liberated from life. To study Bernays, and I recommend that you do, you can read his several books in which he boasts of his 'brainwashing' prowess, these include...

### **'Propaganda', 'Crystallising Public Opinion' and 'Public Relations.'**

Bernays had a far deeper and greater understanding of human nature than his uncle, reading his books will confirm this for you.

### **A short and obvious note on so-called 'post hypnotics.'**

All therapeutic suggestions are post hypnotic suggestions. If you tell someone,

'You can feel confident speaking to x.'

Then they will in real life. Post hypnotics are just ANYTHING that can be experienced after 'waking' or 'emerging' if you prefer.

### **Tickling trout or smashing the door down: direct or indirect hypnosis?**

Both! Trojan horse or full frontal assault? Both! Whichever works to obtain the objective. Although this book is primarily about how to use indirect hypnotic techniques unashamedly stealing, (cough) I mean borrowing from the work of Dr Milton Erickson who really invented modern hypnotherapy I have for years used very direct even authoritarian hypnosis too. It works superbly well. Linguistically the differences are obvious: indirect hypno-linguistics offers the 'possibility' of following a suggestion. Direct hypnosis says **you will do x,y,z** – it uses the language of the imperative, the order, the command. Examples follow,

*‘You will close your eyes and you will focus on your breathing...’* DIRECT. But crude, likely to get resistance. Who but a masochist wants to be bossed about? Actually I once had a woman client who wanted a commanding, more domineering approach – she didn’t respect as she said ‘...twee, wishy-washy therapists.’ Direct hypnosis involves following instructions. In fact hypnotists who use this approach will often say if it fails, ‘You didn’t follow instructions.’

*‘Please can you close your eyes and just draw your attention, gently, to your breathing, everyone has done that from time to time...’* INDIRECT. ‘Please can you x’ – you are being polite! A rare thing these days. People appreciate it. It appears as a request. It offers choice. But hidden within the waffle and politeness still lurks the idea/command – ‘close your eyes and pay attention to your breathing.’ In a way you could argue that indirect hypnosis is the most authoritarian! At least the other style is honest and open!

An example from real life:

*‘Shut the door now!’* Ahem, rather direct.

*‘Could you shut the door please?’* Polite form.

Linguistics of permissive style.

**Could...**

**Can...**

**Might...**

**Possible...**

**Perhaps...**

**Maybe...**

**Would...**

**Able to...**

Linguistics of ‘authoritarian’ style.

**Will...**

**You x... (You do/feel x etc.)**

**Are... (as in you ARE feeling relaxed.)**

In my hypnosis practise I tend to use the indirect form first until the person is in hypnotic trance. Once they are I may use or slant toward more direct yet not 'authoritarian' deepeners. Gently at first but once the moment of 'hypnotic surrender occurs' I tend to be increasingly more direct. It speeds things up. When people trust you, you can be more direct. You've proven yourself. Embedded commands ARE direct – don't kid yourself. It's just an overall approach that suits my personality. I don't like ordering anyone about. It's crude and unsophisticated and I like to play with words. Clients also like it. You must develop your own hypnotic style, just be a 'magpie,' some bits of some techniques will appeal to you and some won't: it will be something you are comfortable with. It will be an expression of your personality. I just mentioned it but I'd better explain it more...

With therapeutic suggestions I combine both styles: I might say...

*'You feel very confident in all social situations.'*

This is direct but with enough vagueness for the individual to apply it to the required areas of life. I don't say 'You feel confident talking to Jim.' It would be too isolated: we want the confidence to generalise.

*'You may find that confidence is just there, whenever you need it and it can surprise and delight you, now...'*

Vague, kind of dreamy language isn't it. 'Just there...' Just where? I let the subconscious decide just how it will make the 'confidence' manifest. Notice I use the concept 'confidence,' but what does it mean? It might mean subtly different things to many different clients. This is called 'process language:' I stay out of 'content'; I let the client fit the words to their model of reality. I am respectful of it. I do not seek to impose my biases which could be wrong or just not match theirs.

I would advise never using 'should' or 'must' unless you want to trigger resistance. You'll sound preachy and 'judgemental' – clients want help, not

moral evaluation by a complete stranger.

Although I know precisely how, within therapy I have rarely used ‘instant inductions.’ Why? The English don’t like being touched or stared at in that kind of setting. You can however do instant inductions with just words. Also by not using them I get people’s guard’s down. They expect instant inductions and don’t get them – I lull them to sleep.

### **Do pronouns matter in hypnosis?**

Not really.

**You**

**Him/her**

**They/them**

**That person**

I’ve used them all to address the client’s ‘subconscious,’ they all work equally well. You can use

**We**

When you want to tell the client how *you and they* are working together to solve the problem...

*‘We are working here together as you **solve this problem, unconsciously, now.**’*

Interestingly ‘we’ is used by those with multiple personality and royalty. Known as ‘the royal we.’

### **Hypnosis sessions pro tip 1: Get as much info pre session as you can.**

This section will give you tips on the importance of preparation before you even meet a client in person and some things to know about for when you do.

Most clients will phone you, some will email. In writing or on the phone they will give much away about themselves that as I’ve said, you will detect at an



unconscious level. Even from the very beginning of helping people I could tell what had to be done in a hypnosis session with a 99.9% accuracy rate. I don't know if other hypnotists can do this. People will reveal themselves through accent, tone of voice, attitude, verbal slips, for example 'emotional coldness' can often reveal loneliness though not always or a 'cold' and unaffectionate childhood. Some people will relate to you as if they were hiring a domestic servant others will be chatty and 'matey' (US translation of English 'mate': your buddy) – this is sometimes a cover and the people are putting on a front to hide the real suffering they are experiencing. Beware of people who appear very happy! In emails you will learn much about them from their language use. Pay careful attention to it.

Get as much info as you can pre-session: not too much, people will often want to talk to you confidentially, one on one, they may be booking at home or at work and so don't feel free to talk. Just find out what they want help with: it will tell you much. Ask them their specific goals – I say,

*'What exactly would you like me to help you with?'*

They may want help with weight loss and smoking, public speaking confidence and panic attacks. The more you know the better you can prepare.

Often when people contact me by email I will often ask them to give a brief or detailed outline of their problem/s and goals: they will often give you much detail that will help you help them. *You don't want to be surprised by clients.* Well not too much anyway! You want to have the right 'tools' to help them when they visit you.

Sometimes people will book a session for smoking cessation and then spring on you that they have anger management problems and a phobia of water, others will confess that they are addicted to marijuana but were too embarrassed to tell you over the phone. Be prepared for that and have interventions ready. I have desks and files full of stuff in some kind of order that I can get. Sometimes I'll have to leave the room and come back. Clients are fine with it. I once said to a client,

*'I just need to get some stuff.'*

He replied,

‘I like the way you use the word stuff.’

Unless you are very experienced and well trained I advise you do not see someone cold. That is, someone calls and says they need help and they won’t tell you what the problem is until they see you. Politely insist they tell you, say you need to know what to prepare as everyone is different.

*Know what you know and what you want to know.*

**Warning: never treat anyone if you do not know how!** You may with the best of intentions make someone much worse off. Probably not, but it could end your business if they sue you. **However take note: again, in my experience the worst that will happen with hypnosis is that NOTHING will happen.** They just won’t get any results, no negative consequences arise: it is almost as if you didn’t have the right key and the door didn’t open. You can turn clients down if you don’t want to treat them: that is your right. If you don’t want to help victims of child abuse or rape then don’t. Some people specialise in that. I focus on addiction and anxiety related problems: I really have no desire to help heroin addicts or people with Multiple Personality; I just don’t want to go there. You may passionately desire to. That’s fine but make sure you know 100% how to do so. Hypnosis can help in far more ways with far more problems than most imagine.

**C-wyy-eee-yyy-eee-ing over you! An emotional interlude.**

I just want to digress a moment. During a session lady clients will often cry. Not always but be prepared. Talking about a problem that has troubled someone is emotionally upsetting for many – women are more likely to express that emotion and release it through crying. It generally doesn’t last long. Remember women are emotional creatures, they process information through both hemispheres of the brain, they have a larger corpus collosum than men: this is the part that connects the ‘hemispheres.’ This is why women can be strongly manipulated by ‘feeling language’ in ways men can’t. There is greater crossover between hemispheres so that women process both logic and feelings simultaneously. Women are more concerned with feelings, they enjoy their feelings. When meeting new people women will ‘feel them’: that is they will feel how that other person is feeling. If a client keeps crying and won’t stop you can say something like,

*‘I am glad you have fully expressed that now, I see how it has affected you fully,*

*and now we'll move on.'*

Be firm but kind. You are gently breaking an un-resourceful state. The client can't heal in that state. **Remember revealing secrets and expressing emotions doesn't heal people. They may feel relief temporarily but the problem still exists. If it did we could all just dig a hole and scream down it!**

However clients do need to talk about their problems openly – to air them. Often they have kept them highly secret. The revealing of the problem usually does somewhat 'unburden' a person. A problem shared is a problem halved is a truism. Often people keep their problems secret from friends, family and work colleagues. We are all meant to pretend that nothing affects us.

During one session for a woman with a drink moderation problem, two long viscous trails of long continuous 'tears' ran down her face (either side) as all the residual stress and misery were discharged. It was bizarre. I have never seen anything like it in my life. These 'eye discharges' lasted about 5 minutes without stopping. It was like gooey translucent liquid pouring, oozing out.

Crying is a healthy release – don't fret about it. I make a joke about it,

'I'm always making women cry in here.'

They laugh and it stops soon after. Interestingly they never want tissues!

In my pre-induction interviews women will tend to talk more; men will tend to talk less and get to the point. Remember these are tendencies, everyone is different. In fact I had a man the other day who wouldn't shut up! Young adults will also tend to talk less, including younger women; this may be due to that fact that they still relate to perceived authority figures as though they were school teachers. Also they use texting and email as their prime communication modality – speech is dying! They also tend to be more insecure – they may still live at home etc. Unfortunately a rising number of people under the age of 25 are complete 'narcissists.' I will touch on this later. Some clients are 'ego syntonic': that is they have problems but see them as 'normal' when they are not. I'll tell you how to handle these folk later.

**Dissociating unhelpful labelling for change.**

Most client's confuse their behaviour with their identity. You need to dissociate

them from the unhealthy behaviour to get successful change. How? An example. Client comes in etc., 'I am a smoker.' Smoking is a behaviour. An unhealthy one! 'I am tall,' is an 'identity level' statement. 'I have brown hair, blues eyes,' etc. Do this...

*'See this cushion? (Pick one up?) If I chuck it over here...(throw it on sofa etc.) – does that make me a chucker?'*

99% of the time the client laughs and gets the idea. I once had a young woman who was self-harming who said, 'No. I am a self-harmer!' If you are then you can't stop it can you? She had seen a counsellor before me who more than likely told her she was 'a self-harmer'. Babies aren't born 'self-harming,' self-harming is a vain attempt to stop painful feelings by focusing on something else worse! This is similar to AA or CA (Alcoholics Anonymous/Cocaine Anonymous) who really are just like a 'cult.' They tell people who drink too much that they ARE alcoholics for life. How convenient a way to keep the 'cult' going. You can never get out! I have helped cocaine addicts in 1 session see just how untrue the 'cult' indoctrination was. Freedom not dependency is the idea.

### **Ladies changing brains.**

Women's brains change throughout life several times. Physically – the chemical 'soup' they are bathed in radically alters at various points. These stages of development are...

- Girl brain.
- Teenage brain.
- Mummy brain.
- Post-menopausal brain.

When girls become teenagers and are looking for boyfriends they need a radically different set of chemicals to negotiate the so-called dating game, (it's not a game, it's one of if not THE most important decision you'll ever make!) that is - mate/husband/partner selection. Girls need a degree of 'feistiness and aggression' to pass this life phase. Mummy nature/God supplies it. This feistiness allows young girls to test for the more dominant men to breed with; the more wimpy men can't handle the young women's wimp tests. The more

dominant men will often turn the tables on the young woman, which is what she wants. She is not being a bitch – she’s looking for a man.

When a woman has a baby she experiences massive psycho-physiological changes. She becomes ‘mumsy.’ Anyone who knows any woman that has had kids knows she changed and she never goes back. It is interesting to note that according to ‘Neuroscience’ women who do not have children do not experience this change. Does this mean they still have ‘teenage brains?’ I don’t know! I have noticed a high percentage of my clients are women without husbands or children.

Women have feelings about feelings, and feelings about those feelings and...

### **Metaphorical problems and phobias.**

This is a rather bizarre sub group of clients that you will see. Rare but I thought I should mention it.

I once had a man who came to see me for premature ejaculation and impotence (erectile dysfunction). Impotence means you lack power (power/potent). Ok, this man spent the entire session talking not about his sexual problems but about how he felt totally impotent as a human being *politically*. He told me he knew how to make the trains run on time, he had written to the Queen and she hadn’t responded. Too busy playing with her corgis presumably. He had invited his neighbours to form a group to ‘improve’ his neighbourhood. No one was interested. **His impotence sexually was a symbolic manifestation of his political impotence.** He had no awareness of this whatsoever. His problem was he wanted more control over things he couldn’t control. His goal was not a wise one.

Another man came to see me for stopping smoking; turned out he had several other problemos; he had a fear of treading water!!! Not a water phobia but treading water. Odd. Through our conversation he said, with no awareness consciously, that he felt worried that his life wasn’t moving forward; that he was just ‘treading water!’ A ‘phobia’ that was a symbolic manifestation of his fear that his life was going nowhere. His problem was that he was not achieving goals that gave his life meaning and purpose.

The unconscious will try to communicate **nicely** with consciousness: at first. If the latter doesn’t listen to the ‘signals from the deep,’ the subconscious will give

the person problems to get their attention: often the person still doesn't listen. For some reason the subconscious speaks to us in code!

A good suggestion to give a person is,

*‘When your conscious and subconscious work together you are powerful...’*

University education teaches an almost total contempt for anything other than the intellect. The intellect is not intelligence. ‘Scepticism’ is often ignorance. Many people seem totally cut off from the deeper part of themselves. They just don’t listen to it – at all! When your needs as a person aren’t met you get problems. More on this later.

If you point out these ‘metaphorical problems’ to a client it may be something they agree with and it might not: they also might be offended – handle with care. **Remember: the subconscious protects the conscious mind – always. Sometimes I think the subconscious does these things to communicate with the therapist – it hopes he or she will notice the ‘code’ knowing that the person’s conscious mind is too dumb!** If they can get the needs of the problem met it should well vanish. You could tailor your suggestions accordingly.

For the man who lacked power and control you could advise him in trance (amongst other things),

*‘Although we can influence others sometimes, we cannot control them. Our degree of influence varies etc...’*

People who become stressed because they place the locus of control externally will find it much harder to resolve things. They have much less leverage: you can only succeed in achieving goals that are realistic and within your control.

The second man was directionless, lacked a fully unique identity. But this might at least help,

*‘When we live a life of purpose and meaning, when we set worthy goals that stimulate and stretch us, we feel so much better about so many things...’*

Some clients just have ZERO, I mean no ‘insight’ into themselves, others or life: you may well not be able to help them. It happens. You can use a variant of my ‘Psychosomatic pain removal script’ included in this book to communicate with

the part that is causing such problems.

### **What is somnambulism?**

This is quite simply when someone does what you suggest automatically and immediately when in a hypnotic state. If a stage hypnotist gives a woman a command to orgasm on cue, she does it, no ifs or buts. If he tells a man to pretend to be a turkey and he does – that's somnambulism. I think large swathes of the general public are somnambulist in the waking state! But that's another story. Some studies have shown between 10-20 of the general population to be 'somnambulists.' Literally a 'sleep walker.' They are the most highly suggestible section of the populace: and they can VOTE!!!?

### **Hypnotic 'cold reading' skills exposed.**

Sherlock Holmes would always say,

*'When you have eliminated the impossible, whatever remains however improbable must be the truth.'*

In order to help you clients you are going to have to be able to work out your client's character very quickly. In England we call this 'sussing someone out.'

Using Sherlock Holmes's techniques you can do the following. Holmes worked via a process of elimination. **He worked out what wasn't or couldn't be true about someone till what remained had to be true or at least close to the truth.** By the way during a hypnosis session you don't have to tell anyone anything you've guessed about them.

The 4 areas of 'psychic' cold reading are: wealth, health, relationships, grief.

*'Cold reading,' the skill used by fake psychics is simply the art of making accurate generalisations about someone from minimal sensory cues.* So what are some of the things that reveal the truth of someone's character?

- **Clothes:** Are they expensive? Or work man's overalls with signs of paint on sleeves? An office suit? A golfer's top? Is the person generally smart or scruffy? You get the idea. Clothes are used in plays, films etc. to reveal character. They will tell you much about a person. Notice someone's shoes. Are they new? Are the heels well-worn on one side, both? Are their shoes

muddy? Women are generally better at this stuff than men.

- **Physicality:** All the physical qualities of their body will tell you a great deal. As will height (being short can be a sign of malnourishment in childhood). Tall men are more likely to get promoted. Are they good looking or ugly? Good looking people lead totally different lives from less attractive people. Not necessarily 'better' but different. Very attractive women have experienced a whole other existence from less 'attractive' women. By the way you can often tell if a woman is attractive from her voice on the phone: beautiful women have different voices to other women! This was a weird discovery I made.
- **Environment:** A man or a woman from a fisherman's village in Asia who now lives in a European country will have experienced a totally different upbringing, set of cultural assumptions, use of language and genetics, environmental heat etc. than a person of European descent. We are all different, don't jump to stereotyped assumptions, however in cold reading you do make generalisations: that's the point. A person of Eastern European (Slavic) stock may well have lived under a totalitarian regime if they are aged above 40. Many things shape us. Fortunately I have helped people from all over the world – they can all be hypnotised. Grace of movement can indicate dance training. Note: most people assume things far too often. People are surprising.
- **Social class:** accent, education, income and health are the biggest indicators of social class. In England the rigid caste (class system) locks people into expectations and experiences throughout life. A 'working class' son of a builder will very probably not rise to be a 'middle class' Doctor. Even if just as a local GP (General Practitioner – US equivalent M.D.). In many European societies you still cannot 'make money' as you could in the USA during the 20th century. You either were born into wealth, stole it or had nothing. America was different until recently: now over 40% of US citizens are on some form of welfare.
- **General cold reading tips:** In Western countries overweight people are increasingly likely to be poor rather than rich: a complete reversal of the 19th century pattern of obesity. People from middle class backgrounds in the UK are much more likely to have been to a University. They have experienced much more what you might call 'educational exposure' than



their working class counterparts. Many women no matter how beautiful are insecure about their looks even if they are professionals and supposedly 'above' such things. Men are worried about their careers, how much money they make, their social status. Do you see what I'm trying to get at here?

- **How to hone cold reading skills:** To practise these cold reading skills go to a train station or a shopping centre and watch people. Watch that girl over there dressed up in a short sparkly skirt with bleached blonde hair: is she likely to be a barrister (lawyer – sounds a bit like liar!)? She might be, more likely she works in retail or in a dull office job. Do you see how it works? With practise you should be able to tell if a couple has a dark secret they are hiding from others just from body language. You will become more perceptive: a good skill for the hypnotist and anyone else for that matter. Look for evidence: by the way this is what TV 'psychics' do. Real psychic powers are beyond this book's scope.
- **Summation:** Although I have mentioned the above I can let you know a secret – you've been 'cold reading' all your life. Most people aren't very original, they think the same way, do the same things, go to the same places. We all get the gist of others very quickly – trust your subconscious to aid you in this. Ever disliked someone on sight? Either they reminded you of someone you disliked in the past OR your subconscious has rapidly detected a threat one way or another – trust that feeling! Remember too that people's thoughts and emotions etch themselves on people's faces – kind people have kind faces. Nasty people as they age have a habitually nasty expression, even when they try to hide it with an insincere smile.

### **The hypnotic face lift.**

One thing I have noticed regarding the power of hypnosis: often highly stressed people look 10-15 years older than they are chronologically. During hypnosis as the habitual stress lifts I see them becoming younger looking! Even after my first client I noticed a facial age reduction of about 10 years!!! Weird.

### **Alternative induction/deepener tips: sensory based languaging methods and more.**

There is a myth from NLP that people reveal their 'sensory preference' through language predicates. It is a half-truth. When hypnotising/talking to/gaining

‘rapport’ with a so-called ‘visual person’ you are supposed to say, ‘I **see** your point of **view**,’ with the imaginary creature called an ‘auditory person,’ ‘I **hear** what you are **saying**,’ etc. You don’t need it to gain rapport or hypnotise anyone. It’s nonsense. But you can access people’s ‘internal senses’ to lead them into hypnosis or deepen it. Let’s take each sense at a time, you don’t have to say them all, it’s just a way to get you to think how to captivate each sense ‘inside.’ Although I call them inductions, they can be used as deepeners: see what works. First up is...

Kinesthetic (touch/feeling) induction tricks.

*‘Can you imagine the feeling of the carpet under your feet?’*

*‘Can you imagine the feeling of bark on your hand?’*

*‘Can you imagine the feel of squidgy (squishy) clay or dough?’*

*‘Can you imagine the feeling of stroking a cat’s fur? How soft, how pleasant it feels...’*

*‘If you could imagine the taste of delicious food, how wonderful is it?’*

*‘If you could imagine **you’re feeling you’re favourite feeling**, how would you know?’*

*‘Can you imagine pulling a warm duvet over you on a cold night so that you could feel that warmth, that comfort before you **fall asleep?**’*

*‘Can you imagine what sleepy/relaxing feelings feel like?’*

Auditory Induction.

*‘If you could imagine the sound of a **soothing** voice, whose voice might it be?’*

*‘If you could hear the sound of something **relaxing** what might that sound like?’*

*‘What does your favourite musical instrument sound like? Can you imagine someone playing it well?’*

(Beech loop.)

*‘What do waves at the seaside sound like?*

*Seagulls?*

*Pebbles underfoot?*

*The comforting sound of rain tapping on a roof?*

*The sound of someone you love dearly?’*

*‘Can you imagine the sound of many people laughing? Laughter is so infectious isn’t it?’*

*(Mini hypno loop.)*

*‘Can you imagine the sound of a **relaxing** sigh?*

*Or an out breath as someone relaxes?’*

*Or snored?’*

*Smell induction.*

*‘Can you imagine a pleasant smell of something so wonderful cooking?’*

*The smell of certain flowers?*

*The smell of freshly cut grass on a warm summer’s day?*

*The smell of new clothes you just bought?*

*The smell of a person you love?*

*The smell of a new born baby? (If they have children – it’s a lovely smell.)*

*Can you imagine a smell you associate with **comfort** and **relaxing**, now?*

*What if you were able to imagine the smell of clean, fresh country air...*

*Can you imagine the smell of bubble gum or another sweet/candy you liked as a child?’*

You can say the above as single sentences within a wider framework of inducing trance or loop them together: I have done both above to show what's possible. Give client's time to process the searches you give them. What hypnotic principle do they foster? (see book 1: 'How to hypnotise anyone') Internal focus of attention through stimulus of the imagination – the 'internal senses.'

Ok, if someone says,

'I can't visualise,'

Just say,

*'Do you dream?'*

The answer will be yes or they'd be dead or insane. By the way marijuana addicts do not dream much; at least they aren't aware of it. This is probably one of the reasons they smoke so much – the brain gets rid of daily anxieties at least partially through REM (Rapid Eye Movement) sleep. They effectively set up a negative feedback loop – not dreaming enough, get stressed – smoke weed! Anyway back on topic, then ask them,

*'What colour is your front door?'*

Their eyes will go up to the left or right (yes NLP is broadly right about that eye movement stuff, although it can be faked). Then do the following exercise...

Visualisation exercise.

(With hypnosis or not)

*What is an apple? Tell me what it looks like in vivid detail.*

*Now describe a banana.*

*A pear.*

*A bunch of grapes.*

*A type of car.*

*A house you like.*

*A species of tree.*

*A seagull or gulls.*

*Something wonderful you have experienced in this life?*

If they are still unconvinced after this they are stupid or weird or both. They don't need to see stuff in vivid 'Technicolor', just getting the sense of it is fine. I'll give you two other small induction/deepener modules that might help, first up is more of an 'NLP-esque' induction.

*NLP-esque induction.*

*So if you were to **be relaxed** right now, how would you hold your legs?*

*Your arms?*

*Your body?*

*Your neck?*

*How might you hold your knees, feet and toes? (A bit nursery rhyme like – age regression)*

*And how would that **relaxation** feel IF it could spread throughout your body?*

*How would you know that **you feel calm**?*

*How would you be able to experience a heaviness or maybe a lightness in certain parts of your body...if you could? (Double bind – all options covered)*

*If you were able to notice where you **feel most comfortable**...inside, how would you do it?*

*So if you were to **feel something pleasant** how would you know?'*

Obviously with all these instructions – give the client/subject TIME to process the words; perhaps wait 5-10 seconds or so to let them drift off and enjoy it. Ok last one I call it the...

*Drug addict induction.*

*‘The use of drugs is the result of intense visualisation  
of what they will ‘do’ for someone.*

*Now you and I know, really know that  
that expectation is NEVER fulfilled but  
we do therefore know that you CAN **visualise...***

*Sometimes visualisation is ‘kinaesthetic;’  
that is having to do with **feelings, bodily feelings.** (You just directed their  
attention to them)*

***Now,** can you imagine a feeling you’d like to have? Any feeling you like...*

*What is that feeling?*

*Get to know it.*

*Can you **feel that feeling now?** (Dissociated ‘that’)*

*Where is that **feeling** located **in your body?***

*Can you let that feeling you’d like to **feel**  
spread from one place further and further  
throughout **that body***

*as you just notice and enjoy **these feelings only intensify.**’ (Associated ‘these’).*

*There you go, hope that helps, don’t say I never did nothing for ya! Next...da,  
da, da!*

### **Handling ‘Ego Syntonic’ clients.**

‘Ego Syntonic’ is a term from psychiatry. It basically means a person who has a problem that is not ‘normal’ ‘functional’ or healthy behaviour but the person thinks it is. A great deal of the general public are ego syntonic.

### The Rogue hypnotist's case files: The bizarre case of the 'Peter Pan syndrome.'

I had a thumb sucking client who behaved like a spoilt narcissistic brat: he thought that sucking his thumb at night to get to sleep at night was normal. It is if you are three, if you are a seventeen year old grown man you have a problem.

**VERY IMPORTANT NOTE: do not however confront people with their ego syntonetic behaviour, it will p\*^s them off, insult them and they won't work with you – you are not their mum or dad or father confessor. No matter how well intentioned you are.** And further more - you can get them when they're hypnotised anyway! Ha-ha! This young man's grandfather pointed out the babyishness of his thumb sucking. The boy/man was so infatuated with his sense of self-importance (he suffered from overly high self-worth – a common affliction these days) that he totally disregarded his wise grandfather's advice. His grandfather was right – it is a sign of not being weaned properly!

### Porn and other casual drugs.

Drug addiction is another example of ego syntonetic behaviour. It is not 'normal' (healthy//safe/life-affirming) to take drugs: be it cocaine, cigarettes, excessive TV or Internet or masturbating excessively to porn. People don't just 'watch' porn do they? That's right boys, excessively choking the chicken for 5 hours every day isn't good for you. It has become **'the new normal.'** Whatever good things occurred during the middle of the twentieth century and there were many things, many unhealthy and abnormal behaviours became seen as normal. This was mirrored in films where the 'hero' (actually anti-hero), say the film persona of James Dean whose roles were always some 'misunderstood', over sensitive and hysterical nut job were held up as a new false idol to emulate – remember monkey see monkey do? Moreover, people began copying abnormal behaviour because it was portrayed as 'cool.' This is 'dysfunction modelling.'

### Generation X: virtual living?

Porn, video games and sport are a modern day boy's best friends. What do they all have in common? Vicarious living! Porn is watching others boinking. Of course you enjoy it, cocaine addicts enjoy cocaine. Men and women do enjoy porn! Look in small doses it won't kill you or make the backs of your hands hairy or make bits fall off will it - but...'Sport' is passively watching others play sport! Video games are about virtual reality fantasy fulfilment. In other words, nothing has happened in reality – you have taken no action to have real sex, to

play actual sport, to take real risks and have wonderful adventures in reality. You have achieved nothing – none of your goals have been achieved. Let me tell you some consequences of severe porn addiction; these are from the mouths of former ‘porn addicts’...

- Acne.
- Weakened willpower and self-control in general.
- Exhaustion. Men report much increased energy on cessation.
- Waste of life time.
- Depression.
- Like taking any drug porn viewing over time leads to less of a hit. So viewers watch weirder and weirder porn. Some find it hard to be aroused by real sex and suffer from ‘erectile dysfunction’ as a result. In the end only watching Elephants and squirrels in leotards whipping each other senseless gets you off. The law of diminishing returns.
- Approach anxiety worsens in single men. You need ‘spunk’ to talk to hot women boys.
- Low mood.
- Urge to have real sex declines.
- Damage to relationship with wife/girlfriend. (I know my clients tell me and their wives!)
- In some rare cases that I have treated men feel so compelled to watch porn that they rush into the nearest Internet café and masturbate in public! It can get that bad, putting them at risk of arrest and even potentially ending up on the U.K’s sex offender register even though they are a drug addict and not a pervert.
- Lowered testosterone and masculine power. This can stop you having the courage to speak to real women. It turns lions into pussycats. Real sex increases testosterone. In many ways porn is a form of ‘voluntary’ chemical



castration.

- Gives a warped view of what normal sexual intimacy is. *Porn is often much more violent than real, loving sex. If you slap your girlfriend around like too often she'll eventually call the police.* There are many UK headlines concerning a rise in young men physically abusing their girlfriends from police sources. The police suggest that violent porn is the cause. However violence, 'aggression' and 'rough' don't mean the same thing.
- Men's voices become higher pitched. Many men report deepened voices upon cessation.
- Less attractive to women. Women can sense a prolific fiddler boys!
- It gives men an unrealistic view of how women should look or behave. Remember 'pornography' means 'writing about prostitutes,' that's what ahem – 'porn stars' are.
- Many women 'porn stars' have been sexually abused as children.
- You are being conditioned through someone else's sexual fantasy. As sex symbol Raquel Welch said, men are thrashing themselves away to other people's fantasies. Where are YOUR sexual fantasies in all that?
- BUT there is one thing that must be admitted about porn – you can learn some sex techniques you never knew existed!

The Rogue hypnotist doesn't care if you watch porn, it's up to you: porn addiction is a real and growing problem for therapists like me. I am just giving you a reality check. It is my opinion that some people can handle porn and some can't. For some men it obsesses them, it takes over their life. Some more enlightened Generation Xers are waking up to the con of porn.

*'We are masturbators!' Porn in Sparta!*

Unlike most people the Rogue Hypnotist reads a LOT of history: the recent pornography explosion is a clear example of a society in decline. This is a historical fact. The Spartan civilisation collapsed in part due to the demoralising effects on their previously disciplined military system ***as pornographic stone tablets proliferated throughout Sparta.*** Rome too collapsed in part due to sexual

licence. Liberty is not the same as licentiousness. Senators amassed huge pornographic archives. The Roman senate debated which vices to legalise. Women were raped to death by bulls in the coliseum for the entertainment of the plebs – the origins of the gladiators etc., was not Roman but Etruscan. Sacrifice and stoicism gives way to indulgence. I have had clients who casually spend all their children's Christmas money on drugs, who go out and take cocaine one night and then try to look after their children the next day on a 'come down.' Is this normal? Indeed what is **normal** now? Decadence means – 'in a process of decay!'

Would the 300 Spartans have fought off the 'Persian' Empire if they had all been too busy fiddling with their bits and pieces?

Many people think it is all fine and hunky dory to watch tons of porn. We who work in therapy and deal with the fallout know otherwise. **In my opinion most men aren't addicted to porn but is Western society benefitting?** Is anyone? I often wonder what the great American hypnotist Milton Erickson would do to help people now? We early millennial hypnotists are faced with a far more degenerate world than post war Phoenix Arizona. Do you honestly know anyone who was **bettered** by porn? Or by any drug? The Rogue Hypnotist is not a prude, he has watched porn – oh yeah baby! Nor a 'moral crusader' (I trust those people least of all!) A healthy sex life will do you the world of good and if you enjoy being covered in honey whilst wearing rubber as an attractive friend gives you a good spanking more joy to you; lifelong isolation and celibacy is not the wisest choice.

But let's face reality: four year old girls are being sold lap dancing poles in the UK. Our children are being sexualised at an earlier and earlier age – we all know this. That used to be called paedophile grooming: is Huxley's Brave New World slowly becoming reality?

Now, the point of this is??? Your hypnosis clients live in a pretty sick society, it is making them sick too. Most have no awareness of it. They have been conditioned by school, TV, Internet culture and magazines that it is all normal. It is: for a society that is historically going down the tubes!!! In addition...

- Excessive sexual promiscuity is a sign of psychopathy.
- Sexually promiscuous young people have been found to be unable to

sustain long term relationships.

For the love of God don't tell your clients any of this. It is however for you to know it: how else will you successfully help them? **We all live in societies in which it becomes increasingly hard for them to get their individual needs met.** As promised more on this later. And don't judge yourself or others harshly for behaving in the ways we all have; we have been over-indulgent! It all went too far one way and now it's gone too far the other!

### **The psycho-linguistics of unrealistic 'negativity' and pathological pessimism.**

Depressed people are often more realistic than optimists. Funny but true. Pathological pessimism is an overarching 'meta-programme' often learned in early childhood that problems are permanent, one's own fault and unsolvable. They are revealed by pessimistic generalisations...

Things NEVER go well for me. (Generalised self-pity)

I've always had this problem. (What ALL the time?)

I can't see a way through. (Yet...)

**Pessimism = the three P's – Pervasive. Permanent. Personal.**

**Pervasive** – all my life is bad.

**Permanent** – I'll always be unhappy. The exception to this is when good things happen, then pessimists think they can never last!!!

**Personal** – it's my fault that x blah, blah...

The failure to see all problems as temporary leads to pessimism – sometimes 'pessimism' is an overarching world view about the nature of human existence. Healthy optimism is about knowing there is a solution, a better future and that YOU can create it. **Negative distortions MUST be challenged by looking for exceptions.** If they are not a person risks developing depression should a significant loss or life stressor emerge. Just thought I'd let you know.

### **Hypnotic stories and metaphors.**

The cats out of the bag: you already are a powerful hypnotist! Did you ever tell someone a captivating story! What about a Halloween ghost story? Was everyone 'creeped out!' Did you ever tell anyone a funny story when you made a fool of yourself in public? So you made people laugh – you changed their emotions rapidly and reframed a situation. Wow! Who'd a thunked it!

'I wanna tell you a story,' this was Max Bygraves, the British light entertainer's catch phrase. It would always make the old ladies laugh. Stories are so powerful: most people have not an inkling how they are 'entertained' (Latin – 'to hold between'), conditioned and programmed by stories; on the plus we can also be uplifted by them, healed by them: we can have our optimism renewed, they can make us examine the world from a new vantage point, they can teach ageless principles of successful living. In this section I'll tell you a few ways how.

One of the most hypnotic phrases is...

*'Once upon a time...'*

First let me show you an example of a hypnotic story for therapy. I have adapted it from Milton Erickson work...

*The farmer's dog.*

(Hypnotic trance is assumed.)

*'And as you continue drifting...enjoying your time there...*

*where you are...or are not, now...relaxing comfortably...*

*you may begin to appreciate, how very relaxed...*

*comfortable, content you can be without x (x being cigarettes, drink, habit that needs changing)*

*how you can enjoy relief from stress...*

*in a natural and healthy way...*

*So, it's nice to know that*

*you have a conscious mind  
and that you have a subconscious mind  
or **you're unconscious** mind, now...  
and that both are you,  
each and both of you.*

*You are both your conscious  
and you're subconscious...  
or unconscious...*

*With that fact underlined it may be  
reassuring to recognise that all your parts...  
want what's best for you...  
there are no bad parts of you  
but there may be patterns and habits  
that are out of date...  
and need to be updated, now.*

*But all parts of you  
want you to **be happy and healthy...***

*All parts of you want you to  
**be a fully functioning adult...***

*A mature individual  
who is in full in control on themselves*

*and able to maintain  
all the benefits that old habits  
used to offer.*

*While finding new,  
better, healthier ways  
to accomplish that, now...*

*(Pause a mo')*

*That reminds me of a story...  
some years ago, a great hypnotic storyteller  
used to tell a tale  
about a certain dog.*

*It wasn't anything special,  
I don't even know the breed,  
but  
it could do certain things really well  
which made it a real help on the farm.  
it chased off foxes,  
rats and mice,  
badgers and squirrels too,  
and  
with a bark or two*

*announced arriving visitors day or night.*

*Nothing wrong with that,*

*it's just what dogs do!*

*The problem was,*

*it had a special weakness for the postman...*

*it seemed to think that*

*it was great fun,*

*the best part of its day...*

*to really howl,*

*growl and snarl,*

*raise a big fuss*

*and do whatever it could*

*to try to get a piece of that postman*

*as a kind of trophy I think.*

*The way a professional hunter*

*might put a stuffed animal head*

*over a fancy fireplace.*

*But, of course*

*the postman had other views;*

*unsurprisingly*

*he didn't think it was much fun at all.*

*It got to the stage  
where he wouldn't  
deliver the letters at all.  
Wouldn't even get out of his car.  
Just wrapped some string  
around the post/mail  
and did his best  
to throw it out the window,  
up onto the porch of the farm house,  
which often he succeeded in doing.  
But  
sometimes he didn't quite make it  
but  
he didn't seem to care...  
he just let it lie there  
and could you blame him?  
It got rained on  
snowed on,  
it was all the same to him.  
So, one day  
the kindly farmer waited on the path*



*as the postman drove up in his delivery van...*

*The farmer had the dog on a leash...*

*said hello to the postman*

*and invited him in for some tea/coffee.*

*With a certain amount of fear the postman warily accepted.*

*He walked up the path with the farmer and his dog.*

*They all sat down on the porch*

*while the farmer's wife brought some tea/coffee/something to drink.*

*She gave some dog biscuits*

*to the postman*

*for him to give to the dog.*

*And **do you know what?** (This is the point of major reversal in the plot: build it up!)*

*That dog took the biscuits*

*sniffed the man's hand...*

*and after the second treat*

*actually licked his hand*

*and sat down at his feet.*

*And that dog*

*never barked at the postman again*

*or chased him.*

*They became the best of friends.*

*The dog chased squirrels/cats/door to door salesman instead*

*but would always be sitting quietly,*

*tail wagging at the top of the path*

*for its friend the postman*

*to bring the mail.*

### **The End.**

The above story is a good one with ANY ‘habit disorder.’ It is also good if there are ‘warring parts’ of a person. That is one part wants change and another doesn’t. Both however ultimately want the *same* thing. I’ll probably touch on this in another book at some point.

### *The power of stories.*

Erickson would baffle psychologists and psychoanalysts and psychiatrists who came to him for training: you see he had such a high success rate and they didn’t! Whereas they had been ‘brainwashed’ to use harmful nonsense that didn’t work and in many cases harmed patients, Erickson would often just tell them a charming homespun tale like the one above and they’d stop smoking. But stories can heal and harm. A story is not a neutral thing. *One of the way the brain works is through analogy: something is like something else. This is called analogical thinking.* Metaphors, similes, stories find a home here. Poetry is based on everything being like something else. It is about comparison subtly done.

Now when you watch TV or go to the cinema do you think the producers have no other intention other than to entertain you? If you do – you are deeply, deeply naive. All films, TV, the entire media has an ‘agenda,’ a point of view, an ‘esprit de corps,’ a world view, a bias, and don’t count on it being the same as yours. All films and programs have a message – the meme they want you to take into your little skull when your GUARD IS DOWN!

When watching a film that you are ‘into,’ (notice the languaging!) you are deeply hypnotised and entranced, effectively you are having someone else’s

fantasy instead of your own. This is why if we see a film before reading the book version we can have our own imagination smothered by the film portrayal.

**NOTE: when your mind firewall is down, you are programmable.** You are highly suggestible. You can teach/indoctrinate by putting values, certain characters, certain associations, certain emotional affects, particular ideologies, political beliefs and desired outcomes within the story fabula, that is the story structure. I learnt this from studying with one of the world's most famous hypnotists. He is a household name.

### Old wives' tales.

This is why folk tales were so important; mothers could pass on traditional wisdom about not talking to strangers, about being punished if you were naughty, about taking the right path in life – this is how all peoples down through time have preserved their culture. If you destroy a people's traditional stories you can destroy them. 'Propaganda' has even weaselled its insidious way into the nursery; precious children's minds are seen merely as hollow receptacles for thought installation. Traditional fairy stories are turned upside down – the witch becomes the heroine – normal, deep unconscious archetypes are warped – we see this in film like 'Hannibal' where the monster archetype is 'humanised.'

By the way, 'folk language' is hypnotic. This is speaking to people in their own colloquialisms (ordinary conversation, not formal or literary).

### Creating hypnotic stories.

**The formula for hypnotic stories is VERY simple: to create stories for clients, find or invent tales in which the characters within a story go through a process of innocence, learning, crisis and change – you take a problem and solve it: the subconscious will notice the similarities and generate solutions to real life situations the client faces.**

Stories are an example of 'THT' (Trojan Horse Techniques) when misused. I just made up an acronym – this makes me sound like an expert. Remember: when story characters are in danger/haven't got their emotional needs met, it fixates the attention – the fight or flight system is activated and the viewer, reader, listener feels compelled to see a happy outcome – they 'identify' with the hero/heroine. It opens a desire/template in the brain that seeks completion. But when properly used stories about princesses and other more mundane things –

such as tomatoes, can get rid of warts, boost self-worth and image and aid your clients in a whole host of ways. At the end of this module I'll show you another story script to use. **Remember if you don't think you are being influenced, then, you are MOST vulnerable to influence.** I repeat this again and again: do you want to be influenced? Why can't powerful groups stop trying to bend the minds of the masses? Because it suits their purposes of course. It is quite simply herd management. You notice all these things as a hypnotist that the untrained eye simply cannot see, yet it is all in plain view. Hidden in plain view you might say.

You could write a book on this subject alone. When working with clients you can often help them by telling them stories about *your* life. Milton Erickson did this and so do I.

### *Your own hypnotic tales.*

- I told a woman who had been facially disfigured in a car accident (not that badly, her forehead was scarred) that I once saw a beautiful, attractive woman at the gym. I realised this woman had one arm. But her attitude was – f\*%k you – I am attractive even with one arm. Now that is attractive.
- Another time I saw a woman who had stress-caused constipation so I told her a story about my baby niece. One day my niece was having a poo in her nappy/diaper (you can tell from the look on their face folks) and my nephew came up and yelled at her much to his amusement. This scared her so she cried and her poo was stuck half way out her bottom! She had become so tense the poo couldn't get out. So I gave her a cuddle and told her to relax, that everything was alright, calm down darling, all better now...and wouldn't you know it: the baby pooing facial expression started again and...well, you know! This client told me she considered me her human ex-lax!! (A brand of laxatives in the UK.)
- Another woman lacked self-belief so I told her about when I thought I was an average cook until one day I made a pudding and everyone loved it! In fact I could make fantastic puddings that people delighted in! I never knew before because I hadn't tried. Puddings are all about indulgence. Our heads are swimming with loads of ideas that we believe are true. Hypnosis can allow better ideas to be tried out to discover what IS true.

Ok, as promised a ‘confidence boost’ script story is coming up. Study it and work out what the message is. Some highly regarded therapists have so little trust in their client’s they tell them the moral of the story, but that will only be the moral THEY took from it. Don’t impose your own delusions on your clients. Stories are like ink blot tests – you bring the meaning with you. The world is in many ways an ambiguous place. Everyone has their own story that they see. My personal opinion is that everyone on earth has a completely different brain. They’re similar but we’re built original and we all have some original experiences that wire us originally. It’s like the joke,

‘Man goes to psychiatrist. Psychiatrist says,

‘I would like you to look at these ink blots and tell me what you see.

Man looks, ‘A man and woman having sex in a park. A man and woman having sex upside down. A naked woman with large breasts...’

The doctor declares, ‘Sir I know your problem, you are obsessed with sex!’

The man cries out, ‘Well you’re the one drawing all the dirty pictures!!!’

The short story below is taken from traditional folk tales; I used it once with a woman who had lost her confidence following a prolonged stressful period in her life. It made her feel powerless and took the zest out of living in general – problems can generalise throughout a system as can solutions. The story is simply called...

### The Wanderer.

‘Once upon a time

*a wandering man was walking (wander/wonder!)*

*what had seemed*

*a very long road*

*from one village to the next...*

*At the outskirts of the next village*

*he met a farmer*

*working in his fields,*

*harvesting hay.*

*For it was autumn – the changing time.*

*‘I have walked mile and miles*

*to get to this village,’ said the Wanderer,*

*‘I have left my old home and I am looking for a new one.*

*Perhaps I will find it here?*

*Tell me: what are the people like in your village?’*

*The farmer looked at the man before replying,*

*‘What were the people like in the village you came from?’*

*‘Urgh!’ said the Wanderer, ‘Cold, cynical, uncaring, self-absorbed,  
unfriendly, selfish and rude! That is why I left.’*

*The farmer paused again before replying,*

*‘I think you will find that’s how people are here too.’*

*‘Ah, in that case I will move on,’ said the Wanderer.*

*And off he went.*

*A few days later, not quite a week or so...*

*the farmer was in his field*

*and another man approached him saying,*

*‘Friend! My village has been destroyed, the people scattered.*

*I am searching for a new home.*

*Maybe in your village.*

*Can you tell me, how are the people here?’*

*The farmer paused before replying,*

*‘How were the people in your village?’*

*The Wanderer replied,*

*‘Ah! Wonderful! Warm, loving, close, helpful. I miss them terribly.’*

*The farmer smiled,*

*‘Welcome friend, I think you will find them like that here too.’*

At the end of this book I will give you as a bonus my favourite therapeutic story. I call it ‘The farmer’s horse.’ I seem to like farmers!!!? It is the ultimate ‘reframe story.’ It’s so general it works on everything and everyone.

The best book on story telling (although flawed by being devoted too much to the ‘sacrosanct’ views of Carl Jung; by the way did you know Jung believed a demon called Philemon gave him advice?!) is by British journalist...

**Christopher Booker, ‘The 7 basic plots, why we tell stories.’**

Well worth a look folks. Booker is wrong however, the ‘highest’ character/archetype in story/religion/myth is ‘the sacrificial self’ (my term) – we see this is Frodo Baggins (Lord of the Rings), Luke Skywalker (Star Wars – the 3 good ones!) and in Jesus. The sacrificial self never completes the human life cycle – he is doomed to assist others in doing so.

**The psycholinguistics of therapy: exploding psychobabble!**

The meaning of words is twisted by many powerful groups for their own advantage. Why? To sway, to seduce public opinion into supporting powerful groups aims and objectives. But therapists use tons of this garbage speech themselves. Some examples follow...this is my,

*A hypnotist's dictionary of psycho-linguistics.*

**‘Pro-active,’** management-ese for getting off you’re a\*\*e or a\*s if you’re American and doing something.

**‘Wellness,’** not being ill.

**‘Problematic,’** disastrous. You see they often function as euphemisms. Reality is avoided. A chair is a chair. If you can’t call a chair a chair you are in trouble.

**‘Insane,’** not believing what the majority of idiots think. Most people derive their sense of reality from ‘social pinging.’ Their brain looks to see what everyone else is doing and copies it, more or less.

**‘Integration,’** see self-actualisation and myths.

**‘Self-realisation,’** see the tooth fairy.

**‘Achieving your potential.’** see leprechauns.

**‘Experiential,’** see pseudo-science.

**‘Passionately...’** translation: I have no good solid logical reasons for my beliefs or actions.

**‘Gross Domestic Happiness,’** not having a job but being so drugged you don’t care!

**‘Positive and negative thoughts,’** the idea that human thoughts are akin to electrically charged particles.

**‘Energy/ies,’** who the hell know what this means!? Answers on a postcard.

**‘Controversial,’** any opinion that approaches truth and challenges you to think.

**‘Self-esteem,’** a cuddly furry creature that is said to lurk within people, stroking it and feeding it with compliments is said to make it feel good. See Yeti and medieval bestiary.

**‘Junk food,’** nutritionally devoid, addictive poison.



**‘The media,’** the news and entertainment corporations owned by hyper rich families to ‘guide’ the public mind. Deletion and distortion is employed to form YOUR opinions. Newspapers have no news just commentary – they have ‘journalists’ (opinion moulders) who tell you what to think, how to interpret events. Have you ever wondered how many of YOUR opinions are actually your own? Hmmm?

**‘Advertising, marketing,’** mass ‘mind control/brainwashing.’ B.F Skinner, the behaviourist said even a testimonial was a form of mind control – a person makes up their mind to use a service or product based on a complete strangers say so. We’ve all done it. How do we know it’s not entirely fabricated? We don’t!!!

**‘Abreactions,’** the sadistic idea that causing someone to be re-traumatised is therapeutic. See Wikipedia, abreaction is linked to ‘breaking point’ and ‘psychotic break.’

**‘Empowerment,’** a truly dreadful and meaningless word. Pure drivel.

**‘New Age,’** the occult, paganism. Actually the ‘Old Age,’

**‘Ego, Id, Inner child, Higher self etc.,’** linguistic constructs: see tooth fairy. If you speak about something to a certain extent it is true.

**‘Obese,’** I was pushing my young niece on a swing. All of a sudden she said to me ‘... (my name), are you having a baby?’ I hit the treadmill that night!!!

**‘Issues,’** of Playboy magazine? Who knows.

**‘Parts,’** the therapeutic fiction that we are possessed by mental entities called ‘parts.’ I suppose a foot is a part of you, maybe they mean that?!!

**‘Working through,’** the demented idea that dredging up past trauma and going over and over and over it heals people. It makes therapists ill too! They can get ‘secondary’ PTSD from it, especially if they have could imaginations!

**‘Drug culture, drug ‘use’,’** socially acceptable brain and body damage that is deemed ‘cool’ and ‘rebellious;’ a sure sign of conformity.

**‘Spin,’** lying, propaganda.

**‘Holistic,’** see tooth fairy. She gets about!

**‘Resistance,’** a normal, healthy person wishing to stay sane or avoid damaging, incompetent ‘therapy.’

**‘Gestalt’** – Get lost! Did you know Fritz Perls one of the models of NLP told one of his clients in a group ‘Sensitivity Training’ session that he was quite happy if the man became psychotic as a response to his teachings. Hmmm?

All of these things are also undefined concepts. They are vague, hypnotic, they may also hypnotise the speaker – known as believing your own hype. The aim is to mislead you.

### Helpful generalisations?

There is much Orwellian double-think these days, think of the following term,

Men and women are different.

There are many men and women hating belief systems on this planet: girls love to be girls and boys love to be boys! If I think a woman needs it I’ll say,

*‘Being born a woman is a gift, you love your femininity.’*

*‘You can recognise that you are beautiful inside and out.’*

I can let you know a secret: research has shown that women who are raised to hate their own femininity can develop ovarian cysts as a result! Weird. The mind powerfully affects the body.

Ok, that’s just a few ideas to get you thinking; I hope you do realise how language is used to manipulate you on a daily basis. You don’t have to agree with my examples of psycho-linguistics above: however you would be hard pressed to disprove it. To decode psycho-linguistics just ask the following: what does that word or phrase mean in sensory based reality? Simple.

Although the above examples are I hope humorous, we live in a mush of words that are used to deceive, control and manipulate. Why not use yours to make deserving others feel good, loved and appreciated? I do, unless the person is a d\*^k.

## **Why you shouldn't hypnotise children unless there is no other drug free alternative.**

Unfortunately many clients with children will ask you to hypnotise their young ones: my advice is almost never do it. The only 100% ok use of hypnosis for children would be in pain control, bad phobias etc. In almost all other cases the cause will always be the following:

1. **Stress at home:** parents, siblings, other relatives.
2. **Stress at school:** teachers, bullies, other children, bored etc.

When the source of the problem is tackled i.e. removing stress at home, or school, the problem will go away. Hypnotising children is deeply invasive. Children are often highly hypnotisable but not all by any means are. Some just do not want to experience it. Some don't want to close their eyes – that's fine, children are so imaginative they don't need to. *Parents may ask you to hypnotise their children if they are naughty or won't eat their greens: don't do it!* 99.9% of the time children will outgrow their problems. They are tough, courageous and very strong willed. Of course there are situations where hypnotic interventions are warranted but make sure you have sufficient training for working with children – at all various ages. Also don't let the parent tell you what to do, ask the child what their goals are and listen to them.

In the UK you must have permission from a parent or guardian if the client is under 18. If you are working in the US it probably varies state to state. You'll have to check.

Beware of fabricated 'conditions' such as ADHD. They are entirely fictitious. One of the inventors of ADHD; so called 'Attention Deficit Hyperactivity Disorder', a certain 'Dr Leon Eisenberg' admitted on his death bed that he had made up the whole thing: he had worked as an advisor to a drug company. Those types love to boast. Eisenberg said, 'ADHD is a prime example of a fabricated disorder.' Drugs that 'treat' ADHD, which doesn't exist may actually cause 'permanent' brain damage if taken long term. But if there's money in it – some think, f%\$k it! If 'ADHD symptoms' exist it's either stress, diet or boredom.

## **Teaching children how to control their imaginations.**

Once upon a time a little boy was scared about the Yeti. He wondered where it

lived. If it could get into his house (?!). How big it was. He was locked in a fear trance – his eyes were dilated, he was looking at a picture in his mind of a Yeti!!! No wonder he was scared – his amygdala (probably) thought it was real, it can't tell the difference!

‘You’re seeing that Yeti in your imagination right now, aren’t you?’ I said.

‘Yes...’ he replied.

‘I know I can tell,’ I said, ‘What if you shrunk it really small, made it a tiny Yeti...’

‘I don’t know how,’ the little boy honestly said.

‘Just imagine taking that picture and making it small, so small that you could beat the Yeti up.’

‘I can’t! It’s bigger than a mountain now!’

‘You can imagine being even bigger than that!’ I said.

‘I can’t...’ said the little boy. But the seeds had been planted. In about a minute’s time the boy looked very angry. He looked fierce; he stamped his feet, grimaced like a super hero and clenched his fists till his knuckles where white! He let out an almighty ROAR!!!! Like a...

‘I just rode a giant T-Rex and we stamped that Yeti into the ground. I killed him!’ he declared proudly, happily and angrily.

The little boy slept well that night. He did dream of Yetis but they weren’t nightmares. I knew my nephew could do it.

### **Destroying clients ‘limiting beliefs.’**

It has been my experience of life that 99% of people who act as if they are amazing and incredibly talented aren’t and those that are both those things seem to lack any recognition of their fantastic qualities as people. They have what we call in the trade ‘limiting beliefs’ – that is they have an unrealistically low sense of who they are and what they capable of: this problem matrix of ‘negative ideas’ holds them back and limits their potentially more joyful, fulfilling

experience of life. So what can we do to rectify this undesirable state of affairs? Well you can boost someone's confidence and self-worth by hypnotising someone and using the following script. I call it the 'Remove limiting beliefs' script.

*The remove limiting beliefs script.*

(Deep hypnosis is assumed)

*'I want you to imagine that you can see...*

*a long narrow hall lined with many different doors.*

*You **feel perfectly safe and secure here.***

*Now, I just want you to get the sense of moving forward,  
simply move forward till you reach a door.*

*The one door which represents your life as it is now.*

*I'd like when you are ready, for you to open that door  
and enter a room with seemingly plain walls.*

*Notice in the middle of the room is a dip,  
about the size of a waste basket.*

*On closer inspection*

*notice that the wall is covered all over with tiny flecks of only two colours.*

*I can let you know a secret:*

*one set of the coloured flecks*

*represents your old limiting beliefs*

*which held you back in the past,*

*while the other represents all your positive ones:*

*all the amazing positive beliefs that you currently hold.*

*The coloured flecks are just like bits of paper,*

*maybe like you'd find in a fortune cookie,*

*with these things, these beliefs written all over them.*

*Now, what if in your imagination*

*you rip out all of those old negative beliefs,*

*very, very quickly, at the speed of thought,*

*off of those walls and hurl them into the waste basket sized dip*

*while I'm quiet for a few seconds...*

*(Pause for a beat)*

*That's it.*

*So that **magically** in a puff of smoke - they are now, all **gone***

*and only the positive coloured beliefs now remain.*

*Now, allow the colour of all your empowering positive beliefs*

*to expand now....*

*That's right!*

*So that it fills the whole room,*

*your whole body*

*and your powerful mind*

*with such a bright coloured light,*

*full of positive empowering energy  
that enters you in such a wonderful  
and beautifully blissful way!*

*Now, as soon as you find this room,  
your room, filled with only positive beliefs  
and **your-self filled only with positive beliefs***

*I would like you to leave the room*

***filled only with positive beliefs**  
now and in your much more wonderful future*

*that you can and will create as a result  
of the changes that were made here, weren't they?*

*They are now part of your powerful new insights, learning and understandings  
that allow you to **go for what you want in life**  
from this day forth.*

*Now, notice that already you have a sensation of feeling lighter,  
or just positively different in so many surprisingly delightful ways,  
you can **lighten up about so many things**,  
can you not?*

*Or perhaps you just **feel the wanton desire and determination**  
**to make your life what you truly, deeply**  
**want it to be,***

*believing fully*

*that you can do so*

*at all levels of your mind.*

*And that's that.*

The above script uses a 'construct,' a symbolic representation of the problem and then you alter it: the subconscious knows what to do to heal. 'Unconscious material' (nominalisation) need never be known for healing to take place. The subconscious just needs a plausible 'ritual' to facilitate it. Why it can't do it without the ritual is beyond me!

### **NLP in politics.**

Now I am going to break down a few political speeches to point out the NLP and conversational trance speak in them. God! I'd rather not but I want to show you how various (all) politician's use neuro-linguistics in their speeches. Which by the way they don't write: they have professional speech writers for that. People well trained in shall we say 'audience persuasion.' I will only include a few excerpts, two short ones should do. Just to prove to you that they do do it.

Before I do I want to tell you how a certain politician used a 'spatial anchoring NLP technique' on the UK plebs about a year or so ago.

- It was local election time in a few parts of Britain (for town councils). One of the heads of the major parties (why are they called 'parties?') was talking about another political party. He did the following: as he spoke about a proposed law that was lenient on paedophiles which he claimed the leader of one of the other parties supported - he pointed to his right, gestured that way with his hand.
- He changed the subject: spoke about his position on a subject that anyone would agree with; he gestured to his left. Now: as he named the leader of the other party again he gestured to the right: **he was creating an associative link between paedophilia and the leader**. He then spoke about himself and his party and pointed to his left, (a spatial anchor) where he had previously gestured regarding some platitude that everyone would agree with. This is how politician types try and do manipulate you. I saw the



whole thing. I am the boy who saw through the magician's tricks! You can too.

Onto the speeches. Try to stay awake class!

Let me say I am not making any comments on the politics of either speech that follows. I am remaining neutral, unbiased. I have no favour for any political party in the UK anyway. But as a hypnotist I can spot hypnosis and trance language a mile off! I picked both randomly off of the 'Interweb.'

The first is a David Cameron (UK Prime Minister at time of writing) speech on Europe.

*Political hypnosis script 1.*

***'For just as in any emergency*** (What emergency?)

***you should plan for the aftermath*** (Plan? What plan specifically? Aftermath of what exactly?)

***as well as dealing with the present crisis*** (Are you? How are you dealing with it? What does 'dealing' mean? 'Present crisis' – which crisis?)

***so too in the midst of the present challenges*** ('Midst' sounds a bit like mists – a bit hypnotic/vague. Which 'challenges?' – Again no specifics.)

***...we should plan for the future,*** (We? Who are we? Again what is your plan? Could you outline it in details? Future? What kind of vision of the future? Whose vision?)

***and what the world will look like when the difficulties in the Eurozone have been overcome?*** (What the world will look like? Same as before – a big blue and green globe in space - duuh! 'Difficulties overcome' – which difficulties? How will you overcome them exactly??! Assumption they will be overcome too! Mr. Cameron is saying nothing specific – it is all meaningless trance language in which YOU the sucker fill in the gaps!)

***The biggest danger to the European Union comes not from those who advocate change,*** (Which dangers? Who is advocating change? Are you? What change exactly?!)

***but from those who denounce new thinking as heresy.*** (Who are ‘those’ to whom you refer? ‘Denounce?’ What criticisms are being offered to what policies? Could we know about them to see if WE think they are reasonable? ‘New thinking?’ WTF!!! What ‘new’ thoughts specifically? See it’s all hypnosis!!! Notice the implication that old is bad. Are old things always bad?)

***In its long history Europe has experience of heretics who turned out to have a point.*** (Long ‘history?’ ‘History’ is a nominalisation. Which part of ‘history’ according to whose interpretation? ‘Experience?’ What experience? ‘Heretics?’ What are the beliefs of these heretics who remain unnamed? ‘Have a point?’ What point Dave? You have been specific about nothing like a cheap tarot card reader by the seaside making generalised comments that apply to all of us. Those of you who read my breakdown of the basic hypnosis script in book 1 ‘How to hypnotise anyone,’ will note many structural similarities I hope.

That’s enough of that politico-hypno-drivel!

Ok speech two. Sorry to put you through this but... This is a speech by the UK leader of the opposition Labour Party, Edward Milliband. Just to show I’m not biased and loath all politicians equally.

*Political hypnosis script 2.*

***‘I am here today to talk about how we can build a different kind of politics.*** (Pacing statement – truism: he is there today, where else would he be!!? Waffle plus ‘differences’ that are not ever outlined! What a surprise.)

***A politics which is truly rooted in every community of the country.*** (What does he mean by ‘politics’ – nominalisation – ‘rooted’ – to what? In what? Or ‘communities?’ Another B-S nominalisation.)

***And reaches out to people across every walk of life.*** (Reaches? Wretches more like! How does it ‘reach out’ specifically? Which ‘people?’ What the hell is a ‘walk of life?!’ Is that a type of marathon?!)

***That is what I mean by One Nation.*** (That is what you mean!? You haven’t said anything specific yet! All trance language folks! You think he means what you mean by ‘community,’ ‘One Nation’ etc. He doesn’t mean anything! You have made unwise assumptions.)

***A country where everyone plays their part.*** (Plays their part? On the piano?! How will they play their part? All sounds a bit vague...I'm drifting into trance!)

***And a politics where they can.*** ('Can' what? I mean really!)

***It is about a politics that is open.*** (Open to catching syphilis? What does he mean? He never says!)

***Transparent.*** ('Transparent'??!)

***And trusted.*** (Ok pass the puke bag! What does he mean by the concept 'trust'? Is it what you mean?)

***Exactly the opposite of the politics we've recently seen in Falkirk.*** (Well what were the Falkirkian politics? Well hold on the great leader will tell us specifically soon, honest!)

***A politics that was closed.*** ('Closed?' Did I turn up late again? You mean you needed a ticket?!)

***A politics of the machine.*** ('Machine?' Like the Terminator films! Gasp! Meaningless. Utterly, profoundly meaningless. Both speeches are also VERY boring. Boredom induces trance.)

***A politics that is rightly hated.*** (Well that bit he gets right. But why is it hated? By whom?)

You see in just two stomach wrenching speeches about NOTHING at all, we learn that trance language, i.e. the art of vague non-specific speech is alive and well. Politicians are frequently trying to hypnotise you using conversational hypnosis. I suggest with most people, and of course it's only a suggestion and I'm only a hypnotist but - political hypnosis works! Democracy in action???! Now you have your hypno-skills **you** be will less 'persuadable!' If someone isn't persuading through logic, facts and reason, what does that say about them? Hmmm?

### **NLP gobbledigook.**

NLP is nothing new. There is a saying: there is nothing new under the sun. It's so called 'patterns' have been around a long time. Much on the language use has

been around at least since the time of Plato and Aristotle. Much of its 'originality' is just taken from other therapists and passed off as if the 'co-creators' invented it from scratch. As I have said earlier in my experience of helping people with the NLP therapeutic patterns is that they don't even work on their own and especially so outside of deep hypnosis and there are better things you can do anyway. There are some pretty odd ideas that NLPers spout such as,

'There is no such thing as failure, only feedback.' If you believe that you need help. I have considerable evidence that NLP was being used before the 1970's.

NLP reminds me of 'Pelmanism' - a 'psychological system' that promised great riches and success in the 1920's during the Great Depression (don't know what was so great about it!?) There is no evidence that anyone became rich from Pelmanism or NLP, except of course the people who teach the courses.

NLP also fiddles with people's internal pictures and 'strategies.' This can be unnecessarily invasive. Sometimes it is OK to tell an anxious person that those big bright scary images they see in their head are making them anxious and to shrink them and make them black and white, push them away etc. BUT **it is much better for that person to learn how to relax and teach them how to get their individual needs met, then their problems just vanish by themselves 99% the time.** Happy, fulfilled people tend not to get anxious. NLP tends to deal with end results rather than causes. It is an authoritarian system of therapy whereas hypnotherapy gives choice. NLP openly programmes, hypnotherapy doesn't, as I've said, it causes re-association to occur.

This is not to say NLP is devoid of truth. It has some helpful tricks but what system doesn't? All therapeutic systems are 5-10% truth, 90-95% garbage. The NLP phobia cure is a clumsy technique compared to eliciting a symbol that represents fear and changing it to one that represents confidence. Like psychoanalysis, converts must go through 'therapy' themselves. But you wouldn't give all medicines to a well person would you? Nor should well people undergo psychotherapy. There is something cult like about NLP with its gradings - 'Practitioner,' 'Master Practitioner' etc. I'll just leave you with some food for thought: NLP is (officially) almost half a century old, hasn't anyone come up with anything better in 50 years? Well of course they have it just isn't well publicised; as I have, you'll have to look for it. One highly successful English stage hypnotist says the NLP stands for Nonsensically Long Pantomime. It is.

**One of the most dangerous ideas of NLP which is implicit and never fully stated is that human brains need to be improved upon: that somehow nature/God got it wrong.** The brain knows how to work itself wonderfully well when your needs are met and you aren't overly stressed. Learning how to 'run your own brain' suggests the conscious mind should 'mould' the subconscious to allow you to 'achieve your potential' – whatever that is. *Your brain was built by an ancient wisdom: don't delude yourself you know what it should be doing – it's like trying to control a universe.*

However after saying all this I DO use some NLP with clients. NLP is VERY powerful. Lots of it DOES 'work.' In the next book I could teach you some NLP patterns that do work – if you are good children. In fact I might write a book with all of the NLP techniques that are worth using in therapy, on second thoughts I won't: the book would have about 6 pages! They will be my improved versions of them of course.

### **Advanced confusion: How I accidentally confused a woman into trance!**

Let me talk a bit about confusion. Don't overdo it! Do it subtly and in short bursts. The idea is that you induce confusion, and seeking escape from confusion, the client goes into trance. When confused and therefore uncomfortable they want a way out and any suggestion you give, offers that way out and so is not resisted.

I used to put posters and business cards up at train stations. It was free advertising. Plumbers and electricians do it: why not hypnotists? Anyway I would go up to the railway staff in their little glass protected kiosks and say, 'Hello do you mind if I put up a card for my small business on your wall over there?'

Without exception they all went into trance. They were confused: why? All day long they act like robots: people ask them for train times and they purchase tickets. So these staff are on auto-pilot. The subconscious is doing all the work; they're in a 'work trance' caused by dull repetitive work. When I say something outside of this pattern they don't know what to do. You have used a pattern interrupt. This was not done on purpose by me: I just observed quite by accident that it happened.

On another occasion a woman booked an appointment one whole month in

advance. She was waiting till just a few days before her daughter got married to stop smoking. She was a referral and I had successfully helped several of her friends with various problems. So her expectation of success and my 'prestige' was primed. Her mother was very ill. She was visiting her in hospital regularly.

So she turns up a month later. The day before she had buried her mum. She was obviously exhausted. It was a hot and humid summer's day. As I was asking her questions I simply said, quite innocently while pointing left and right...

'I've left the two top windows open is that ok with you.'

She looked a bit puzzled, looked left and right to check the windows then BOOM! Off she went, her head dropped down,

'Are you alright?' I asked.

'Yes...' she replied; her voice was light, distant and dreamy. Due to her expectation of hypnosis yet with the surprise of my out of the blue question, her emotional exhaustion and my inadvertent confusing question, she had gone right into hypnosis with no formal induction! I tried asking a few more questions that were on my usual questionnaire. All she replied again was, 'Yes...' in a dreamy, hypnotised way. So I dropped my usual routine, just deepened the trance and did the change work.

When I woke her up she smiled and realising what had happened was a bit odd asked,

'Has that ever happened to anyone else before?'

I said,

'Nope.'

We both laughed at the oddness of it all. That was a case of natural confusion inducing instant hypnosis. I haven't tried it but just having a normal conversation then suddenly saying, 'Ten purple penguins! SLEEP!' might yield similar results if the person were primed correctly.

Gibberish is hypnotic.

One of the best examples of political confusion was a speech to the press by American politician Donald Rumsfeld...I include it here, the infamous 'Known unknowns speech.'

*'There are known knowns; there are things we know that we know. There are known unknowns; that is to say, there are things that we now know we don't know. But there are also unknown unknowns – there are things we do not know we don't know.'*

Fed chairman Alan Greenspan was infamous for his 'Fed speak,' this was a form of confusion inducing hypno-babble that lulled questioning US Congressman and Senators into a fugue state. It helped that few if any actually understand 'economics' (now there's a nominalisation!) Try this utter waffle on for size from Italian economists Salvatore Modica and Aldo Rustichini on awareness and unawareness:

*'A subject is certain of something when he knows that thing; he is uncertain when he does not know it, but he knows he does not: he is consciously uncertain. On the other hand, he is unaware of something when he does not know it, and he does not know he does not know and so on ad infinitum: he does not perceive, does not have in mind, the object of knowledge. The opposite of unawareness is awareness.'*

If your hand lifted spontaneously during that don't worry (just a joke). Both excerpts were good examples of confusing hypnotic language. As the person desperately seeks to understand the meaning they go into trance. You could use variations of either of the two excerpts as part of a hypnosis routine. It would work!

Finally in this module - read this creepy little tale from Kim Murphy of the Los Angeles Times;

*'MOSCOW - He was striking, with dark eyes, a long black ponytail and a stylish suit. He had a large, cheap ring that Olga couldn't stop looking at as he waved his hand repeatedly in front of her face. "He was talking gibberish," she recalled. That he had left his wallet in a taxi. That he was supposed to meet someone at Sheremetyevo Airport. That he couldn't remember where he lived. Olga offered him the \$250 in her purse for a taxi, but he said it wouldn't be enough. She found herself leading the man up to her apartment. There, she opened her safe and*

*counted out \$500. "Can I have more?" he asked. "Can I have the 7,000 rubles in your purse?" Without replying, Olga emptied her wallet into his hands. As they rode back down the elevator, Olga knew the man was a thief. She knew she should demand her money back before it was too late.'*

Did you spot the hypnotic principles? That's not so called 'Gypsy hypnosis' that's mind control!

### **Hypnosis via implication.**

What is the hypnotic implication of the following sentence?

*'Have you ever been knowingly hypnotised before?'*

Did I tell you the one about the woman at the railway station? It was a case of accidental implication, sort of.

As I said I used to put up free adverts at some local train stations for my hypnosis business. I had no problem with this at one particular station until some horrible old harridan (b%\*\$h) took exception to my adverts; no one else's just mine. Every time a railway cashier other than her was on duty my adverts would go up. Every time she was on duty they came down. This pi\*\*ed me off somewhat. So I took action.

I went to the station and made sure I got her serving.

'Can I put up this advert on your wall over there for my hypnosis business?' I asked politely.

'Is it a local business?' she asked,

'I've lived here for over x years, so yes,' I replied.

'We only let local businesses advertise; how local are you?' she continued. I had had enough of this little Hitler's power thrill and turned the tables, in a direct and very confident yet slightly disgusted tone I said,

'I charge £40 a session to help people who suffer from depression! Most hypnotherapists charge clients a fortune you know!'



Her head turned as though trying to fight off the implication of what I had said. Another male member of staff behind this woman looked embarrassed at her behaviour; as though he was thinking, 'Why are you giving this man a hard time for no reason?'

'I don't care about those other things. But If you are local I can let you put in up.'

What had I said via implication that let me get what I wanted to help others? I said in a roundabout way that IF she didn't let me put up my advert, some poor, suffering people might commit suicide. Now this may or may not be true. Railway staff are well aware that people kill themselves at railway stations. I had also implied that if there was no advert to offer help – she might be responsible for people killing themselves. My advert could be their last hope. This probably wasn't true: but as this jobsworth wanted to be viewed as a moral person – she relented. I didn't even think about what to say, it just came out. I reverse engineered what I did afterwards. Quite clever if I may say so myself. I had an intent and very quickly without conscious effort and using implication I got what I wanted from an a\*\*\*hole. A small victory in a weary world.

### 21 Questions and statements that imply trance.

The hypnotist Milton Erickson could imply someone into trance. Let me show you some questions and statements that you can use to do so...

#### **1. *How will you know you are beginning to experience trance?***

(Implies you will experience trance soon.)

#### **2. *When will you enter hypnosis or what we call hypnosis as you pay attention to a few inner realities?***

(When not if – you will do x – just chose when. 'What we call hypnosis' complete pattern interrupt; implies hypnosis is not hypnosis – confusion and trance!)

#### **3. *It is possible to attend to that which is relevant for a while, comfortably...***

(Ignore all distraction and only go deeper.)

**4. *How soon will your trance deepen?***

(As above – you are in trance already, go deeper in your own time.)

**5. *The words are just meaningful sounds and you can understand them as you wish...***

(Implication – do what you want with these words to help yourself.)

**6. *You don't need to listen, your unconscious can respond on its own...***

(A truism: you don't need to try to listen. When you are in a crowded room your subconscious is hearing all the conversations within your hearing range. If someone ten feet away says your name but isn't referring to you and you notice it, it is because the subconscious was monitoring everything and feeding through to consciousness only that which was relevant.)

**7. *You don't know when you are going to change your rate of breathing...***

(A truism – a pacing statement. When someone goes into trance their breathing rate does change. You suggest it permissively but you don't say – 'Your breathing rate changes now!' You could but we're not.)

**8. *Do you really understand? Will you really understand?***

(This gets someone confused and searching for meaning? Understand what? We understand things experientially too. So to understand trance you must DO IT.)

**9. *Change can occur without conscious understanding...it does happen and is natural...***

(Truism – implies let change happen.)

**10. *You are quite certain of yourself are you?***

(Very trancey – I was certain, now I'm not! Go into trance! Trance context needs to be set first remember.)

**11. *Would you like to enter a deep hypnotic trance now or later?***

(Implied temporal suggestion again, as above.)

**12. *You don't know exactly when you will feel the need to move again...***

(Implication – sit still, don't move. Stillness is a sign of trance, an implied suggestion to exhibit trance behaviour.)

**13. *You don't need to know where your hands are...***

(Ignore body – dissociate.)

**14. *And where does your body experience the deepest comfort?***

(Implies – comfort exists but where is best?)

**15. *Can you fix and focus your attention on a pleasant feeling and experience that fully?***

(‘Can you,’ etc. – polite form of – ‘focus inside and experience a nice feeling more.’)

**16. *What pleasant memory or fantasy, what aspect of your imagination most appeals to you now?***

(Implies this is your own experience – you are giving multiple choice suggestions – they chose the one they'd like.)

**17. *And some part of you can work on these problems...***

(Part that produces change implied therefore consciousness can ‘go offline’ while IT does all the work.)

**18. *Just imagining a pleasant physical activity and all the steps involved can take a person deeper...it's nice to play, and wander and wonder within, inside your mind, now...***

(Implication – just do x – x happens to elicit trance.)

They all make use of presuppositions and sound very ‘conversational.’

Advanced level extras.

If you have a client or someone in a group who is showing signs of ‘response

potential' or light open-eyed trance (see book 1: 'How to hypnotise anyone') when you are talking about hypnosis (thereby setting a hypnotic context) you can look at that person with no one else knowing and say the following phrases to them quite innocuously as though talking to all,

**19. *When these permissive suggestions are given you...***

**20. *When you receive a suggestion that you like, however given you will be able to act on it...***

**21. *Even minimal permissive suggestions to you can seem highly significant...***

Note: the 'yous' are not embeds but you do emphasise them.

Interspersed in a talk of some kind, look into their eyes hypnotically (as though looking through them) for a fraction of a second and then later give them a command such as 'stand up and walk over here.' And if you do it right, they will. This is very advanced stuff. It would take b\*lls and confidence to pull it off.

People display response potential because unconsciously they want to experience hypnosis, they have entered a venue wanting and expecting it to happen. Somnambulists are most likely to do so.

The formula to create your own hypnotic implications or otherwise is –

Take direct statement – 'I would never wear that.'

Ask how can I imply this without being direct?

Implied statement – 'Only idiots wear clothes like that.'

Children are very smart at getting things and use implication and round-about ways of getting things!

'Mummy won't mind if I have a sweet!'

Translation = give me a sweet!

They are very clever!!! We all use implication anyway; as you practise using it your subconscious will start doing it more and more automatically when you

need it. Remember – you get more of what you focus on.

I will finish this module by telling you the following: in my experience all the so-called language patterns the NLP founders ‘modelled’ from Erickson were not what he predominantly did in therapeutic practise. If you want to study Erickson do as I did and read the books he co-authored with Dr Ernest Rossi and others with Jay Haley. These are the books that will tell you what you need to know: always go to the organ grinder!!! Analyse what he did using what I have taught you if you like.

### **Do not feel your client’s pain!**

I read some weird stuff about what other therapists do! Most of its nuts!!! I have no idea who trained them or how little they can clearly think for themselves. Once you are qualified ditch 95% of the junk you learnt – neat, clean lab experience is in no way similar to treating real people.

Client’s may cry as we have discussed. Don’t join in. One of you must keep their s\*%t together. It’s called being professional. You don’t even need to know about all the pain, you just need to know how to get rid of it all. Client’s want unpleasant things to stop – right now. You remove the pain – quickly and you help them get their needs met. Simple.

### **You don’t cure anyone: client’s ‘cure’ themselves.**

Never fall into the delusion as a hypnotherapist that you ‘cure’ anybody. You don’t. You can create the conditions which are optimal for full self-healing to take place. The suffering person’s mind-body system created the problem and it can ‘cure’ it.’ It just doesn’t yet know how, yet. You are going to facilitate a ‘healing pathway’ so that this self-cure occurs.

Of course you played a part in helping someone ‘recover’ but remember none of your clients are ill - you are dealing with faulty processes, bad choices that have become habituated, ‘normal’ responses to stress and abuse. Just because someone is suffering doesn’t make them sick or mentally ill. Using precisely tailored suggestive therapeutics you can and will initiate certain natural mind-body healing process to take place at an unconscious level. Just as a person’s body, the ‘subconscious’ knows how to form a scab to heal a wound without thinking, so too the mind knows how to heal anxiety, Irritable Bowel Syndrome

and a whole host of other problems when properly directed by you. It is interesting to me that it takes an external agent to stimulate this response: clearly it exists latently; the question is why doesn't cure take place independently, without the stimulus? Of course the answer is sometimes it does. The people who come to see you are the ones in whom this natural healing mechanism hasn't occurred: often when I ask a client why they came to see me at this point in their lives they'll say they didn't know *how* to affect the desired change: they need you to supply the how. They do the rest. Remember the client does the 'therapy,' they do the change work, not you: you guide them through a process.

*An idea whose time has come.*

Timing is everything as they say, if it ain't the right time for your client to change, they won't.

### **Parts work that works level 1.**

As well as being a potentially helpful state – trance can be used as a 'coping mechanism,' a way to escape reality in the face of extreme stress. In the worst case of this people can develop MPD. However, unless people have MPD (Multiple Personality Disorder now called euphemistically DID: Dissociative Identity Disorder) they don't have 'parts' of themselves. There is only one person: one unique individual that comes to you for help BUT in our rather bizarre society we play differing roles, we are employee as well as brother, the you that relates to an authority figure is probably not the same as the one that plays happily with a beloved cat. We have different 'parts' of our self - state and people dependent aspects of our total personality that alter according to whom we are with. It's hard to be spontaneous!!!

Some of these roles are normal/natural: son, brother, wife mother. Some are a function of the system: doctor, garbage/bin man, lawyer, nurse etc. For some people these professional roles consume, 'possess' even, the entire personality: the person identifies with a means to an end: work for money as the totality of who they are. They can relate to no one unless through the prism/prison of work role. When a person does this they can set themselves up for big problems later in life when they retire: who are they now? Men are most especially prone to this way of thinking but women aren't immune.

An example of this we have all encountered is the teacher who always has that

‘teachery manner’ even in simple social situations: as a hypnotist NEVER relate to this persona, this social mask. Acknowledge it but see the person behind it.

Now a habit that has become a problem is a ‘rogue part.’ Consciousness wants change, healthy change; e.g. it wants to feel good naturally without drugs. But there is conflict: subconsciously or unconsciously the role of different ‘psychic parts’ have been ignored or are not being utilised yet to affect healing. We might call these ‘healing template potentials.’

### Parts involved in smoking.

Let’s take smoking. A part wants to stop, another automatically lights up in association to various emotional, situational, and temporal triggers. There is a fight between the conscious and unconscious parts of self: here’s the thing, those parts that keep and sustain the unhealthy habit do it for a variety of good reasons. Offered no superior alternative the person will remain stuck barring beneficial life changes and perhaps not even then. Unhealthy habits can exist after stressors have passed as a form of ‘behavioural archaeology’ or ‘artifact.’

Parts that sustain smoking can include:

- The ‘part’ of that person that started smoking as a teenager etc. It had reasons why it did it.
- A stubborn part that digs its heels in. Mention these parts to smokers; they know exactly what you are on about.
- A rebellious part may also maintain problem matrix systems.

These bits and pieces function unconsciously as a little gang holding that bad habit in place. Remember all parts of a person MUST be engaged, like negotiating with a corporation of functionaries or change may well not happen.

### Parts negotiation.

It is possible in many cases to hypnotise someone and just tell the subconscious to change and it does: clearly sometimes these ‘parts’ are somehow satisfied easily and agree to cooperate. On other occasions you have to talk to each part and negotiate with it directly,

- Offering understanding of its role.
- Including thanking it directly.
- Respecting its positive intention bearing in mind what the part knew at the time the problem arose.
- Also NEVER get rid of the part: give it a better function: one that moves an individual toward the healthy outcome they desire.

Parts works is really derived from so-called 'Ego State Therapy' that I know. It is an interesting subject with some truth to it but again it is rooted in and uses the 'techniques', if you can call them that, of psycho-analysis (emphasis mine!); there are better problem solving methods out there. You can take ideas and intentions from Ego State Therapy and improve upon them. I never use the 'affect bridge' or 'abreactions;' I never talk directly to a part so it answers me vocally. Just too weird.

Basically once the part is understood, feels safe and respected THEN you then offer change solutions and suggestions that facilitate and stimulate the appropriate mind-body healing response. I will give a direct example of how I did this with a client who came to me for help with a mysterious ailment: physical pain with no physical origin. 99% of my pain control clients have injuries from medical incompetence, car accidents or sporting injuries. I lower the level of discomfort to a manageable level; usually 1 on the Standard Unit of Distress. I have a 100% success rate with pain control. In this instance however, I was faced with something entirely new to me: psychosomatic pain. I had never treated 'psycho-somatic' pain before but using my knowledge of how our minds really work, I proceeded as follows in a later module. **What works is 'weird': weird in that it is 'outside of the box!'** Life does seem itself to be outside the box, as is reality: or rather what we have all been conditioned to think of as 'reality.' Read on...but remember parts are metaphors for whatever processes are going on beneath the surface. It's just a convenient label.

Helpful parts to consider 'talking' to:

**The part that caused the problem.**

**The creative part.**



**The stubborn part.**

**The rebellious part.**

**The fearful part.**

**The confident part.**

**The sexual part.** (If you're doing 'erotic hypnosis.')

**The inner strength part.**

**The part that has solved the problem in the future.**

**The part that fantasises.**

In practise I use a more complex form of parts negotiation than the script supplied for you below, but it will work in conjunction with less troubling problems, say nail biting, a smoker who is highly motivated to quit (amongst other interventions), that type of thing. My job in this book is just to let you know these things exist – to save you time and heartache; nothing worse than failing a client. See the section on getting rid of psycho-somatic pain for a more detailed approach to parts work.

Short form script for parts work.

*'Now I know there is a part of you*

*that has been responsible for these behaviours*

*that you want to **change**.* (Just saying 'change' to people is very powerful. What 'change???)

*I'd like to thank it for its positive intention...* (Show the 'part' respect)

*whatever that is and was...*

*You can respect that that part had your best interests at heart.*

*It was doing the best it could*

*with the learning, information, understandings and resources  
it had back then.*

*But...*

*now, it's **time to change...***

*to **find new ways** of satisfying that old, positive intention,  
without the negative side effects of those former ways of being in the past.*

*Now, I'd like that part to agree with me*

*that it can **find new ways, find new behaviours**  
for satisfying that intention.*

*And I'd like your creative part*

*to find as many healthy ways as possible,  
could be 3, 5, 20, as many or few as you like,  
to **do that now.***

*At an unconscious level (deepen the voice as though speaking to 'the  
unconscious')*

*the part that does such things can choose several,*

*perhaps three or so or more of the best*

*and **act upon these** in the days, weeks, months and years to come...*

*And the part that does, can check that they are beneficial,  
better than the old ways,*

*that they serve your highest purpose,*

*your highest interests...*

*and when it's satisfied that **this is so...***

*(Slight pause)*

*it can keep them as part of your positive learning experience*

*and continuing future success*

*for **change in all the ways you require, now.***

*Keeping in mind the total ecology*

*of all the parts of yourself,*

*moving you forward*

*in all the ways you want and need...*

*and this is so.*

Notice 'parts' don't have to be specified. Do parts actually exist as physical neural constructs? Haven't the foggiest! In MPD probably.

### **The Rogue Hypnotist's case files: The lady with mysterious pain.**

The average person thinks psycho-somatic means malingerer, made up! Psycho-somatic means – mind and body. Ok, this is what happened with a client I had. First a little bit of background. To cut a long story short...

A lady emailed. I had helped her a few years previously. She wanted me to help her friend who had an odd problem. Her friend called me later that evening. She was experiencing pain throughout her body; a persistent ache from awakening in the morning and all through the night. It was disturbing her sleep. The doctors were baffled and were sending her for tests. I said she should have all medical tests first before I would intervene: I wanted the doctors to rule out a physical cause. I can't treat a physical cause only a pain signal from one.

Ok, so she said she wanted some 'insight' into her problem. When someone says

*insight* I usually reach for the vomit bag. But she basically communicated to me that she believed this pain was a manifestation of some problem she has no conscious awareness of, or at least a dim awareness of. If she had sought medical help they would have put her on anti-depressants, or potentially addictive pain-killers, if they had done anything, make no mistake about it!

The doctors gave her the all clear: she was a stubborn woman and was a bit miffed that I hadn't seen her right away. During the interview I uncovered several emotional causes (relating to family problems) that may have been the psychological cause of the mystery pain. However they may not have been the cause at all. Convinced I should accept her analysis of her problem we tried the 'insight' approach. I just made this up from my knowledge of parts work a day or two before I saw her. I had about 5 alternatives; fortunately the first one hit the nail. I did the following...

*Healing mysterious psycho-somatic pain script.*

(Deep hypnosis assumed)

*'I'd like you to visualise a pleasant healing place, a sanctuary in your mind where the part that has caused this problem up till now can communicate with you. Notice there are places to sit maybe a table, maybe a fallen log? I don't know. Now remember (client's name) you are in charge of this process so sit somewhere that signifies this...*

*Can you now invite that part of you that made you experience that discomfort (\*notice I use the word 'discomfort' and not pain – don't mention pain from now on) in the past to this place. Notice where they sit, stand etc...*

(The woman looked startled and surprised at this point!)

*Good. Part that made them feel that way. I would like to ask you if you would please provide this person with your purpose/intent in making them have that signal/response/communication/symptom in the past...I'll be quiet while you do that...*

(I paused about 7 -10 seconds, it can be longer, use your judgement; I think she smiled at some point.)

*Now this person wants to be free of that response, it wasn't pleasant. They have*

*found out your purpose. It's not going to put you out of a job because there was a positive intention behind it but can we all agree that it's time to **make some changes** so that Mrs X can feel happier and healthy again...Do you agree to do that? Can you wiggle a finger to let me know you do please?*

*(The woman grunted in a deep voice and wiggled a finger – the voice of the unconscious is often gruffer and deeper!)*

*Good, next I would like to invite the creative part of you to this process. This is the part that comes up with all those great ideas and solutions in those many ways that it does and always will only better...notice where they make themselves comfy...*

*Ok creative part of this lady, the part that used to make them feel that past discomfort has already agreed they will help them stop that. But they are going to need some new ways of living that will provide as good as if not a better outcome than that old way provided. While we continue can you come up with some alternative activities so that they can **resolve things**? Will you work on that for them while this healing process continues? And that part that does such things can check that they are beneficial, better than the old ways and manifest them in their daily life, their behaviour and responses in daily living. Can you do that?*

*(Grunt/wiggle)*

*Ok. Now, is it ok with that part if it can make her feel better now? Knowing that she will be making changes in her life to deal with your very valid and helpful communication which we wholeheartedly thank you for?*

*(No grunt or wiggle was received! GASP!)*

*Will you allow her to feel better in the next few days or weeks as she actively makes the right life changes?*

*(Grunt wiggle received! Yipppee!)*

I woke the lady up. She smiled, touched my arm in gratitude and left. Within an hour her friend had emailed me to let me know that on the drive home she had experienced the total cessation of all pain symptoms! Weird or what?! No one knows anything!!! To this day I have no idea what really happened. The elegant

lady left with an enigmatic, Mona Lisa smile on her face. I didn't pry, I respected her privacy.

### **Addicted to hedonism: the addiction implosion of the West.**

I have successfully treated very many 'addicts' – so I know what I'm talking about. 99% of the time I do it in one, one hour session. Even with crack cocaine.

### **Drugs everywhere.**

Addiction is a habit: nothing more nothing less. The UK has the highest addiction rates in the Western world. This is no surprise to me. The fact is a great swathe of the general population are becoming total 'hedonists' which is derived from words in many languages meaning 'pleasure' – 'sweet.' In Aldous Huxley's Brave New World he envisioned a dystopian future in which a population of slaves was kept in slavery through state mandated pleasure – they would learn to love their slavery. He conducted a lecture at Berkley University on the very subject. You should listen to it. 21st century England is bizarrely becoming a parody of that society: to be frank much of the population is drugged. Many willingly. Not on soma but on anti-depressants which doctors hand out like sweets to children. I once had a lady come to see me who had been put on such medication by her doctor. She was merely going through a temporarily stressful time (as everyone does). She had not a single manifestation of 'depression' not one. More sinisterly than that, the lady doctor had said as she prescribed the pills, 'You need a little holiday.' **Vast swathes of the public have been 'brainwashed' by the media that the answer to life's problems is a pill: think 'Soma' from Brave New World. It is the equivalent of listening to the case for the prosecution and not the defence.**

### **Recreational or wreck-reational drugs?**

Now anti-depressants are one thing: and by the way depression and OCD vanish in 70% of people who experience them within 3-6 months, without help; it is so-called recreational drugs that cause the major problems with my clients. Their use represents nothing less than a pandemic of drug abuse. Almost everyone is doing them or has done or is about to. The post World War 2 'culture of hedonism' which reached its apotheosis in the 1960's cultural revolutions has cast a long shadow. When I started in the hypnosis business most addicted clients were food or fags ('fags' are a name for cigarettes in the UK), within just

6 years I was seeing more cocaine addicts than I did nicotine addicts; it's easier to help the cocaine users!

The problem with cigarettes is that most people using them do not experience any immediate and overwhelming negative side effects. Ok, they get a bit out of breath running for a bus or train; most won't feel the terrible affects until they hit their late forties or fifties when they might get problems such as severe bronchitis for starters. For others cancer may be the first intimation something is wrong. By then it's too late. Interestingly I have met a few smokers who have had chemotherapy (yes and they still smoked!): their nervous systems were shot! The radiation treatment seems to leave some people nervous, trembling wrecks. No one even thinks of using treatments such as Carnovora, which is derived from Venus fly traps. It is an immune system booster and was used by US president Ronald Reagan in the 1980's to cure his cancer.

Drug war? A losing battle.

Drugs are historically weapons of war. The British Empire used opium to socially and morally degrade and soften up the Chinese before forcing them into the British free trade system: the end result of which in no short order was the tyranny of Communism. Even the Marxist historian Eric Hobbessbawm wrote that excessive 'sexual liberation' was a sign that a society was falling into tyranny historically. All societies are stoical as they rise and hedonistic as they fall according to the great American historian Will Durant. To cover this topic in detail is beyond this book's scope.

I have had cocaine addicts in their fifties who have been taking the drug for twenty years. I have had some single parent mums from poor backgrounds who were so addicted to marijuana that they just lay on a sofa all day smoking it whilst leaving their mothers to raise their children. These children go without Christmas so mummy can get stoned. It's a tragedy in so many ways.

'What are you rebelling against Johnny?' 'What have you got!': Hijacking rebellion.

**Drug addicts often mistakenly think they are 'rebels': in fact they are the biggest conformists going. Almost everyone takes drugs, if you were a rebel you wouldn't.** Drug use propaganda is aimed at natural rebels; their natural rebelliousness and risk taking personalities get hijacked into the 'illusion of

rebelliousness.’ When helping drug users you MUST get the rebellious part on board. Remember the ‘parts’ work section. Drug users are usually stubborn too; you must get their stubbornness working for them rather than against them. In my experience a sizeable number of drug users are quite psychologically immature no matter what their chronological age. They often have an image in their heads of being the bad boy or girl at school; they will often see the therapist as a spoil-sport teacher. Never fall into that role that some clients might project on you. Normalise the drug use. Say, ‘Don’t worry...everyone does it,’ act as though you don’t care if they do it. Give them no excuse to resist help. I once had a client who I told I was going to negotiate with his subconscious and ask it if it wanted to change. He said,

‘What if it says no?’

I said, ‘Then you’re buggered!’

His face dropped and he looked shocked. He asked if anything would help him stop using cocaine in case the hypnosis failed. I had thrown him back on himself and made him realise that he had to do the work. He had to take responsibility.

### The myth of the ‘addictive personality.’

I want to write a bit about the myth of the so-called ‘addictive personality.’ Like ADHD it doesn’t exist. Most serious drug users are getting very few of their individual needs met and so they take drugs. They don’t exercise, they don’t eat well, they often don’t have boyfriends or girlfriends, their lives are stuck, not moving forward. The dominant cultural hypnosis has led them Pied Piper like into a hedonistic dead end. Who said the point of life is to be permanently happy and high? What an incredibly foolish thing to believe. Again we see the stoical idea of sacrifice beaten to death by the Dionysian cult of indulgence.

**What so called addictive personalities have in common is an unfulfilled desire for risk in many cases. This is true especially in men who are addicts.** They are 95% of the time the type of men who NEED to take risks to be happy. Let me explain. I have had men who liked skydiving, who were soldiers who jumped out of helicopters, some who were top racing car drivers: when they got married their wives told them to stop doing the risk taking behaviour, to settle down. Their essential need to take risks had been stifled and they quickly became miserable and depressed – drug use followed. Porn is often the drug of choice.



How many hours of life time are great masses of men globally literally %?\*king into a sock? Porn is a socially acceptable drug. It is very hypnotic to men.

The explosion of drug use is in part as a result of a complete void of meaning in people's lives. Untethered from the pseudo-certainties of traditional, stable ethics of some kind we are faced with a costly assault of 'Hedonistic Nihilism.' We are left with generation after generation of short term thinkers: 'Live for the moment!' is their tepid, vainglorious motto. How little they understand its true implications. It is a 'meta-meme' of deeply dangerous import to their health and long term wellbeing.

I believe it was the 1920's or 30's wherein a film called 'Dope' was first shown, about how an 'all American boy' met his downfall with marijuana use. Another film of the same title was made in the 1960's. Don't think about drugs. No really don't think about them. After this film drug use in America rocketed. We see proof of the - don't think of a pink elephant principle loudly and clearly. How many songs are about sex? Singer-songwriter Billy Joel said that the people who warned America that rock and roll would change the culture were right after all. Songs loop in the unconscious and can program it. Girls can be socially programmed to find certain types of men attractive, as can men's minds also with regards to women. Think of friends who liked someone because they had hair like some pop star! Some women can be sleep programmed to become bisexual. In fact though I never would or have, I know how to do this. How little people realise they can be manipulated.

Plato wrote that a society that saw or heard it's style of music change was in big trouble.

### Genuine human needs.

Remember padawan: a drug addicted client's 'individual needs' must be met for success to occur. Humans have needs just like a plant or donkey does. Individual humans also have **their** own unique needs. A sporty person needs to do some kind of sport to be happy. A risk taker must take risks or face the risk of depression or drug addiction or both if he's lucky. Creative people must create or they become anxious and unhappy. Do you see where this is going? You can do all the hypno-work you want – we aren't programmable computers. The human brain can be made to function like a robotic computer but it's oh so much more than that. We are people. If certain needs aren't met - we become 'ill'.

Physically, mentally or both. Help your clients meet their needs and victory is pretty much assured setting aside a major life stressor which can derail things temporarily. Often it doesn't.

What are these needs? They are physical, social and those having to do with leading a meaningful life. All the needs interconnect.

### **UNIVERSAL HUMAN NEEDS.**

1. **The need for good, nutritious healthy food and water, clothing, housing, heating, fresh air, sleep and rest.** (Organic non-polluted food not junk.) Quite self-explanatory I hope.

2. **The need for safety, security, stability:** At work, at home, personal safety, sense that country is strong economically, militarily etc. This includes earning enough money. This includes not moving about too much. Too much change, too rapidly causes grave upset. The ability to provide for oneself and family through one's own efforts – self-reliance.

3. **The need for nature:** Humans need to be around trees, fields, hedges, rivers, lakes and streams. We are not supposed to live in towns and cities. Being around nature relaxes us. It calms us down. Get out into nature as often as possible. In the UK many people are destroying their front gardens and laying down paving or concrete to park their cars on! This is because there is so much overcrowding and herd copying behaviour – it's like a 'thought virus.' The city centres and suburbs are becoming increasingly 'alien' and moon like. You weren't meant to live on a lunar surface folks. A city is a human zoo. Humans are very peaceful unless placed in overcrowded environments. We are not made/adapted for technology and yet we live in technological societies which make jobs obsolete and cause constant change, built in obsolescence (consumer product decay) which costs the buyer lots o' money. Can you remember skies without planes? When did you last look at the Milky Way and really see it curling up there in all its grandeur? What effect do mobile phones and masts really have on human health? Meeting this need also means *living your life* in a natural way.

4. **The need for love and to be loving:** - Attention and emotional connection: good attention not abuse. The need to help others – giving others who deserve it attention. We like to be around people who appreciate us. We also feel good in helping others. We are social beings: this is often used against us in political

crowds by demagogues. We like being liked. This can be hijacked and the desire for approval from strangers can be damaging to the self and others.

5. **The need for a good family and extended family and friends:** \*This is the bedrock of all other needs. Real friends too not just acquaintances. The ability to make and maintain long term relationships is an essential human skill. Excessive sexual promiscuity in youth makes long term bonding much harder. This leaves the individual vulnerable to loneliness and isolation in later life. *People derive most pleasure in life from other people.* Heaven and hell are other people. The destruction of the extended family during industrialisation and now the nuclear family following globalisation causes misery, anxiety, depression and in extremis psychosis. This is well studied and known.

6. **The need to express one's natural talents:** This is linked to being good at doing things. We are all born with unique talents; when we have the opportunity to express them we receive genuine praise from others. Many people have a drive to excel at something. Some individual's talents vastly outshine others. At its peak we call this 'genius,' a rare thing and precious. To be nurtured. However the education system and work force training seek mass mediocrity and genius, talent is not valued at all.

7. **The need for acceptance of the true self:** Being accepted for who you really are. Not your social mask, not the 'agent' you present to strangers. Not your role or money or social status. Just for being you: physically, emotionally, 'spiritually.' Having value for being yourself not what you can do for others in a utilitarian manner. This means freedom of thought and belief too. This need is hijacked by cults and manipulated by many groups in society to their own ends. For men and women this includes being what you are, naturally, men are meant to be masculine and virile, women are meant to be 'feminine,' feminine does not mean weak or dumb – I define femininity as a woman being free to act and feel as she naturally would no matter what her birth culture tries to impose on her. Men acting like men make women feel very feminine and vice versa. Ask a woman!

8. **The need for liberty:** This includes privacy and control, you need personal space; you need to be left alone to think. The Romans (according to George Orwell) ensured their slaves had no time to think about their woeful condition by keeping them engaged in hard work from their rising to their going to bed. You need to know that what you think is important and that you can positively affect

the place you live in. If you can't you feel powerless. A lack of control creates stress. At its worst this leads to 'learned helplessness.'

9. **The fulfilment need:** To be living a meaningful life, following your dreams and ambitions. To feel you have control in doing this. Also so that you are stretched but not overloaded and that you are stimulated. Living a life of purpose – your purpose in this world is absolutely essential for all of mankind.

10. **The need for treats:** Human beings have a need for treats: sex, sweets, toys, entertainment, leisure, play. All work and no play makes Jack a dull boy!

11. **The tribal need:** Being connected to others through religion, a culture, a similar belief system, a shared language, a nation, a people e.g. The English (you might call this the 'wider extended family') sport, school, politics etc. Some people call this being connected to things wider, 'bigger than yourself.' Some groups down through history falsely offer the fulfilment of this need – but the fulfilment does not occur as it is only a pseudo replacement for Man's deep 'spiritual' needs and the need to be a part of a real not virtual tribe remain unsatisfied. To be amongst one's own is another way of putting it. Acculturation and deculturalization is a massive destructive stressor. This is what happened to the plains 'Indians' of America and the Aborigines of Australia and Tasmania. It psychologically destroyed many of them. The U.N. defines genocide as the destruction of a people *and their culture.*

12. **The need to use your body vigorously:** Linked to need 1 but needing separate emphasis; including sexual fulfilment for adults and exercise. Remember hunter gatherers were wild not tame, domesticated people; they were very active – not sedentary slobs. This is why we play sport – it is faux hunting. Note how physically active children are – they must express all that lovely, boisterous energy they have – they have a need to.

13. **Human beings have a need, a yearning for the truth:** We want to know what reality is, that is why we are curious. We have a need to learn things that can help us. However this innate instinct which has obvious survival value can be overridden by indoctrination. When people reject truth, people will *hate* you for telling them the truth. Reality has a way of 'Darwin testing' the truth of beliefs. If you believe that jumping into a tiger's cage is a safe and sane thing to do – reality bites! A so-called 'significant emotional event' (SEE) will sometimes break down conditioning in the face of such reality testing.

14. **The creative need:** Humans beings are creative to varying degrees – we make houses, businesses, belief systems, cathedrals, statues, you name it we made it. We make families and friendships. Psychopaths are the opposite – they are destructive parasites – they destroy. All little children enjoy playing musical instruments, painting and drawing: it makes them happy. Why do adults cut off this source of joy entirely? Rhetorical question.

15. **The spiritual need:** Too deep for this book, beyond its scope. Man has ‘spiritual needs’: this is well known.

16. **The need for fulfilling sex:** this is a unique mature adult requirement. Children are NOT sexual beings. Schools of ‘psychotherapy’ that suggest otherwise are deviantly perverse and criminally insane. Some men who don’t get this need met will watch porn or go to prostitutes to get some jollies; can you blame them? The sexual starvation of many men is a real concern.

17. **The need to reproduce:** Most people strongly desire to have children; if they cannot it can be a tremendous emotional stressor. It can destroy marriages. There is a deep and profound joy in looking after younger children. Adults who lack children in their lives, even as aunties and uncles are missing out on feelings better than any drugs.

18. **The need for justice:** Humans have a strong inbuilt need for justice. If this need is not met they become rebellious sooner or later. We see this in children, ‘It’s not fair.’ No animal has this capacity so well developed as man; we are born with it. When humans cannot seek redress through peaceful, civilised means they often seek a rebalancing, sometimes, often, of a violent nature. This is the innate desire for revenge. When societies collapse it is in part when the majority have had enough of the existing system and take it down by force majeure.

19. **The need to be doing absorbing things:** Some call this the need for ‘flow,’ from the work of Mihaly Csikszentmihalyi (quite a mouthful I know!); his book by the same name is a worthwhile read. This is also known as ‘the zone’ in sports. You can experience flow doing lots of things, anything is potentially flow-ful to someone. We are absorbed when we are engaged in good sex, actually even bad sex would get me in flow, physical exercise/exertion (even D.I.Y) – anything where and when you have to concentrate fully. Like in hypnosis. We especially experience flow when expressing our innate/God given talents. This is why societies that effectively stop people doing what they were

meant to do with their lives are so soul destroying.

20. **The need for homeostasis or good health:** When we feel something is amiss, even if we just stub our toe, our instinct is to fix it. To feel good again. To restore the natural unthinking equilibrium that we had. This is why we rush to the doctor for pills and more pills, eat lousy food to make us feel good or even get blind drunk – because in a less than 100% natural way we are trying to get a nice sense of unconscious calm, satisfaction and health.

There's probably tons more. That'll do though pig, that'll do.

*The existential threat to our human needs.*

These needs are under threat as never before. The reasons are fairly obvious and again far beyond this book's scope. Your client must meet these needs themselves. You can advise them what needs we all have, if you think it necessary, but let them sort them out for themselves. Their unconscious knows them anyway; they power the major drives. They know what they need better than you. Not all the points in the above list will be as important to everyone: look for what is missing in a person's life. Sometimes you just have to tell someone their homework is to get a girlfriend or boyfriend!

The loss of any of these needs can be seen to constitute a background miasma of stress under which all humans in Industrialised nations suffer, to a greater or lesser extent. Your clients are largely unconscious of these facts. You can however subtly create suggestions that help people meet these needs. The so-called 'Human Givens' approach which has recently emerged has studied what it calls 'needs' more than other methods in quite a while but it doesn't go deeply enough into the *real* human needs. It also has some fairly 'whacky' theories on autism and the nature of consciousness. Like all therapies 5% truth – 95% garbage.

In order to find out your clients missing needs (if any) just ask yourself as they talk and open up,

*'What is missing from this person's life?'*

**All therapists and therapies are mad.**

A hypnotist is NOT a bureaucrat. Nor are you a therapist. That's right – you

heard me right buster! Look: ‘Therapist’ = the rapist! Psychotherapist = psycho the rapist!!! Neither are you a social-engineer, redesigning and reconfiguring human minds to ‘fit in’ with constant change. **As I have reiterated throughout this book, lots of so-called therapists and councillors are unintentionally causing a great deal of harm to people.** They are also charging a great deal of money and dragging treatment out over long periods of time in order to live off of the client’s misery: they are in the ‘Misery Business.’

Young padawan, start with the assumption that ALL forms of self-help, psychotherapy are mad and created by mad, possibly dangerous people: work from this premise and you can’t go far wrong. Sick Mind Fraud...sorry Sigmund Freud said therapy could be interminable – it would never end, ever!!! Therapy was one of the great cult movements of the 20<sup>th</sup> century, discuss...The purpose of therapy is not ‘healthy adjustment’ to an increasingly sick society. People with ‘mental health’ problems are sane people who have experienced varying degrees of insanity and are trying to cope with it the best they know how. We don’t come with a manual at birth called, ‘How to live in this crazy world.’

Don’t hump your clients.

Did you know that many men therapists are sleeping (f\*\*king) their lady clients? Oh yes. It happens. Did you also know that the women most likely to get screwed in more ways than one by their ‘therapists’ (the rapist) are victims of incestuous child abuse? Could certain types be attracted to these jobs just so they can gain access to such victims? No it couldn’t happen! Or could it?

You NEVER f\*\*k your therapeutic clients! Ever! I don’t care how cute they are. I have helped many beautiful women; you need integrity in this business.

**The secret wish of the subconscious.**

Generally speaking the subconscious hates all change. Even positive change. It would prefer you grew up, lived and died in the same place you were born in.

**All problems are just subconscious habits not ‘disorders’.**

All your client’s problems, even depression are just habits. They are not connected to ‘deep rooted problems;’ that just means the habit is well trodden and needs a bit more of a bash than usual. The past is the past, it’s over: it’s not

what anyone deserved, it wasn't their fault, it is just what happened. Again: digging up the past does nothing to help. Client's need to be focused on the kind of future *they* want.

### **The trouble with that phantom: self-esteem.**

Therapists are often faced with this strange thing called 'self-esteem.' But what is self-esteem? I prefer to call it 'a sense of self-worth;' although both terms are equally meaningless. I once had a talk with a client and we agreed – we really didn't know what it really was. All children are born with an inherent sense of self-worth; it is conditioned out of them by unloving parents, cruel teachers, bullies, the 'pecking order' of the school yard and later the 'work place.' Not forgetting media inspired comparisons in which the person is left in no quandary that they are somehow deficient – financially, in terms of their looks, their beliefs and lifestyle.

In all people with 'low self-esteem' there is an imaginary self who is exactly how the person is 'supposed' to be according to others. They can often see 'it' in their mind's eye. So there is a real you who is nothing like the imagined you. The 'short fall' makes people upset with feelings of inadequacy and failure. This is the root of perfectionism.

The cause of all this feeling bad about yourself? This is due to the collapse of Christianity in the West. Whatever the faults of 'organised Christianity' over two millennia the teachings of 'Jesus' proclaimed that all men, women and children were important to God; that each were worthy of his love, compassion and forgiveness. I am not a Christian but a fact is a fact. Until Christianity arrived in 'civilised' human history men were either masters or slaves. The masters were esteemed often as man-gods. The slaves were 'proles' that is those whose only economic and social function was to 'proliferate;' that is to produce more slaves for the system. A slave (of both sexes) could be raped, tortured or killed by his master or mistress. He and she had absolutely no worth and no rights.

Let us look at the linguistic derivation of self-esteem.

### **Self esteem languaging.**

**'Esteem'** - From the mid 15<sup>th</sup> century from Middle French **'estimer'** (14 century.)



From Latin 'aestimare' – 'to value, appraise.'

Ultimately from 'ais-temos' - 'one who cuts copper,' i.e. mints money.

First used as we would now use 'estimate' - sense of 'value', 'respect' is 1530s.

So what we find is that the roots of 'self-esteem' come from our monetary value. So we see the very roots of self-esteem deriving from a slave system, do we not? Let's check out 'worth,' is it any better?

Old English 'weorþ' - value, price, price paid; worth, worthiness, merit; equivalent value amount, monetary value. From 'worth' (adjective).

From 1200 AD as 'excellence, nobility.'

Again our sense of self-worth even at its linguistic roots is our 'slave value.' How much are we worth monetarily. Let's check out the word 'talent.'

Late 13<sup>th</sup> century - 'inclination, disposition, will, desire,' from Old French 'talent.'

From Medieval Latin 'talenta,' plural of 'talentum' – 'inclination, leaning, will, desire' (1098).

In classical Latin - 'balance, weight, sum of money.'

From Greek 'talanton' balance, weight, sum," from PIE tel-, tol- 'to bear,' 'carry.'

Originally an ancient unit of weight or money - varying greatly and attested in Old English as 'talente', the Medieval Latin and common Romanic sense developed from figurative use of the word in the sense of 'money.'

The meaning 'special natural ability, aptitude,' developed in the mid 14<sup>th</sup> century from the 'Parable of the talents' in Matthew, xxv: 14-30.

Again just a word we take for granted, again going back to a monetary value being placed on humans!!! Is that what humans are? Is our worth just monetarily evaluated? I hope as a hypnotist you think not. What are YOU worth??

### Cultural narcissism.

Now self-worth arrives/returns when the feelings of self-worth that we are all born with are recovered. The improved feelings lead to improved thoughts and perceptions of self-worth. The problem? We live in a time where there is an epidemic of 'narcissism' among people aged under 25 or so. That can be defined as simply a current hypnotically installed cultural norm not that people have worth but that they are in some way VERY special; that they can hope to aspire to 'great' things. However there is no evidence that these people are special. Sorry folks all the research shows that people with lower self-worth tend to achieve MORE in order to compensate. I have met very 'high achievers' who had little self-worth, even 'inferiority complexes' until I helped them. I'm talking about multi-millionaires.

The fact is that there is now considerable evidence that having overly high self-esteem can set you up for depression and anxiety when to be quite frank peoples' delusional expectations are confronted by a hefty dose of reality!

When giving therapeutic suggestions to clients I suggest you steer away from linking self-worth to achievement; especially in work/career. People's self-worth should be healthy and solid regardless of social status, 'achievements' (good nominalisation there) and money in the bank. A stock broker is not a better person because he is richer than a plumber. I once had a stock trader lie to me and say he couldn't get his money out of the bank, could he have the session and pay me latter. I knew this was a con but wishing to see the silly games he was playing I agreed. He turned up. I 'cured' him in one session of depression and cocaine addiction. Wall Street and the London Stock Exchange are full of coke-heads by the way. It's part of the culture. They call themselves 'city boys;' city rhythms with sh...He was delighted and never sent me the money for helping him just as I knew he wouldn't. No good deed goes unpunished as the saying goes.

### Beware of creating monsters.

Now we don't want to create monsters do we? I helped a friend of a friend get over an obsessive spider phobia and regain his confidence. He did this with my help after 1 session – *he soon became unbearable!* Whereas when he lacked confidence he had hidden his nasty side somewhat, once he was fully confident he let rip! There is an apocryphal story (which is probably only half true) about

Hitler that is illuminating; after he had been hospitalised for ‘shell-shock’ (PTSD – Post traumatic stress disorder which you can ‘cure’ in one session by eliciting and changing symbols – known as ‘symbolology work’) a German doctor hypnotised him giving him a suggestion along the lines of, ‘You will return to military service and serve your country with distinction and honour,’ (!!!) don’t ever hypnotise or help a psychopath! I will tell you how to spot one and how they hypnotise others in book 4, ‘Forbidden hypnotic secrets.’

Psychopaths have incredibly inflated high, off the charts self-esteem. They see others as having none. As hypnotists we don’t want to give people ‘higher than others self-esteem,’ (politically see ‘Master race’ etc.) we want them to have very ‘high,’ healthy self-worth/esteem. I meet far too many people who just don’t like themselves. Have you ever met a well brought up child who doesn’t think they’re great? No, it doesn’t happen.

Let me prove the case further: in the 1970’s a group of psychologists believed that crime was caused by ‘low self-esteem.’ They taught a group of criminals and prostitutes how to have high self-esteem; none of them stopped pursuing their chosen ‘professions’ – **they just became more successful at them!**

The modern Golden Fleece ‘success’ too is a double edged sword – it is well known that if people don’t keep their feet on the ground they can become arrogant, lazy, conceited and vain as a result of their ‘success.’ Once upon a time the dinosaurs were very successful. Be careful what suggestions you give your client. Let me leave this section with a script for ‘The magic mirror of trance-formation,’ which as part of a wider package enhances confidence and self-worth easily, in a nice pleasant way. There are many versions, varieties and ways of doing this; this is but one way...

### The Magic Mirror of Trance-formation script.

(Hypnosis is assumed)

*‘Just vividly imagine*

*as you **relax more completely,***

*a full length mirror in your mind’s eye.*

*I have no idea what it looks like,*

*it's your mirror...*

*your magical mirror of trance-formation!*

*Imagine you are standing before it...*

*and rather than seeing how you were,*

*see the **confident** you, you have now become...*

*You are seeing yourself as you are*

*and really always were, deep inside your mind.*

*Notice just how happy*

*confident, calm and resourceful you look.*

*How **you feel, really feel confident...***

*You have wished to be this way and now you are!*

*It feels good to look in that mirror and see the real you, does it not?*

*Notice how **you feel much happier about yourself...***

*and consequently **you feel happier around others...***

*Look at that image of attractiveness...*

*healthiness,*

*deep inner beauty/attractiveness that really shines!*

***You have happiness, self-worth, confidence, more contentment...***

*Realise this is now your 100% new, total personal reality!*

*When you are ready...*

*step into that fantastically confident you!*

*The free, happy, healthy, calm and relaxed you...*

*See through those eyes!*

*Hear through those confident ears!*

*And **feel, really feel that super abundant confidence flowing through you!***

*Feel how great you feel!*

*That's right!*

*Now,*

*Look back at that person you used to be*

*noticing how much better it is to **be the confident you***

*that you are, now!*

*You can take this act as a sign and a signal*

*that all the unconscious changes have occurred*

*and will remain with you*

*as part of your new daily reality.*

*Permanently,*

*from this day forth!*

You can adapt this script for pretty much any problem. If I use it I add it in near the end as a 'concluding module' a sort of wrap up of all the work done.

### **The 30 golden questions for hypnosis sessions.**

Over the years I have developed a series of tried and tested questions to work out what has to be done to help clients. Many hypnotist's, especially those with an NLP bent ditch this part not wanting to get into 'content' – that's unavoidable, grow up. Remember as soon as you start asking questions you are getting

someone to go into a light, sometimes a deep trance as they search for info to answer you. The first question is...

**1. *Apart from the problem/s how are things at the moment?  
How is life in general? Good? Bad?***

Why do we ask this? It will tell you pretty much everything you need to know. Responses are usually – ‘Ok, fine, terrible, really bad, excellent.’ This gives you a good insight into where your client is. Where they are *now* and where they want to be.

**2. *What do you do for a living and do you enjoy it?***

What does this tell you? Are they broke? Unemployed? Rich? Stressed at work? Fulfilled by work? Do they like their colleagues? Are they being bullied etc.? You are very quickly building up a picture of who they are and what is missing in their life or not? Are they a ‘successful professional’ or a bored retail shop worker? The latter is likely to be unfulfilled in many ways. Do they take pride in what they do or is it just a job?

**3. *What’s your living situation? Are you single, married, do you have children?***

This tells you what home is like? Is it stressful, happy etc.? Is your client divorced? A single parent (mum usually)? Is the client married or living with a partner (this may reveal their values)? Are children a part of this person’s life? Is therefore the problem impacting on the spouse and kids? Is the person unmarried and lonely? A need not met. Our deepest most essential emotional needs are met in the home. This is why the destruction of the family is so terrible and traumatic. Divorce has hefty unpleasant consequences for all involved especially the children.

**4. *Have you been diagnosed with epilepsy?***

For legal reasons ask this. I have never had anyone say yes. Hypnotic trance may not induce an epileptic seizure; the person may know their own triggers. Avoid fractionation with epileptics. Don’t put people in and out of trance rapidly unless you know it’s 100% ok to. If someone says yes and you know how to deal with epileptic clients fine. But if you are new to the game get them to phone their doctor and let them ok it. If in doubt do not hypnotise. Better that than get sued!

**5. *Are you taking medication for a psychological health problem?***

Is the person on anti-depressants or anti-anxiety medication? Find out. You want to know what you are dealing with. If they are it won't affect their ability to be hypnotised. Often people on anti-depressants have no idea hypnosis can help, if you know what you're doing. In fact you can lift depression just by helping someone get their needs met without any formal treatment unless there is trauma involved and then you have to deal with that. Ok, here's a bonus question. It will give you instant deep rapport with depressed clients, if they are actually depressed that is...ready?

**6. *Depression question bonus 1: Are you experiencing bizarre and violent nightmares?***

I can't go too deeply into it now but if they say yes they almost always have depression or are about to develop it. It is a sign that all the anxious rumination is causing the client to 'over dream.' When you ask this, your client's feel instantly understood and relax knowing you know what their problem is. Doctors in my experience NEVER ask this. Feeling 'depressed' is not clinical depression. That's just a low mood, persistent or not. Depression is an anxiety not a mood disorder. Also indicative of genuine depression...

**7. *Depression question bonus 2: Do you have sleep problems?***

Truly depressed people wake up early, can't get back to sleep or sleep badly. Insomnia is however not necessarily a sign of depression, although it can alone cause it if severe. The brain wakes the person up to preserve energy. Dreaming is an energetic though physically passive affair. If a person over dreams and can't get into deep slow-wave sleep to get deep physical and mental rest and healing they may well get depressed. Depressed people are exhausted on awakening (difficult mornings) because of the over dreaming – it uses up motivational fuel leaving them listless. Good sleep is non-negotiable – it is an essential need.

Back to the usual questions.

**8. *What are the problem/s you want to solve today?***

Therapy should be goal focused. It should be as brief as possible. The purpose of therapy is not to enrich YOU; it is to help someone else feel better. Get a list of

specific goals, these could be –

Stop smoking

Lose weight

Feel calm in a lift/elevator

Stop picking scabs etc.

The problem matrix is identified. This is the manifestation of past stress, indoctrination, habit etc. Notice we say – ‘solve’ and ‘today.’ What do these presuppose? That the problem will be gone by the session’s end. We are ‘idea seeding.’ Preparing the soil for suggestions to take root; I’ll teach you advanced idea seeding tricks in book 4.

### ***9. When did this begin? Was there a triggering event?***

Things occur in space and time at specific points. Things don’t just manifest out of the ether! There was a time the problem state occurred, a time when it wasn’t an ‘issue.’ People aren’t born depressed, addicted to drugs, overly anxious and on and on. These responses occur during life for specific reasons. A phobia can begin following a prolonged period of stress, as can insomnia, depression, OCD, anxiety, panic-attacks, IBS and more. Often these problems have NO roots in childhood whatsoever. 99% of the time in fact. They are caused by things going on internally or externally now!

Teenagers ‘do drugs’ because their friends are doing it 99% of the time – very few are masking feelings of self-hate caused by childhood abuse. Peer group pressure and following the herd is the norm. Drug use is the cultural norm in the ‘West’ for teenagers and adults! It then becomes a habit like picking your nose – the subconscious says – oh, ok you want to do that often; I’ll do it for you automatically so you don’t have to think about it. The habit is ‘looped’ by the subconscious – there are NO addicts, there are unhealthy habits.

If a woman loses her job, is suddenly and shockingly divorced after learning her pig of a husband has had an affair, she can lose all confidence and become very anxious. It is a normal response. I once had a woman phone me after her disabled daughter was raped not once but twice while in a ‘care home.’ Obviously being distraught and unable to cope she asked a doctor for help. He



told her that her responses were abnormal and offered her anti-depressants (no surprise there then!) I told her that in fact her response was completely normal. She uttered a deep and trembling sigh of relief. The doctor was a dangerous incompetent and should have been fired. He was behaving insanely in fact.

Sometimes people don't know why they have a problem. It may have started so long ago they simply forgot. Sometimes they think they don't remember and then this question makes them aware of it. You don't need to know it though. I could get rid of the problems without knowing the cause but the more facts you have, the better able you are to intervene swiftly and accurately.

#### **10. *What are the benefits of getting what you want?***

The point of this question is what? To get people to focus on what they want. On solutions. It gets them visualising their better future. It also gives them specific things to look for after the session to prove it worked. Some people imply that's a stupid question, others that this is a deep question. Answers can be stuff like...

'I'll be calmer.'

'I'll feel healthier. I'll be fitter.'

'I can talk to people at parties.'

'I'll feel good.'

These are fine. Questions should directionalise the mind to solutions. They should not ordinarily re-access problem states unless this cannot be avoided.

Some smug, pseudo-intellectual clients ask why you ask the question, 'Isn't it obvious?' Just let it be water off a duck's back; if it were SO obvious they wouldn't be your clients now would they. Some of your client's will be rude, stupid and ignorant people – it's just a fact. Get them the results they want and get their money. Issues of 'transference' and all that B-S are just that. It's made up. You don't have to like people or they you to establish a 'working relationship' – they'll only be there an hour or so!

#### **11. *What things have you done to overcome this and how successful were they?***

We don't want to do the same stuff that always failed do we? If they saw another

hypnotist and he did stuff and it didn't work – try to find out what he did so you can succeed. However sometimes, some hypnotist did something that did succeed, even if just for a while. This sort of info helps. Also asking this question determines...what? Persistence! Has this person tried tons of things or is this the first time they've tried to solve the problem? You'll also find out all the quack cures that are being offered by 'self-help gurus' that don't work and the sorts of pills doctors give everyone for just about anything! I had a smoker who was given a medicine to stop nicotine cravings and it made her paranoid! I had a weight loss client that had been put on speed!!!

**12. *Smoker bonus question: Would you describe cigarettes as your friend?***

If you have a smoker, ask this. It shows you understand smokers even if you aren't one or have never been so. Smokers do often say cigarettes are their friend; they have always been there in good times and bad after all. Remember: you get rapport by displaying understanding of the client's mental world.

**13. *Weight loss bonus question: Can you tell me what foods you eat on a normal day?***

Expect lies! Overweight people are often very embarrassed and ashamed of the amount they eat. This question will tell you if they are overeating nutritionally sound food or garbage. Note: one of the reason's people are a bit roomy is because they eat junk with no nutrition in it. So they have to eat lots of junk in an attempt to get nutrients. Paradoxically obese people are often nutrient starved!

**14. *What do you like doing and what do you dislike?***

I rarely ask this, sometimes I do. Say I have a client who is shy but also (secretly) fears water and I ask during an induction that the person imagines sailing a boat!!! Also gives me clues for subject matter for trance-hijacking.

**15. *What things absorb you totally?***

This is also a rare question but I use it to get an idea of what produces a natural state of hypnotic absorption thus covertly eliciting it. I am sending people off into lots of mini-trances by the questions I ask.

**16. *What do you enjoy most in life?***

Nothing = misery guts! Needs not met or past needs tidying up. Most people I see are actually quite happy folk – the problem is the problem and nothing else. You can use the knowledge gained to induce trance and to just find out who you're dealing with.

**17. *In what situations do you feel most happy, secure and confident?***

As above I am discovering who this person is. I am looking for signs that the problem has generalised or has been successfully compartmentalised by the client. I am subtly 'regressing' them to a resourceful state too. All my questions lead to good associations.

**18. *What things have you done that you are most proud of?***

I am 'lighting up the neurology' for achievement. I want the session to be another achievement for the client. Those with children always say 'my children' as their premiere 'achievement.' Having achieved lots of amazing things isn't always a sign that the person is amazingly happy. Often rich, 'successful' folk are very, very miserable. They are often very stingy! Like Scrooge!

**19. *What strengths that you have will help you overcome this problem?***

Hypnosis doesn't put stuff into people – it won't make a tone deaf person sing like Pavarotti! However again I am presupposing success AND accessing resources. It also implies that the client will do the change work, they are responsible, not me. I am the guide.

**20. *If you could rate your self-worth from 0-10, 10 being you feel great about yourself and 0 utterly worthless what would it be?***

I like this question because it lets me know if I have to bolster self-belief, esteem etc. in order to get successful change. Most client's report self-worth somewhere between 4-5 a smaller amount 7-8. Only 1 has been a nine! Lots of self-haters out there; I blame upbringing and the media primarily. The 0-10 is obviously derived from the 'SUD' (standard units of distress) rating system. It helps make feelings more 'real.' I use it with phobias, pain you name it.

## 21. What things help you relax?

I am idea seeding. When I ask them what makes them relax they have to access memories of relaxation. This allows them an inevitable mini-trance. Idea seeding is just starting to bring up a topic, a direction for thought and conversation. In a way I am 'predictively programming' the way I want the session to go, studies have shown that the way the linguistics 'lean' influences thought and behaviour.

For example let's say you want to 'seed the idea' of relaxation. How do you do it? Easy, you can talk about relaxing themes similar to trance themes that were discussed in book 2, 'Mastering hypnotic language.' You can intersperse words such as 'relax,' 'calm', 'soothing,' etc.: straight forward stuff.

When a client tells me it's easy for them to relax or it isn't, I have an idea of how stressful their life is in general and what ways they have of naturally (or not) for diffusing tension.

They'll usually say,

- **TV** (which isn't relaxing, it's been proven it causes arousal but in a hypnotic trance state.)
- **Reading** (if better educated.)
- **Drug of choice.**

I may also take the time to explain that hypnosis will naturally reset the ability to relax, that in fact the client will be much more relaxed after the session than he or she has probably ever been.

### 1. Do you exercise?

This is fundamental to good physical and mental health. It gets people out of their heads and into their bodies. We are not just a head on a stick! We all have a need, the same as the reality that we must eat - to exercise. My abbreviated patter for exercise goes like this...

*'I say to everyone if you haven't already started, an exercise routine is THE best way to control stress. Humans have few natural ways to relieve stress. Zebras discharge anxiety after being chased by lions by shuddering throughout their*

*body – we can't do that. I don't advise meditation – it's just too weird! When we get stressed and we all do, our body is preparing to do intense physical activity. However the activity doesn't occur. The stress chemicals pool in us and we feel crappy. If it continues unabated we can get problems. When you exercise regularly and I define that as 3-4 days a week, 20 minutes to half an hour is all that is required, and that you must at least break out into a light sweat to know you've worked - you will complete that loop and be able to literally flush out the stress chemicals that have built up in you.*

Exercise works wonders. Any type will do. All clients should do it. If clients come back after one session it's usually because they didn't start exercising. If someone drinks too much booze or takes drugs and they have NO other way of relieving stress, they'll go back to the drug more than likely. I've seen it happen.

**2. Do you have any intuitive sense of what has to change within yourself in order for you to get what you want?**

This is a good question that confuses a lot of people (which is hypnotic!) They might ask, 'What do you mean?'

I'll say,

*'What's the heart of the matter?'*

People may well go into a mini-trance as they try to discover IF they can answer this question. They may drag something up and they may not. That's ok. If someone can't answer a question just assure them that's fine. Questions are like keys, sometimes you have the right key, sometimes not; not to worry. If someone can answer this question you may get some real insight that can help you craft the session well.

**3. Can you think of an image, metaphor or some sort of symbol that represents either the problem, the solution you want or both?\***

This is a top banana question! Again like the last question, this is a question that bypasses the analytical factor. It requires an unconscious response. Most people will just say, '...No...' That's fine and dandy. If they are very creative and clever they'll say stuff like,

*‘I feel like I’m trapped in a prison of cigarettes.’*

*‘I feel like my insomnia is like a giant and heavy chain that’s been dropped on me.’*

*‘My stress is like a treadmill. It never stops. Nothing changes.’*

*‘I feel like a cigarette is wrapped around my waist and I can’t get it off.’*

Being trapped, stuck, thwarted in some way usually underlies all the metaphors you hear. Now how is this of use to us? Near the end of the session when you are almost done get the person for example to imagine stepping out of that cage, lifting off the chain, walking into a place in nature where they feel freedom. Geddit?! You are utilising powerful subjective symbolical forces within the mind that somehow heal. It just seems that’s how the human mind encodes things at a very deep level. Remember the one thing that defines us as human is that we use symbols. When someone can answer this question – they just gave you their mind key.

**4. Is there any reason that you shouldn’t change or any part that doesn’t want to? Are there warring parts?**

In order to help people there must ‘unity of purpose’ at the unconscious level.

There must be agreement between parts, if their isn’t, nothing will happen.

‘Warring parts’ literally feel to clients as though they are being pulled this way and that. It’s almost a physical sensation. The surprising though great thing is that ALL parts want the same thing at their highest level of intention – they all want in their own ways and using their own strategies to help the person feel happy and healthy. If you find warring parts – the person will say, ‘Yes.’ The only people who tend to have warring parts are drug addicts. Anxiety based problems are painful and so sufferers have always wanted to get rid of them. Druggies at some level do still like the drug. Often there are no immediate penalties and so it lulls them into thinking, ‘Things aren’t so bad.’ YET monsieur YET!!!

**5. What has prevented you from getting the change you want up until now?**

The answer is generally they didn’t know how. It is usually an issue of the mechanics of change, a lack of knowledge. That’s why they came to see YOU. It

can also be timing; they have to be ready as already discussed in the book. An 'enough is enough point' must be reached. Which leads me nicely to...

**6. Have you ever made a similar change or reached a point in your life where you thought, 'I've had enough! I'm moving forward in a more positive direction?' By the way you don't have to tell me what that is unless you want to.**

What does this do? It creates a re-association to where and when the client overcame problems before. A former bulimic who overcame that problem by themselves without any therapy can be encouraged when wanting to stop smoking by saying, 'Well this is much easier than that to do. I'm confident you can do it.' It 'lessens' the current problem.

**7. What do you know about hypnosis?**

Most say Paul McKenna, Derren Brown, I saw a stage hypnosis show etc. I usually explain it like this... (See the section on dealing with client's fears for a fuller explanation.)

*'I work with two states, trance and hypnosis. Trance is the daydream state; hypnosis is a state of concentration. We use visualisation – I'll ask you to imagine things. And I'll give you vague suggestions like 'you can feel confident,' so that you make sense of it as it best suits you. That's it.'*

Some people are worried about 'mind control' fantasies/worries. Assuage all this stuff at this point if you haven't already.

**8. Are you happy for me to help you solve this problem/s?**

I never formally hypnotise ANYONE without asking their permission. This is why clients trust me. I used to ask, 'Are you happy for me to hypnotise you?' I don't do that now. It's better to focus on the problem solving aspect. You don't 'hypnotise' anyone – you guide them into their own hypnotic state. Get their cooperation and permission before doing anything. To reassure people I'll even tell 'em pretty much what interventions I'll use. Set their mind at ease or FAIL!

**30. Are there any other questions?**

99.9% of the time I have established trust so well and explained everything so thoroughly that there aren't any. By this stage everything seems complete and the client's mind draws a blank. Then you hypnotise them!

That's my method, it works all the time.

Now I just have to finish by debunking the dumbest question that some smug therapist invented; I've forgotten his name. It goes something like this...

*'Imagine you have a magic wand and all your problems are magiced away; what's your life like now!'*

It's so stupid as to defy disbelief! Problems NEVER go away. You just get new ones. Less troubling ones hopefully that CAN be solved.

*Your 2 bonus questions!*

These are for anyone with addictions...

1. ***'How many a day/how often do you enjoy x/doing x?'***

Often drug users don't enjoy using the drug as much as they used to. By asking them this they reframe the addiction as not being so great. Some light and heavy users will say I always enjoy it! You can still work with that, if there really was 0 motivation, they wouldn't be there.

2. ***'On a scale of 0-10 how motivated are you to stop using x?'***

This tells you if the person is serious and committed – the numbering makes the intention measurable and so more real, less amorphous. I have helped a woman who used drugs who had none, zilch, zero, conscious motivation to stop. Thankfully her subconscious did want her to stop and it's running the show kids!

**Dressing for success: the hypnotist's look.**

My advice is: wear what you want as long as it's not a suit. In 'Western' culture the suit is a sign, a symbol of power. In fact is so almost globally now. Although I am very well aware of the historical roots of the shirt, tie, jacket look, they do not concern us here. I was reading an article by some psychologist of some sort talking about 'power disparity' between client (patient) and therapist. Well apart



from the fact that the therapist (hopefully) has a ‘knowledge power’ there should be NO power disparity. If the client tries to have it, ignore it. And as a hypnotist NEVER try to be one up on a client in terms of ‘status’ – remember the rebel part. He or she is there just waiting to stick two fingers up at you! I always work with a client as an equal – for starters they are hiring/paying for my services.

Dress smart but low key. Wear something (well more than one thing for legal reasons!) that gives what you might call a ‘smart casual’ look. Note: a suit is a school uniform for adults. This immediately dehumanises and de-individualises you. You will be related to as a ‘suit,’ not the unique individual YOU are. Dress to look professional but comfortable – this will set the client at ease. They will see you as being much like them; they are used to the authoritarian approach and look of the local doctor, they have been trained from early childhood to see a doctor as MORE than human, conferring life or death like Roman Emperors. When you don’t fit into that preconceived role you create an immediate pattern interrupt. The person will go into trance trying to figure out how to respond. That’s if their friends who’ve been to see you haven’t told them about you already. You look innocuous, not like a hypnotist or therapist at all?! You look like a normal person – aha Kato!

Most importantly you are not wearing a costume that says ‘other,’ you are wearing the same stuff, pretty much as they are – this creates familiarity, perceived ‘closeness’ (that is a lack of distance) and enhances rapport. Just dress as you might when going out for a fancy meal, don’t overdo it though like people who don’t get out much. Some highly successful hypnotists just wear jeans and a T-shirt. That’s fine. In the US that will probably be more acceptable than in the UK because the British are conditioned to follow orders and not use their initiative. But I go my own way!!!

### **Places in the mind and other useful ends to fairytales.,**

First thing: there are NO places in the mind. It’s gibberish but it is a useful, metaphorical construct as is the metaphor ‘parts’ or ‘subconscious/unconscious.’

When working with PTSD clients you can use a metaphor place called ‘sanctuary.’ You can use it with any clients when appropriate for that matter. **To a certain extent if you name a thing it is true – at least mentally.**

We see this in major world religions – take the Bible, ‘In the beginning was the

word....' God speaks the material world into reality. In J.R.R Tolkien's Silmarillion the Creator diety 'Illuvatar' sings the material world into existence with the aid of the 'Valar,' his archangel's, if you will. Freud created places in the mind called 'the ego' 'the id' and the superego' – all linguistic fictions. For millennia people just were themselves and were fine with that and then a strange little man with a beard comes along and people start seriously thinking they are made of 3 parts (almost like an anti-Christian trinity) with various supposed functions. If you believe it's true, you'll act as if it's true and then seek to export the idea. **NOTE: madness always seeks to export itself – it hates being lonely.** In fact because madness is mad and so dysfunctional it needs lots of followers to sustain it, or it would quickly collapse – a sort of self-necrotising effect.

Ok, so how do I use places in the mind? Well just as an exercise let's just make some s\*\*t up...

Mind places you can visit!

**A place of healing.**

**A place of sexual fantasy.** (For 'perv-nosis.')

**A place where you put things that aren't true.**

**A place where you put things that aren't true – anymore.**

**A place you put things you forgot.**

**A place that's deeper.**

**A place where you put things that are true.**

**A place where you can pleasantly change.**

**A place 'inside.'**

**A place of certainty.**

And on and on...

Ok so using this useful metaphor I'll show you how I wind up a hypnosis session

before counting someone back ‘up!’

Places in the mind module script.

*‘All of these positive ideas and changes have been placed in that place within you where you know things to be true, things like the sun rises and sets, that you know how to breathe and the old ways have gone to that place where you place things that were true but no longer are, you knew certain people, you went to school and then it all changed. The certainty of your success is stored in that place where you know; really know that amazing changes have already occurred, now...’*

In a session I then give an indirect suggestion for amnesia stolen...I mean ‘borrowed’ from Milton Erickson. I have given this in book 1, ‘How to hypnotise anyone’ but I’ll add it here too.

*‘You don’t have to remember, the important things is to have these experiences naturally recorded in your mind. Their presence has been and will be of service to you. It’s nice to know that they are there, unconsciously, now...’*

As an interesting side note: often amnesia suggestions aren’t needed. Some clients will experience total spontaneous amnesia after a session. Some have amnesia so well they don’t even think they were hypnotised!!!

**Great expectations: the power of expectation.**

Expectation plays a great part in hypnosis; in many areas of life actually. You expected something from this book, I hope you got it, I hope perhaps you got a bit more than that. Client’s will often say,

‘I think hypnosis is a bit like magic...’

Never try to dissuade them otherwise.

Set up the hypnosis session with a very high probability that IF the person wants change that it will work. BUT say some people who are not motivated enough do not get what they want. This puts all the pressure on them to do the work, which is right, client’s do the therapy. Hypnosis is THE ‘talking cure:’ your client shuts up and YOU do all the talking! Just the way I like it. I could talk the hind legs off a donkey. As one of my former client’s said,

‘God! You can talk!’

I have shown you in all three books how to use expectation to your advantage but I forgot one thing – YOU must expect it to work to. You must have a powerful ‘hypnotic intent.’ When you do, hypnosis is pretty much 100% assured. Remember ALL situations are ‘potentially’ hypnotic and you won’t go far wrong.

A young doctor once asked Milton Erickson – why he only used a scruffy old room in his house to hypnotise someone. Erickson replied none of that matters,

‘I was there.’

### **Silly bonus 1: How to pass a personality test. Sort of...**

What is the purpose of ANY personality test? To find out if you are safe, ‘well-adjusted, a good ‘team player’ who won’t rock the boat. Someone bland, who doesn’t read too much, who doesn’t enjoy culture or the arts, who is God forbid – not creative!!! Give them what they want! A personality test is really a stupidity test – if you are honest you fail! Personality tests only tell you how crazy the person who designed it was. Have ‘middle of the road’ opinions, prefer dad slightly more than dear old mom! Put work before a life! Get the idea? You just need the money after all.

### **Bonus topic 2: Bonkers hypnotic experiments? – ‘The hypnotic induction of anxiety.’**

In the early 1960’s a bizarre series of in my opinion ‘interesting’ experiments were carried out by 3 researchers; Dr Eugene E. Levitt, Dr Harold Persky and Dr. John Paul Brady. Their intent? To deliberately induce anxiety in a ‘normal’ individual in the hypnotic state. These, to my mind (you judge for yourself) rather ahem... ‘unique’ proceedings took place at the Department of Psychiatry in The Institute of Psychiatric research of Indiana University Medical Center (US spelling.)

A group of primarily female nurses (remember from book 1, ‘How to hypnotise anyone,’ that women are more hypnotisable than men and from this bookie, more compliant to ‘authority figures’) with a handful of young male doctors were the subjects of the ‘testing.’ Interestingly a handful of the male ‘lab rats’ could resist the hypnotic anxiety. Anxiety was indeed induced using the hypnotic

state and then various tests were conducted to measure the anxiety levels. These tests are too boring to mention and not the point of this learning module. However they did use a script. I am going to copy it here in full and then we are going to take its principles and use it to induce happiness.

There is something distinctly bizarre at the least odd, in intending to induce any unpleasant emotional state in anyone hypnotised or not, especially when the name of ‘science’ or ‘scientific progress’ are wheeled out as justifiers. I learnt of Nazi and Soviet medical experiments in school history, of the robbing of pauper’s graves by Doctors in Victorian England for ‘medical research.’ Be that as it may, I am not implying these researchers had any but the best on intentions; I shall as I said leave you to draw your own conclusions. Here is my version of the script; the original cannot be used for copyright reasons. The principles and structure of my anxiety script are pretty much identical. Just for a moment imagine I am an evil hypnotist! (I’m a pussycat really.)

*The hypnotic induction of anxiety script.*

***‘In just a few moment’s time...*** (If you have read book 2, ‘Mastering hypnotic language,’ you will know that the ‘in a moment’ pattern is probably THE most powerful hypnotic utterance there is. Basically with this phrase the analytical guard goes down...)

***...you’ll start to feel afraid...***

(Pause for 5 seconds to allow unconscious processing to occur – this is literally ‘the moment’)

***You’re becoming fearful, so very anxious...***

***You’re feeling an intense feeling of worry, dread and panic...***

***as if you are certain that some terrible occurrence is on the verge of happening***

(Notice the open ended vagueness of the suggestions – ‘as if’ = imagine, but imagine what? It is left up to the hypnotee to conjure her own demons. ‘Some terrible occurrence’ – what dreadful thing? Well, whatever is personally dreadful to the subject, a bit like 1984 when O’Brian tortures Winston Smith??!)

***But you really aren’t sure at all what this terrible thing is going to be.***

***You've no idea what makes you so scared, so deeply worried...***

(Notice the short, abrupt sentences? Like someone catching their breath. I wonder how this could be delivered in terms of tonality? In a 'creepy voice,' a 'scared tone'? Would you say it quickly or slowly to draw out the torment? Notice too that the hypnotee cannot escape the anxiety by taking action to reduce it because they do not know WHY they are scared; the subconscious will go along with such suggestions if it thinks there will be an avoidance of pain or the gain of pleasure. Are volunteers for these types of experiments worried their careers might suffer if they didn't go along with the project? I have no idea, just speculating. Or did they think their careers would advance more rapidly? Was it just that their values system was happy with going along with 'scientific research' etc. The list goes on. I'd never volunteer for anything like this – would you?)

***The awareness of very real anxiety and panic grows and only intensifies with each second that passes...growing stronger, and stronger still, more and more and more...***

(A gradual escalation of emotions occurred in the real experiment – probably to stop a 'freak out' in the nurses, they gradually adapt to the fear levels. Also 'more the more pattern' variant – '...stronger, and stronger...')

***Experiencing this growing and real dread makes you more and more scared all the time but the source of the impending terror baffles you utterly...you are becoming so very, very afraid!***

(Notice authoritarian suggestion – you ARE, not you might, you ARE becoming x, this would compound the fear – no choice is offered. This is about being psychologically dominated in so far as the hypnosis is concerned.)

***You're so very sure and aware that some terrifying occurrence is personally imminent, perhaps something more vile and fearful than you could possibly ever imagine...***

(This is a very 'evil' suggestion to my mind – 'sure' = it will seem REAL. This solidifies the emotional response and belief in the imaginary reality being created by me, the sadistic/dispassionate(!) hypnotist; the real kicker is – 'perhaps' leaving it open to the subconscious as to how far it wishes to go and 'more vile and fearful than you can possibly ever imagine' – this is a

sophisticated negation. By saying more horrid than you can possibly imagine, the 'victim' will imagine just that! Mu-ha-ha-ha!)

***You genuinely feel something dire and awful is going to happen – in fact. Your feeling of creepiness, an alarming sense of real unbridled fear increases with each passing second, and it will continue to increase, no matter what you try to do to halt or avoid it...***

(Intensification and temporal predicates 'each passing second'; authoritarian 'it will'; false trance logic linkage/temporal predicate - 'continue.' The big word is TRY – this uses the so-called 'law of reversed effort' – the harder you TRY to do it, the less you can. The subject will be wanting out but also wanting to see it through to the end. This is pure and simple psychological torture isn't it?)

***You are engrossed, prepossessed, fixated and gripped by the horrible nightmarish unease and growing panic within, sheer terror that you are totally unable to distract yourself from even for a millisecond...***

(Did this manner of suggestion suggests the original 'scientists' anticipated an awakening response? But by using the law of 'compounding suggestions' whereby individuals become more and more likely to follow oncoming suggestions with each new suggestions acceptance they perhaps sought to neutralise any escape via protective unconscious defence mechanisms; just an educated guess on my part folks. The real experimenters had sought somnambulistic subjects to work on – the most suggestible! They were locking in the mind – obsessing it. I have made it worse and hammed it up in my version for illustrative purposes. Anyone who has treated obsessional phobics or OCD sufferers knows just how nasty and horrid my suggestions are – the original ones and mine are were/are tailored with utter precision. Notice I use 'unable' knowing full well that all layers of the mind can process negatives)

***Your sole focus of mind is the utterly certain belief that some horribly dire event of terrifying consequence is going to present itself soon, and you are defenceless and powerless to hinder it or bar it in any way, shape or form; you simply cannot put a stop to it...***

('Some horribly dire event' – think about this. For a young woman what might this be? Gang rape and murder; watching her young children being murdered before her??! And note: she is 'helpless' she can't fight back. Not physically,

emotionally, psychologically. Also her fight and flight response and black and white thinking thereby elicited will be causing haywire anyway; the thinking/rational part will be overwhelmed. I would NEVER say anything like this to a person in trance, who would???)

***The alarming, frightening sense of anticipation is so unbearable that you are powerless to cover it up, to camouflage it to keep it secret; it must and will express itself.***

(Our pretend villainous experimenter (me) wants to SEE the fear reaction. Sometimes people feel intense emotions in hypnosis but the hypnotist can't see it. This wording is like a cat playing with a mouse. The language I use is much juicier than the original – you have to think like a person who writes horror stories – the original is quite dry and 'scientific,' though none the less effective for that I'm sure.)

***Any perceived avenue of escape is futile and impossible, your intensifying feeling of overpowering anxiety, of a menacing sense of soon to be realised horrific danger, of uncontrollable fearfulness, will persist and grow more and more intense, reinforced and forceful and more lifelike and terribly meaningful with each passing tick of the clock.***

(Building emotions to a peak as in N.A.C – all the mental associations that are evoked are vile ones. Again suggestions of powerlessness – 'Any perceived avenue of escape is futile and impossible;' would you look out for masochistic tendencies in subjects to make this effective? Lifelike...meaningful,' again a suggestion that it will seem very REAL! In real non-laboratory life sadists look out for masochists – in fact they can spot them.)

***Soon, in a few seconds time - you will feel yourself on the extreme edge, the borderline, the threshold of pure and utter terror of mind and body!***

(I and they end/ed how we began with a variant of an 'in a moment pattern' suggestion – a command actually – 'soon, in a few seconds' – with this, all the defences go down. It would be interesting to know if a hypothetically supposed 'Dr. Frankenstein' researcher could embed the command – 'feel yourself on the verge of panic?' Erickson's work with embeds was well known by the time of the experiment.)

*To the Rogue Hypnotist's knowledge no long term follow ups on the*



consequences of the anxiety experiment have been done.

Although I would be surprised if there were any, you can remove the suggestions easily.

*‘You feel calm and relaxed, these suggestions no longer affect you at all, everything back to normal feeling fine – it was just a game,’* might well do the trick. The above text was derived from an old, out of print book,

**‘The Hypnotic induction of anxiety, a psycho-endocrine investigation,’ by Levitt, Persky and Brady.**

Used versions are still available on Amazon. It is incredibly dry, a laborious, badly written treatise but is mercifully quite short. Interested readers may well want to read it themselves. Now we’ve got the nasty bit out of the way, let’s use the basis of the script to ‘make’ someone feel amazing! It can be done with any emotion, the researchers admitted this – they focused on making people feel bad and induced depression in people too. One of the ‘innovators’ of NLP is alleged to have said in an interview that he can induce depression in someone. That’s a strange thing to say, if true! What do we **really** know about these characters that teach us their ‘wisdom’???

**EXTREME WARNING to Charles Manson types: do not be foolishly tempted to experiment with the above script on others there will be dire criminal consequences if you do! It is included ONLY for your learning purposes.**

The hypnotic induction of pure bliss.

(Deep hypnosis is assumed)

*‘In a moment you will*

***begin to experience a feeling of wonderful happiness perhaps pure bliss.***

(Pause for 5 seconds to allow the subconscious to get ready)

*You are now becoming happier, very happy indeed...*

*You are experiencing a strong feeling of happiness, joy and total bliss!*

*As if you knew that some incredibly wonderful thing was going to happen to you...*

*But you do not know what this joyous thing is.*

*you do not know what makes **you feel so joyful** or blissful...*

*This emotion of delightful, transcendent bliss becomes stronger and stronger every moment...*

*You are becoming more and more happy, blissful all the time, yet you have no idea what you are so very joyful about, it can just happen...*

*You are so certain, so convinced that some fantastically blissful thing is going to happen to you, perhaps something more wonderful, awesome, incredible than you could have possibly imagined...*

***Your feeling of happiness and wondrous joy only increases**, intensifies with each passing second, and it will continue to increase, and you can just **allow this to happen**, can you not?*

*You are so highly focused by this amazing bliss that you are utterly absorbed by the experience...*

*All that you can think of is that some blissful, joyous, splendid thing is going to happen, and you are eagerly anticipating its imminent happening...*

*The **pure bliss your feel** is so superb, so captivating that you cannot conceal it. Feel it fully and express that feeling appropriately!*

*Inevitably you surrender, give into, are completely engrossed by your feelings of pure and utter BLISS! This swelling happiness, this overarching total joy that can continue to become stronger and more vivid every wonder-filled moment.*

*In a very few moments you will feel yourself on the ecstatic verge of this pure bliss...*

*and when I say...1-2-3 PURE BLISS!*

*That will be your signal to **feel all the bliss you can...ok...now***

*Ready?*

1

2

3

***PURE BLISS!!!***

*That's right!!!!*

**Getting the 'look': what every hypnotist works for.**

The 'look' – that is what my real reward is. When the hypnosis session has gone well and the client has all they want you get the 'look.' I have never seen it in any other context in life. You don't always get it, you may just get a smile, eye contact and a handshake. Maybe, rarely, a touch on the arm if the client is a lady and trusts you.

What is the 'look?' The only way to describe it is that someone gives you a brief but intense, almost pop-eyed, slightly glassy-eyed stare, as though they've just switched back into trance. It is as they are looking through you. It is a look from the unconscious of the client to the unconscious of the hypnotist saying a deeply felt – *thank you so much!*

If it is summer and I see my clients leave they stand on the pavement for a moment and pause sometimes and take a deep breath of the fresh air. They feel wonderful, very relaxed – the load has been lifted. They have a peaceful contented look and then they walk off looking pretty happy. Thank God that's gone; their body language seems to say. They are at peace.

**Conclusion: knowing how to hypnotise ain't enough Mister!**

Ok so you know how to hypnotise anyone, if you read my other two books and now young Padawan apprentice: you have some idea what to do once your victims (nervous cough!) clients are under and what NOT to do too. And there's a lot not to do! But there is more, oh so much more: in book 4, 'Forbidden hypnotic secrets,' I, the Rogue Hypnotist will give away even more truths, secrets and revealing revelations about hypnosis, trance and what YOU can do

with it.

Would you like to learn how to do street hypnosis? Hypnotise someone with a mirror? A dangly watch like the old time stage hypnotists? Would you like me to let you in on exactly how to do 'waking hypnosis?' I thought you might. Join me in book 4 – Your growing hypnosis mastery continues on and on...or until one of us gets bored I suppose. But before I go let me tell you about...

*The Rogue Hypnotist's 'orange hair moment!'*

The one that got away. Alas, yes, once I did slightly fail to hypnotise a client. (Padawan gasps!) I got them half in but they kept pullin' 'emselves out. Why? Ahem...(nervous cough); I had accidentally dyed my hair orange. We need not young Padawan go too deeply into the details suffice to say I looked incredibly Scottish! As soon as the client saw me he thought I was an inexperienced learner hypnotist, even though I'd been doing this stuff for yonks! I must admit I can pass for being about 15 years younger than I am. My orange hair had set up a series of associations in this man's mind that I was not really a real therapist or proper hypnotist. The b\*\*\*tard would not go under for more than a few seconds! After trying everything even stage hypnosis, 'Look into my eyes!' stuff I surrendered. He insisted he still pay me??? I referred him to someone from who I had learnt some of this nonsense from, which I in turn, now share with you. May it serve you well. I hope you learn from my orange hair day, young Padawan. Now leave me, I must rest...

***You have done well young apprentice, your training is almost complete, soon you will strike your father down and then...Oh sorry, that's that film again isn't it...***

***Ta-ta...for now.***

***R.H. signing off.***

**But wait...there's more!**

A very large number of hypnosis scripts follow. I must admit I have been very generous to you in this volume. Apply them well. Make people happy, tis a nice thing to do. Remember your bonus script: the farmer's horse metaphor. Plus a surprise one – a re-induction trigger script to save you time with clients you've already zonked.

## **Appendix.**

### **Appendix 1: The Helter Skelter deepener.**

(Deep hypnosis is assumed)

Sometimes it is nice to

**become deeply absorbed by your own imaginings,**

with that in mind...

just **imagine** it is a beautiful sunny day

in the countryside...

there are rolling hills,

fields,

trees and woodland around you...

and being in the country can

make **you feel deeply relaxed...**

you can hear the sound of the gentle summer breeze,

the sounds of birdsong...

**feel** the **pleasant** warmth of the sun

the lovely smell of fresh sea air,

for you soon realise you are near the coast...

You walk through a small patch of trees,  
a lining of trees...

**feeling calm**

that separates the field you are in  
from a sloped grass verge that leads to a cliff's edge...

you walk through the path  
that leads through the wood

**noticing** the light of the sun beams through the swaying branches  
to your right where the trees end and the verge begins

you see a gap in the trees

you walk toward it,

you pass through the gap on

3

2

1

And notice again to your right  
that you see a brand new parachute beside you...  
almost by your feet.

When you are ready put it on because

**you are about to go on the ride of your life...**

As soon as your parachute is on

I would like notice that nearby,  
straight ahead, about 200 feet or so  
there is a black and white spiral decorated helter skelter...  
a shiny new one  
just for you...

It is right near the cliffs edge...

You **focus in** on it...

you know somehow that you feel drawn to...

go towards it...

it just feels right...

So you stroll there

up that verge

that gentle slope

**feeling so calm...**

soon enough you reach it...

You decide to climb its intricately woven metal steps...

On the count of

3

2

and

1 you will be at the top of those steps.

Almost instantly, at the top you realise  
it is a nice sized helter skelter  
not too big or small...  
you stand at the top with your parachute on...  
and see that the end of the helter skelter goes off the cliff...  
You can see the sea, the waves  
crashing and frothing below...  
But somehow you know **this is a safe place...**  
You know somehow  
that by going down the helter skelter  
and off the cliff with your parachute  
that you will land safely,  
be protected...  
and that as you go  
**all the way down**  
when you reach the bottom  
on my count from 5-1  
you will have  
reached a very  
profoundly  
**deep level of hypnotic trance...**



just right for you today

and **you're unconscious** knows where this is...**now**.

So when you're ready...you sit down,

holding onto the parachute cord...

You feel a sense of excitement, anticipation

about what will happen...

it's not something you'd do in real life

and rightly so

but here it's all different, is it not?

But you know

each and both of you really know that it will be great

and you can't wait...

to

GO!

**All**

**the**

**way**

**down** on my count of

5

4

3

2

1

**GO!**

**Down** the helter skelter you go!

Whizzing around and around,

around and around,

as a child,

yippee!

Around and around and when will it end?

And whoosh!

(Pause momentarily)

You fly into the air

high above the waves

and for a miraculous moment

**you feel totally free!**

Feel that feeling – hear/here!

And then gravity takes over and

Down you go!

**All**

**the**

**way**

**down!**

And you yank that parachute cord

and whoosh!

The parachute opens and you fly up and up and up;

up higher and higher **into** a highly pleasurable state of

**deep...hypnotic...trance, now**

as the air is caught in the grasp of

the parachute's vast canopy...

The whole experience is utterly thrilling

and up here **inside your mind**

**you feel totally free**

from those old cares and worries

you left behind back there...

You soar forward over the sea guided by thermal air currents...

seagulls fly by...

you can see for miles and miles...and miles,

it is exhilarating up here! Is it not?

The beauty of that vast ocean beneath you

with all its mysteries,

treasures

and secrets...

All the waves

undulating ceaselessly

rhythmically

since the dawn of time...

clock time is meaningless here...

All that sunlight shinning off of them

that vast blue/green deep that lies beneath

And with total faith in your safety,

you know, really know

that in order to get to where you need to

you must **go down...**

**all the way down...**

And as you wish it

inside, here in your special place,

in your 'imagi-nation'

you are free and safe to do so...

down you go,

gliding gently down,

**feeling safe,**

**feeling confident,**

**you feel totally relaxed,**

free,

all is well

**inside your deeper mind...**

You glide round and down,

round and down

you go...

so gently toward the waves...

such utter **peace of mind and body is yours...**

And you can keep just the right level

of that peace of mind upon awakening...

after this reverie/session.

Not too much but just right...

the appropriate level..

Like goldilocks in the story with the three bears...

She found the babies porridge,

the babies chair and bed

in which she could

**fall fast asleep!**

And you go

all the way down

On 5

4

3

2

1 but you do not hit the waves

a ripple spreads through the inner space of your imagination

the whole scene,

the whole environment changes

and you realise instantly that you are

in the 'Land of your imagi-nation'

it's been there since you were a child...

a joyous place of freedom!

A place **deep within you're unconscious.**

The place that can dream for you;

the place that can heal you...

the place that can **solve your problems unconsciously**, now...

You land gently,

as though you had just jumped two feet in the air

and come back down again...

What only pleasant **sights**,

what lovely **sounds**,

what amazing **smells**,

**captivate you utterly** here?

What amazingly creative and only wondrous things do you experience there?

I cannot know because it is not my place,  
not my experience.

It is your inner space

And **you feel wonderful** there and here...

waves of delight spread through you...

inside your mind...

And suddenly **you feel sleepy,**

**very...sleepy...**

As if an old fashioned hypnotist was dangling a watch on a chain...

as you **fall into a deep hypnotic trance, now...**

And you see a wonderful dreaming bed not a little way off...

you know it is time to rest,

to make changes

to **become utterly absorbed...**

so you lie down on that bed

get cosy and snug,

the cosiness only a little child knows

that deep comfort...

You feel the bed, the soft downy mattress supporting you...

you can pull the soft duvet/cover over you if you like,

feeling the enveloping softness against your skin...

the fluffy pillow,

the softest...most comfy pillow is there and you

notice your eyes feel heavy...

so...very...heavy

and they close and

you don't know when but

**you fall into a deep, deep, unconscious sleep!**

And nature knows we need not even remember our dreams.

And in this place of dreams,

inside your dreaming mind

**you dream a dream**

with that part of you that can dream...

that finds solutions while you **SLEEP!**

A dream that is so helpful to you.

Each and both of you,

a learning dream,

a healing dream...

**You...dream...a...dream** that is so helpful

to you



and it is YOU that I am speaking to

Noooooooooow!

## **Appendix 2: Hyperspace deepener.**

(Do this following an induction and perhaps a few other deepeners first.)

During our pre-talk you were telling me

that you love sci-fi movies,

can you remember a film

in which

**you become absorbed completely?**

So just

**imagine**

as you prepare to

**relax even more deeply, now...**

that you seem to be on a space station

somewhere in deep space...

you know that today

**you are going on a special journey.**

It has been planned

you are looking forward to it

with a certain joyous expectation

for you have never been before

where you are going now...

**You are going on a trip**

into deep...inner...space

and you will be using a new technology,  
the 'hyperspace pod.'

You can see her on the launch pad,  
a chrome bullet shaped craft.

You see the stars and planets in this region  
of the universe and it looks spectacular...

you **feel so calm**, here/hear

You put on your space suit,  
not the old cumbersome type,  
this is sleek and stylish.

It fits perfectly,  
this was designed just for you.

When you are ready,  
you open the space port door  
in the depressurisation chamber  
and descend the steps

On 3

1

**all the way down**

you go.

You walk along the space jetty that leads to the pod.

You can feel your space suit on your skin...

feel the feeling of those boots on your feet...

**You are completely safe** for your gravity boots

hold you firmly to the space station as it slowly twirls

in the middle of nowhere so it seems;

You reach the hyperspace pod,

its chrome surface is so polished

you can see your reflection...

Before entering the pod

you take a deep breath

and **release all tension...**

and **listen** to the infinite silence of space,

space is noiseless

and endless..

except for the sound of your breathing...

You simply say,

‘Open.’

And the pod cockpit opens.

A robot controlled ladder descends

and you climb up happily.

You have longed,

deeply desired to have this unique experience...

You **feel a sense of deep peace...**

For you know, really know

that something special is about to happen. (Hypnotic expectation.)

You sit in the pod,

**you feel so comfortable,**

safe,

protected,

hear/here.

There are no control panels.

To fly this craft you simply

give it commands

and it responds

to your wishes...

The craft speaks to you

in a **calm, soothing** voice;

an ageless wise voice,

it makes you **feel profoundly relaxed.**

Almost as though,

**this voice hypnotises you...now...**

It is one of the most advanced supercomputer systems in existence,

‘Hello (client’s name)

where are we going today and at what speed?

I am glad to be working with you,

I have every faith in you and the success of our venture together...’

the computer says...

‘I want to test the hyperspace drive.

I want to see what she is capable of,’ you say.

‘I thought you might,’ says the **tranquil** voice of the computer,

‘Sit back and **rest deeply** (client’s name) and I will do the rest.’

You **do as the voice suggests, it just feels natural too.**

You put on your seat belt. Clink.

You **sink deeply into the comfort**

of this private space,

this place out in the middle of nowhere...

As the computer counts down from 10-1

**you feel more and more deeply relaxed**

with each number it counts down,

**all the way down, now...**

‘10

9

8

7

6

5

4

3

2

1 Launch!’

The pod gently rises like a feather from the launch pad.

Up you go about twenty feet or so as she goes higher and higher

and you **go into a pleasant state of mind and body**

just by experiencing these changing sensations...

The craft begins to move forward slowly,

‘By the way (client’s name)

there is no G force,

no resistance will be experienced...

all of that has been taken care of,

it’s just like going for a gentle ride in the countryside

even though we will be **going far deeper**

and faster into a certain place

**into deep...inner...space, now**

this should **set your mind at ease.**'

You thank the computer.

'In order to go into hyperspace

you must give me the three code words in order...

These are...

- Silver

- Gold

And

- Platinum...

with each word that you say

I will take you **deeper and deeper**

into deep inner space

at just the right pace for you

to **go where you need to go**

and to get what you came here for;

it can be that easy,'

says the **soft** reassuring voice of your guide.

Please say the first word now...

(pause)

‘Good. Silver phase will begin.’

The craft speeds up faster and faster and faster

you whizz past planets

and meteorites,

comets

and space debris,

and endless nebula giving birth to stars...

stars dash by overhead...

and **you are going deeper and deeper**

**into a wonderful state of mind...**

This experience is so blissful, is it not?

‘The second code please,’ says the guide.

(pause)

‘Good. Gold phase now begins on my count down...

3

2

1

Gold phase initiated...’

The ship accelerates even faster;

the faster and faster it goes



**the more relaxed you become,**

**the deeper you go**

into just the right frame of mind...

Some people might call it

a state of **deep...hypnotic...SLEEP!**

But you are aware

of certain changes within that place

are you not?

As you **become utterly fascinated**

**by what is taking place...**

The passing planets become a blur,

the stars are streaks of light,

lines of bright starlight that you can see through the cockpit!

You see reds, blues, greens, other dazzling colours...

Each colour that you see

takes you deeper...

And you **go deeper and deeper into inner space...**

It is almost as though

**you're in trance...**

there is no...space or time...here.

No location.

Just an inner journeying,  
through  
into  
beyond beyond;  
no planets,  
no time,  
and yet all the time,  
no stars,  
just brilliant constellations of colours  
that race past.

**And you feel so profoundly pleasant,  
so deeply relaxed,  
so at peace with this universe...now.**

The moment is almost here,  
for you to go  
where you need  
have always needed,  
passed/past those former boundaries  
of what you habitually knew  
to be true...  
and experienced back then.

And you can't wait

for this is **you're**

**changing experience** is it not?

'Please say the final code word (client's name),'

says the voice of your guide,

**you trust this voice**

for you know

with a very deep knowing that it has

your best interests at heart, now...

(pause)

'Thank you: platinum phase initiated – on my count of 6-0

we will have entered into hyperspace speed,

toward our destination.

Not knowing yet quite where or when that is

but knowing that

**you can enjoy this ride...**

Remember it is best experienced as you

**fall into a deeply altered state,**

the state that would do you most good,

to get you what you want,

**deep hypnosis, deep trance, now...**

that profound

blissful oblivion...

Count down,

**all the way down** initiating...

6

5

4

3

2

1

And **as deep as you can go!**

0

Platinum capacity has been reached...

And something blissfully relevant and almost  
magical occurs,

a miracle...

your own learning experience...

beyond what was possible,

opening up a dimension of

new healing possibilities for you...

deep, powerful resources can be re-connected to...

they always were here...

beyond those old doubts that you now doubt...

nothing to do here but

**experience just the right change,**

And then

the ship can **slow right down...**

down...

down...

down... (make your voice progressively deeper – ham it up!)

‘Where are we?’

you ask the computer...

‘My data banks say that we at the

‘Planet of Hypnotic Change...’

And the whole ship...

**slows...right...down...**

to a place beyond thought

or what you thought was thought...

You are where you need to be...

the planet appears in your view...

the craft begins the landing procedure...

**all the way down...now...**

You have gone **deeper than ever before...**

**into your deeper mind...**

perhaps your deepest mind...

here/hear

and as the ship stops

and gracefully, effortlessly

lands on the Planet of Hypnosis

you **feel wonderful**

as the cockpit opens,

you climb down the ladder

because you are in the right place

to **change...**

each and both of you, now....

And you will, will you not?

For this is the place

the space within,

where I may talk freely

to your far deeper mind, now.

### **Appendix 3: The Total Confidence Boost script!**

(Hypnosis is assumed.)

I'd like to thank

**you're unconscious**

on your behalf,

for everything it's done for you

up till now...

doing the best it could on your behalf

with the knowledge and learnings

you've had up until now...

what is best for x (client's name) now however

is to **be totally and supremely confident,**

so calm and at ease,

in control

more and more

in his increasingly enjoyable daily life,

so **deeply relaxed everywhere...**

wherever and whenever he needs to be,

wants to be – automatically...

those former ways

are completely unnecessary now.

He can **feel totally confident,**

in any and all situations,

no matter where he is,

who he's with,  
man or woman,  
children,  
teenagers,  
regardless of perceived status,  
he can **feel totally relaxed inside and out**,  
comfortable,  
**total confidence is his**,  
at ease now.

He experiences only confidence,  
calm  
and control  
over his responses,  
able to influence but knowing  
that it's not possible to control others,  
or desirable.

Bold,  
strong,  
assertive when needed,  
using that downward vocal inflection  
when **being assertive**,



all these much more positive responses  
available when needed,  
in any and all situations that used to bother him  
and - this is so.

And because **he is so confident**  
**and always calm,**

and in control  
at ease with himself and others,  
family and friends,  
strangers too...

so there are no nerves at all;  
nervousness,  
worry

and unnecessary fear are for another type of person  
that he isn't...

**he's totally and supremely confident, now!** (Say the embeds VERY confidently!)

You know that this man is a very confident man,  
when he needs to be automatically,  
no matter what the situation...  
or person, or persons...

those old uncomfortable feelings

just aren't needed anymore.

This man is so incredibly confident (notice how I build it up!)

deep rooted calm,

in control

that it will surprise and delight him;

he has total confidence in his strengths,

abilities,

competencies,

identity,

talents,

individuality,

the way he moves,

walks,

gestures,

tone and quality of voice,

strong,

deep voiced (for men only! Say 'strong voiced' etc. for the ladies)

relaxed,

the way he thinks is **filled with confidence, now.**

Speak to yourself in a confident tone

And **feel confident inside and out.**

In new situations,

with new people;

only totally and supremely confident

in all the situations he has to be in

or wants to be in and this is a fact...

calm and comfortable...

so at ease,

poise and inner strength of character better than ever!

Enthusiasms boosted and enhanced

without knowing how,

**feeling good** around anyone he wishes to be with

or has to be with

no matter who they are,

so there will be no nerves of any kind.

Just the freedom to

**feel confidence flowing through you**

waves

and waves

and waves of **confidence is yours**

Feeling good for no particular reason,

strong and determined!

He is comfortable with authority

because, again the old unhelpful patterns

were not really true about him,

in any shape or form,

just a passing time that blows away in the wind,

like grains of sand in a hand

on a windy day.

Things change.

Time moves on,

as things change anyway

direct the changes that he wants,

old ways gone for good,

they were for nervous people

and he isn't one, any...more, now...

**He is totally calm!**

**He is totally confident!**

**He feels supremely confident!**

**He is relaxed with uncertainty!**

A very calm, easy-going man

in any and all situations that he wants it, needs it.

Deep reservoirs of confidence within  
reconnected to as...re-organisations,  
re-associations,  
new ways take hold now!  
And only improvement is possible!  
He experiences deep comfort,  
contentment,  
competence,  
satisfaction and safety  
in those formerly bothersome situations.  
Peace of mind. That's his new 100% total reality!  
He uses his common sense at all times  
and can **take calculated risks**  
that move him,  
step by step,  
forward,  
toward the life HE wants.  
No worries.  
No stress.  
No nerves of any kind whatsoever  
and there never will be

because...

they don't belong to a totally confident man

whose sense of self-worth is derived from

just being him,

the unique,

one and only YOU!

The unique individual he is,

free to think,

feel and live as HE wants!

Is free to go anywhere that that he wishes

on this earth **feeling total comfort...**

meeting anyone he wishes,

meeting anyone and everyone that he wants...

desires...

**feeling so good about yourself;**

approachable when appropriate,

friendly too...

Knowing, really knowing

that no one is better than him.

No longer comparing himself unfavourably to others

but...

seeing others achievements of what IS possible  
as an inspiration of what can be.

He is the equal of any.

Better than some.

Comparing himself positively with others:

counting his blessings;

perspectives shifting positively, now.

The majority of your thoughts are positive,

positive feelings,

more positive experiences

in any and all situations

from now on.

Those old things

just don't belong to a

totally confident man,

and as **you are a supremely confident man**

who is so confident

and feels so good, he can

**keep the changes locked in, now.**

In control of himself, yes,

but knowing there are limits to control,

taking responsibility  
but knowing we aren't always responsible for everything,  
able to reconnect to your true destiny,  
the life you want,  
in any situation or event,  
any space,  
any location or personality  
that he encounters  
and **this man is a totally confident individual.**

He can think for himself,  
his opinions, attitudes,  
points of view,  
are just as important as anyone else:  
learning from experience,  
thinking his own original thoughts,  
always learning,  
curiosity enhanced,  
always more to know and learn,  
new understandings,  
more positive experiences  
found in hypnosis,



trance,

in life.

He has all the mental toughness he needs,

determined,

motivated to succeed in all he does,

going for it with all his heart and soul, now!

Living up to his core values,

knowing he deserves the best,

not needing the validation of others,

validating himself,

his inherent self-worth, now.

He deserves the good things in life,

Perhaps setting higher standards?

Knowing what's truly important to him,

his priorities and interests,

he is good enough just as he is,

he was born with inherent self-worth,

perfectly imperfect as we all are,

the good thing about mistakes is that

you learned something important, did you not?

Almost everyone doing the best they can

with the resources they have,  
a man who is **so confident, now!**

Much more in control of himself,  
his feelings,  
getting better, better, even better at all times.

**Very little in life needs a high stress response.**

Achieving worthy, deeply desired goals,  
as easily as possible.

Finding ways to get positive attention  
and to give it to deserving others too.

Everyone can confidently find ways  
to **get your emotional needs met, unconsciously, now.**

This man has potentials  
and possibilities that hitherto  
he didn't realise he had,  
let him know what they are,  
what he is really capable of  
because you the subconscious know,  
really know,  
with a deeper wisdom.

Billions of brain cells capable of being utilised

to succeed and wondering  
what changes will manifest in daily life.  
What if he believes in that place  
where he believes things most of all  
that some of the best things in his life,  
haven't even happened yet?  
Someone who can handle anything life throws at him,  
juggles with it,  
plays with it,  
lightens up about,  
well you just know what...  
as positive perspectives occur at just the right time.  
He is so totally confident,  
competent  
and in control of so many responses,  
no longer reactive but taking action to  
improve things daily.

**Feeling better in whatever situations**

**he finds himself in;**

confident yes in what he does

but more importantly

**he is confident in who he is;**

descended from millennia of survivors,

and fact gives him strength.

Able to adjust his behaviours flexibly

in just the right way;

if he did something that didn't get him the results he wanted

**do something different,**

uses the potentials for creative problem solving that lie within.

He is not the past strategies he used,

he is more than that.

Trusting his instincts,

intuitions,

using his intelligence wisely.

A confident public speaker:

this man is more persuasive

than he realised:

able to talk to anyone with confidence.

**Feeling so confident makes others relax.**

What you have to say is as important as anyone else.

Interesting,

compelling,

expressive and this is so.

He is so confident in those situations that used to bother him,

he can **feel attractive**,

others will notice and comment on this

new poise,

confident manner,

posture good,

standing to his full height,

**confidently looking people in the eye when appropriate,**

calm and at ease,

in control,

effortless,

abundant confidence,

we are all born with it,

you needed it to learn to walk,

you fell down and got up

and sooner than you knew it

you could run and jump too.

Speaking fluently,

with ease.

Gone are the old negative responses

and unhelpful thoughts and beliefs of the past.

He has an amazing ability to **remain calm**

in any and all situations that once would have bothered him.

He totally trusts this ability.

He trusts you the subconscious to

protect this man sensibly;

we all blink without knowing how,

we don't think about it,

it just happens as an automatic

reflex action, now,

Keeping him safe from real danger,

No longer fearing fear,

calm and alert when necessary,

allowing him to **feel wonderful**

more and more,

taking the right actions

from a deep source of strength within

from now on, and this is so,

unconsciously.

And if this man is alone

or with anyone,

involved in some activity  
that he felt less than  
resourceful and...**confident, in-side,**  
from **now** on  
he is fully resourceful, flexible, confident,  
calm throughout his life:  
stable, trustworthy confidence.  
A rock in a crisis –  
he can **remain cool and calm,**  
he can keep his head  
while others don't –  
the rock is steady  
even as the storm passes over,  
wind and rain,  
choppy seas  
eventually give way to  
calm, still oceans of peace and blue sky,  
the roughage of life is essential.  
There is a place deep within that is always calm.  
Confidence,  
new experiences,

appropriate directed change –

all the same is it not,

in this man's powerful

creative, wise mind?

He is his own comfort zone

wherever he goes.

Temporary tension

is just an invitation to

**relax.**

Old, unhelpful ways –

gone forever!

They just can't bother this man in any way...

no fear,

only bravery.

A new found **boldness is his,**

total positivity,

confidence.

He keeps this poise,

composure,

sense of **strong self-worth,**

in control



but not controlling,  
calmness,  
resourcefulness,  
total confidence  
and infinite courage,  
the ability to **react calmly and reasonably**  
when appropriate,  
feeling great.

Because the fact is  
**there is little in life that requires an overly stressful response,**  
is there?

Handling things well.

He is confident no matter  
what the circumstances or how they change,  
a problem solver,  
focusing on solutions;  
he can handle anything  
or anyone with ease,  
calm when needed,  
assertive appropriately too.

Often,

if they are around a particular person  
or situation  
and that would have bothered them...  
it won't disturb them,  
they might actually  
find ways to enjoy it,  
look forward to it positively,  
**doing things differently,**  
thinking and perceiving in better ways,  
always more than just one rigid perspective,  
insight available from new angles  
and approaches...  
handle it all with ease and humour.  
It just doesn't bother him anymore,  
in any shape or form,  
he can even laugh and express himself  
just as he wishes because that's simply  
who he is. Confidently.  
Smiling more, with the eyes too,  
enjoy a giggle,  
lighten up

and deeper belly laughs as things –

**relax.**

His actual power, creativity,

the resources of ALL his emotions,

humour and resourcefulness always available.

He can and will **handle any**

**and all situations with total confidence.**

It just doesn't matter...

What anyone else is doing,

what they say,

who they are,

where they are,

those old behaviours and feelings

are not something that this man does...

it's not what you do.

No nerves,

no fear,

**no problem whatsoever...**

there is a certain impossibility

in going back.

It's totally unnecessary to feel any of

the old fear or discomfort in any situation.

And when fear goes,

only relaxation,

confidence, poise,

self-control,

and even a sense of fun and playfulness remain.

When it is ok to do so,

**be spontaneous as confident men are.**

Being confident means – **you have self-belief,**

**you have self-belief** when you put on your clothes

when you pick your nose,

when you use a garden hose –

**you have total self-belief,** do you not?

The very thought of any possibility

of any old negativity,

former worries,

past fears or stress

about old situations or people

is completely outside of his reality now.

Can't, couldn't, wouldn't happen anymore

in this confident man's future experience.

It just won't happen.

the place or space,

person or activity is

**no problem...**

no bother at all...

not matter how other's react around him

or where he is,

others are entitled to do as they wish

and he does likewise,

he is in control now,

balanced and centred,

independent, confident

in all situations he wants to be in

or has to be in...

no problem...no bother at all,

others can do what they want,

it's their choice, it doesn't matter where he is

he is always free to **feel ultra-confident, now!**

Perhaps there are times when being indifferent

or unreactive would be appropriate:

and you'll just know when.

Stillness has power.

And no matter what happens during any kind of situation...

it will just seem the most natural thing

in the world just to let him

**feel great,**

**feel totally confident,**

**feel calm,**

be composed, totally rational and optimistically realistic,

in control, now...

in all of this man's responses,

feelings,

behaviours,

lifestyle choices,

energy levels boosted,

determination available,

motivation and willpower,

focus and concentration,

self-belief,

creativity,

problem solving abilities,

choice of people and place,

altering certain perceptions,  
patterns,  
and more...  
and every time that happens  
you can give him a sense of inner strength and purpose  
for being a very confident man  
throughout his amazing life!  
Without knowing why,  
from this moment forward,  
keeping this confidence  
for the rest of his interesting,  
eventful, joy filled life...  
and that's that.

### Physiology of states.

Your subconscious mind knows the psychological  
and physiological component parts of confidence  
and can make them frequently more available to you when required.

### Future rehearsal.

Imagine just the right time in your future where **you have all the confidence you need**

...see that you over there going through a situation,

perhaps one when you lacked confidence previously.

See the whole thing from beginning to end with you acting **full of confidence, now...**

see yourself handling any problems that arise well, confidently.

(Pause for at least 10 seconds to let them process what you just said...)

As soon as you are happy with that image of that you over there –

float into that you and see through those eyes,

hear through those confident ears and

**feel that confidence flowing through you, now.**

Go through that whole situation again, all the way through,

**feeling that confidence is yours,**

handling everything with ease.

I'll be quiet for 10-15 seconds while you do that/process that...

#### **Appendix 4: Holographic confidence script.**

(Hypnosis is assumed but not required – just closing your eyes and moving into the space before you is enough, people with a good imagination could probably get results without eye closure.)

**Imagine** before you,

say 2 feet or so ahead

seeing yourself from behind,

and that you is 10 times more confident than you are.

(Pause a moment)



Step inside them now and **feel that confidence increase throughout your mind and body.**

Feel that in your mind and in your body...

(Pause to let the feelings soak in)

And notice...

say 2 feet or so ahead

seeing yourself from behind,

and that second you is 10 times more confident than the last you...

Step inside them now and **feel that confidence increase even more!**

Throughout your mind and body.

**Feel that increasing confidence all throughout your mind and body!**

Feels awesome doesn't it?

You like it don't you?

(Pause to allow processing)

And a third time to really **reinforce the change...**

notice...

say 2 feet or so ahead

seeing yourself from behind,

and that third you is 10 times more confident than the last you.

Step inside them now and  
**feel that confidence really increase**  
**even more!**  
**throughout your mind and body.**

Feel that powerfully increasing confidence  
all throughout your mind and body!

(Pause a moment)

And one last time for luck...  
for a fourth and final time  
notice...

say 2 feet or so ahead  
seeing yourself from behind,  
and that fourth you is 20 times more confident than the last you was.

They are so confident that they are the colour of  
your colour of confidence.

So when you are ready -  
step inside them now and

**feel that awesome,**  
**unstoppable confidence really increase**  
**even more!**

Throughout your entire mind and body!

Every nerve, fibre, every part of you  
radiating confidence!

Feeling that powerfully increasing confidence  
as that colour of confidence spreads all throughout your body  
all throughout your mind and body!

Wave after wave of wonderful

**feelings of confidence inside, now...**

(Allow processing time.)

If ever you see your colour of confidence  
in your life you will **feel a further burst of confidence for no reason...**

Now, keep these wonderful feelings of super confidence locked in,  
as a gift to yourself;

won't it be surprising to see how

**this abundant confidence manifests in your daily life** just as you wish!

(Repeat as required – you can get people to take two steps forward, two back,  
and then four forward, sort of gathering up and going back and gathering up  
'state x' even more.)

### **Appendix 5: Hypnotic 'heightener'; flying on the hypno-plane.**

(Hypnosis assumed)

**Go deeper inside** and...

imagine you are boarding an airplane at an airport...

you take a comfy seat and **start to relax deeply.**

You are the only passenger aboard

and you are looking forward to going on a fantastic,  
enjoyable journey...

You put on your seat belt and the plane begins to taxi toward the runway...

You see the other planes and passengers outside...

all the hustle and bustle that you can leave behind for a while...

Flying is such an unusual experience that most people

**become deeply absorbed and fascinated** in the whole experience.

The plane is in position to take off...

It heads down the runway...

faster and faster...

**you feel the excitement and anticipation** of take-off...

Faster and faster you go...

you can hear the roar of the engine...

On and on and on...

faster and faster...

and 3

2

1...

The front wheels lift off the runway and

**you...**

**take off on a journey**

**inside your mind...**

you **wonder** where you might be going

and what you might experience here and there...

so you **fall into a deep state of hypnosis** just considering...

the many possibilities...

**You are so calm and relaxed**

as the plane goes higher and higher...

And the higher it goes

off into the clouds

and beyond

so you can **go deeper and deeper into hypnosis...**

you just begin to **drift off**

imagining what things;

what new and exciting things you can do in this place

as the plane goes higher and higher and you **go deeper and deeper**

into a heightened state of inner awareness...

And as I count from 10 – 1

the plane rises higher and higher

and you go deeper and deeper with each number I count down...

**all the way down...**

so in a way, in your own way

you can go higher and deeper...

deeper and higher

and

10

And every time I say 'deeper' that state intensifies as you go higher...

9

8

Deeper and higher...

7

6

5

Higher and deeper...

all the way up and up...

4

3

**And all the way down**

as **deep** as you'd like to go

each and both of you, **now...**and

2

And 1;

and you are off somewhere very nice and pleasing are you not?

And when on your journey did you **go into deep trance...**?

You are soaring higher and deeper

and further and further off

and maybe my voice is so distant

like the sound of the air currents outside...

the comforting hum of the engines...

and you **drift off pleasantly**, deeply

as you head toward your desired destination, now...

### **Appendix 6: The colour of contentment deepener.**

(Hypnosis assumed)

What colour symbolises **contentment** for you?

See that colour,

where do you **feel it** most already?

And then let it spread,

let it wrap itself around you

like warm loving arms

that protect you

and care for you...

Whenever you wish to **feel this feeling**

just imagine the colour spreading through you so pleasantly,

so effortlessly:

this is a post hypnotic command!’

### **Appendix 7: Ultra hypnotic sleep deepener.**

(At least light hypnosis assumed)

In a way that you can **feel fascination**

allow a magical mist of **SLEEP** to cover your body...

so that your body seems to gradually yet quickly disappear...

and so you are weightless,

beyond time and space...

you are in hypnotic **SLEEP!**

And in this state you can **make amazing changes...**

and when you awaken,

you will be changed in all the appropriate ways...

All your muscles loose,

smooth,

relaxed;

as though a hypnosis magician

has cast a magic healing wand

over you, now...

**going deeper**

maybe on a joyful memory,



a sweet incident,  
or a favourite rhyme that brings comfort...  
a song,  
the sound of comfort.

**Appendix 8: Handling physiological withdrawal script.**

There may be a very small period of time  
when you may experience  
mild physiological withdrawal,  
there might not  
but there might be  
as your body cleanses itself  
of those past toxins.  
But the subconscious  
can minimise these  
as much as is possible,  
so that you still feel good,  
sleep well,  
concentrate easily,  
feel calm and focused  
with no sense of grief at all,  
as much as is humanly possible;

whilst the body  
gets rid of old toxins,  
determined to succeed  
during this short time frame  
that passes so quickly, (say this quickly)  
before you know it  
they are gone  
and you feel totally great  
and fully healthy.

Your subconscious mind  
is in charge of your perception of time  
at any time,  
it can compress and expand  
this sense of time passing.

If withdrawals, urges or cravings arise  
they will pass so quickly yet naturally  
that before you know it  
they are gone completely.

trust you have all the resources required within you –

desire, determination, toughness, (say this line and the next with emphasis and meaning!)

endurance and willpower so strong...

to get through this tiny amount of time (emphasise the word – tiny! Make it sound tiny.)

in the grand total of your life (stretch out the word grand in contrast to – ‘graa-aand total...’

knowing those only temporary

passing feelings remind you

how important it is

to be fully healthy

a non-smoker not an ex-smoker,

always keeping in mind your goals.

Trust that your subconscious will aid you

powerfully

in all your efforts, now.’

### **Appendix 9: The orange, yellow, green deepener.**

(Hypnosis assumed)

In just a few seconds I will say the words

Orange

Yellow

Green!

When I get to green you can be...

50 times deeper into hypnosis and trance,

drifting off into a profoundly blissful,  
wonderful state when you wish...  
not because I'm making you do it  
but because your subconscious just knows how...

See the colours as I say them:

Orange – going deeper and deeper!

Yellow – going deeper and deeper still...

Green! Going deeper and deeper down, now!

50 times deeper!

And the deeper you go the better you feel,  
and the better you feel the deeper you can go, now!

Deeper and deeper into trance and hypnosis,  
deeper than you've ever been before, now.

That's right...

### **Appendix 10: Permissive hypnotic hand stick.**

(Deep hypnosis is assumed)

Now what I am going to do next  
is show you the power of YOUR unconscious mind...

You will discover its power,  
your own power.

I have no hypnotic power over you at all.

Now, have you ever had your hand stick to something?

With glue maybe?

Something really sticky?

Or something else?

Maybe as a child?

Just imagine...

powerful glue between your hand and the other one/leg/sofa...

hardening glue...

sticking your hand to your thigh/other hand/sofa/wall etc.

feel it hardening,

**sticking your hand there...**

to your leg/other hand etc.

**Sticking** with that glue to your leg/hand etc.

Now in a moment I will say **STICK!**

When I do...

that hand will be stuck there...

completely stuck to that leg/hand etc...

And the harder you TRY to lift it...

the tighter **it will stick** there...

the harder you TRY...

the tighter **it will...STICK!!!**

That hand is stuck...

Go ahead and TRY to lift it and find it is stuck!

In fact the harder you TRY the tighter **it sticks!**

The harder you TRY...

the tighter **it sticks!**

Really TRY!

...and verify it won't move...

RELEASE!!!!

That hand is completely back to normal now!

But it shows you the power of your mind, does it not?

And there is a significant lesson for you

in this achievement, is there not?

### **Appendix 11: Sensory based induction/deepeners.**

#### **Kinaesthetic (touch/feeling) induction tricks.**

‘Can you imagine the feeling of the carpet under your feet?’

‘Can you imagine the feeling of bark on your hand?’

‘Can you imagine the feel of squidgy (swishy) clay or dough?’

‘Can you imagine the feeling of stroking a cat's fur? How soft, how pleasant it feels...’

‘If you could imagine the taste of delicious food, how wonderful is it?’

‘If you could imagine **you're feeling you're favourite feeling**, how would you know?’

‘Can you imagine pulling a warm duvet over you on a cold night so that you could **feel that warmth**, that comfort before you fall asleep?’

‘Can you imagine what sleepy/relaxing feelings feel like?’

### **Auditory Induction.**

‘If you could imagine the sound of a soothing voice, whose voice might it be?’

‘If you could hear the sound of something relaxing what might that sound like?’

‘What does your favourite musical instrument sound like? Can you imagine someone playing it well?’

(Beech loop.)

‘What do waves at the seaside sound like?’

Seagulls?

Pebbles underfoot?

The comforting sound of rain tapping on a roof?

The sound of someone you love dearly?’

‘Can you imagine the sound of many people laughing? Laughter is so infectious isn’t it?’

(Mini hypno loop.)

‘Can you imagine the sound of a relaxing sigh?

Or an out breath as someone relaxes?

Or snored?’

### **Smell induction.**

‘Can you imagine a pleasant smell of something so wonderful cooking?’

The smell of certain flowers?

The smell of freshly cut grass on a warm summer's day?

The smell of new clothes you just bought?

The smell of a person you love?

The smell of a new born baby?

Can you imagine a smell you associate with comfort and relaxing, now?

What if you were able to imagine the smell of clean, fresh country air...

Can you imagine the smell of bubble gum or another sweet/candy you liked as a child?'

### **NLP-esque induction.**

So if you were to be relaxed right now, how would you hold your legs?

Your arms?

Your body?

Your neck?

How might you hold your knees, feet and toes? (A bit nursery rhyme like – age regression)

And how would that relaxation feel IF it could spread throughout your body?

How would you know that **you feel calm**?

How would you be able to experience a heaviness or maybe a lightness in certain parts of your body...if you could? (Double bind – all options covered)

If you were able to **notice where you feel most comfortable...inside**, how would you do it?

So if you were to **feel something pleasant** how would you know?'



### **Drug addict induction.**

The use of drugs is the result of intense visualisation  
of what they will 'do' for someone.

Now you and I know, really know that  
that expectation is NEVER fulfilled but  
we do therefore know that you CAN visualise...

Sometimes visualisation is 'kinaesthetic';  
that is having to do with feelings, bodily feelings.

Now, can you **imagine a feeling** you'd like to have? Any feeling you like...

What is that feeling?

Get to know it.

Can you **feel that feeling now?**

Where is that feeling located in your body?

Can you let that feeling you'd like to feel  
spread from one place further and further  
throughout that body

as you just notice and enjoy **these feelings only intensify.**

### **Appendix 12: The farmer's dog.**

And as you continue drifting...enjoying your time there...  
where you are...or are not, now...**relaxing comfortably...**  
you may begin to appreciate, how very relaxed...

comfortable, content you can be without x (x being cigarettes, drink, habit that needs changing)

how you can enjoy relief from stress...

in a natural and healthy way...

So, it's nice to know that

you have a conscious mind

and that you have a subconscious mind

or **you're unconscious mind, now...**

and that both are you,

each and both of you.

You are both your conscious

and you're subconscious...

or unconscious...

With that fact underlined it may be

reassuring to recognise that all your parts...

want what's best for you...

there are no bad parts of you

but there may be patterns and habits

that are out of date...

and need to be updated, now.

But all parts of you

want you to be happy and healthy...

All parts of you want you to

**be a fully functioning adult...**

A mature individual

who is full in control on themselves

and able to maintain

all the benefits that old habits

used to offer.

While finding new,

better, healthier ways

to accomplish that, now...

(Pause a mo')

That reminds me of a story...

some years ago, a great hypnotic storyteller

used to tell a tale

about a certain dog.

It wasn't anything special,

I don't even know the breed,

but

it could do certain things really well

which made it a real help on the farm.

it chased off foxes,  
rats and mice,  
badgers and squirrels too,  
and  
with a bark or two  
announced arriving visitors day or night.  
Nothing wrong with that,  
it's just what dogs do!  
The problem was,  
it had a special weakness for the postman...  
it seemed to think that  
it was great fun,  
the best part of its day...  
to really howl,  
growl and snarl,  
raise a big fuss  
and do whatever it could  
to try to get a piece of that postman  
as a kind of trophy I think.  
The way a professional hunter  
might put a stuffed animal head

over a fancy fireplace.

But, of course

the postman had other views;

unsurprisingly

he didn't think it was much fun at all.

It got to the stage

where he wouldn't

deliver the letters at all.

Wouldn't even get out of his car.

Just wrapped some string

around the post/mail

and did his best

to throw it out the window,

up onto the porch of the farm house,

which often he succeeded in doing.

But

sometimes he didn't quite make it

but

he didn't seem to care...

he just let it lie there

and could you blame him?

It got rained on

snowed on,

it was all the same to him.

So, one day

the kindly farmer waited on the path

as the postman drove up in his delivery van...

The farmer had the dog on a leash...

said hello to the postman

and invited him in for some tea/coffee.

With a certain amount of fear the postman warily accepted.

He walked up the path with the farmer and his dog.

They all sat down on the porch

while the farmer's wife brought some tea/coffee/something to drink.

She gave some dog biscuits

to the postman

for him to give to the dog.

And do you know what? (This is the point of major reversal in the plot: build it up!)

That dog took the biscuits

sniffed the man's hand...

and after the second treat

actually licked his hand

and sat down at his feet.

And that dog

never barked at the postman again

or chased him.

They became the best of friends.

The dog chased squirrels/cats/door to door salesman instead

but would always be sitting quietly,

tail wagging at the top of the path

for its friend the postman

to bring the mail.

### **Appendix 13: The Wanderer.**

(Hypnosis assumed)

Once upon a time

a wandering man was walking (wander/wonder!)

what had seemed

a very long road

from one village to the next...

At the outskirts of the next village

he met a farmer

working in his fields,

harvesting hay.

For it was autumn – the changing time.

‘I have walked mile and miles

to get to this village,’ said the Wanderer,

‘I have left my old home and I am looking for a new one.

Perhaps I will find it here?’

Tell me: what are the people like in your village?’

The farmer looked at the man before replying,

‘What were the people like in the village you came from?’

‘Urgh!’ said the Wanderer, ‘Cold, cynical, uncaring, self-absorbed,  
unfriendly, selfish and rude! That is why I left.’

The farmer paused again before replying,

‘I think you will find that’s how people are here too.’

‘Ah, in that case I will move on,’ said the Wanderer.

And off he went.

A few days later, not quite a week or so...

the farmer was in his field

and another man approached him saying,

‘Friend! My village has been destroyed, the people scattered.

I am searching for a new home.

Maybe in your village.



Can you tell me how are the people here?’

The farmer paused before replying,

‘How were the people in your village?’

The Wanderer replied,

‘Ah! Wonderful! Warm, loving, close, helpful. I miss them terribly.’

The farmer smiled,

‘Welcome friend, I think you will find them like that here too.’

#### **Appendix 14: The Remove Limiting Beliefs script.**

(Deep hypnosis is assumed)

I want you to imagine that you can see...

a long narrow hall lined with many different doors.

**You feel perfectly safe and secure here.**

Now, I just want you to get the sense of moving forward,

simply move forward till you reach a door.

The one door which represents your life as it is now.

I’d like when you are ready, for you to open that door

and enter a room with seemingly plain walls.

Notice in the middle of the room is a dip,

about the size of a waste basket.

On closer inspection

notice that the walls are covered all over with tiny flecks of only two colours.

I can let you know a secret one set of the coloured flecks  
represents your old limiting beliefs  
which held you back in the past,  
while the other represents all your positive ones:  
all the amazing positive beliefs that you currently hold.  
The coloured flecks are just like bits of paper,  
maybe like you'd find in a fortune cookie,  
with these things, these beliefs written all over them.  
Now, what if in your imagination  
you rip out all of those old negative beliefs,  
very, very quickly, at the speed of thought, (Speed your voice up!)  
off of those walls and hurl them into the waste basket sized dip  
while I'm quiet for a few seconds...  
(Pause for a beat)  
That's it. (Voice back to hypno-speed.)  
So that magically in a puff of smoke - they are now, all gone  
and only the positive coloured beliefs now remain.  
Now, allow the colour of all your empowering positive beliefs  
to expand now....  
That's right!  
So that it fills the whole room,

your whole body  
and your powerful mind  
with such a bright coloured light,  
full of positive empowering energy  
that enters you in such a wonderful  
and beautifully blissful way!

Now, as soon as you find this room,  
your room, **filled with only positive beliefs**  
and your-self filled only with positive beliefs

I would like you to leave the room  
filled only with positive beliefs  
now and in your much more wonderful future  
that you can and will create as a result  
of the changes that were made here, weren't they?

They are now part of your powerful new insights, learning and understandings  
that allow you to **go for what you want in life**  
**from this day forth.**

Now, notice that already you have a sensation of feeling lighter,  
or just positively different in so many surprisingly delightful ways,  
you can **lighten up about so many things,**  
can you not?

Or perhaps you just **feel the wanton desire and determination**  
**to make your life what you truly, deeply**  
**want it to be,**  
believing fully  
that you can do so  
at all levels of your mind.

And that's that.

### **Appendix 15: Short form script for parts work.**

(Hypnosis assumed)

Now I know there is a part of you  
that has been responsible for these behaviours  
that you want to **change**.

I'd like to thank it for its positive intention...

whatever that is and was...

You can respect that that part had your best interests at heart.

It was doing the best it could  
with the learning, information, understandings and resources  
it had back then.

But...

now, it's time to change...

to find new ways of satisfying that old, positive intention,

without the negative side effects of those former ways of being in the past.

Now, I'd like that part to agree with me

that is can **find new ways**, find new behaviours

for satisfying that intention.

And I'd like your creative part

to find as many healthy ways as possible,

could be 3, 5, 20, as many or few as you like,

to do that now.

At an unconscious level (deepen the voice as though speaking to 'the unconscious,')

the part that does such things can choose several,

perhaps three or so or more of the best

and **act upon these** in the days, weeks, months and years to come...

And the part that does, can check that they are beneficial,

better than the old ways,

that they serve your highest purpose,

your highest interests...

and when it's satisfied that **this is so...**

(Slight pause)

it can keep them as part of your positive learning experience

and continuing future success

for **change in all the ways you require, now.**

Keeping in mind the total ecology

of all the parts of yourself,

moving you forward

in all the ways you want and need...

and this is so.

### **Appendix 16: Healing mysterious psycho-somatic pain script.**

(Deep hypnosis assumed)

I'd like you to visualise a pleasant healing place, a sanctuary in your mind where the part that has caused this problem up till now can communicate with you.

Notice there are places to sit maybe a table, maybe a fallen log? I don't know.

Now remember you (client's name) are in charge of this process so sit or stand somewhere that signifies this...

Can you now invite that part of you that made you experience that discomfort in the past to this place. Notice where they sit...or stand...

(Pause for about 5-10 seconds.)

Good. Part that made them feel that way. I would like to ask you if you would please provide this person with your purpose/intent in making them have that signal/response/communication/symptom in the past...I'll be quiet while you do that...

(Pause about 7 -10 seconds.)

Now this person wants to be free of that response, it wasn't pleasant. They have found out your purpose. It's not going to put you out of a job because there was a positive intention behind it but can we all agree that it's time to **make some changes** so that (client's name) can feel happier and healthy again...Do you agree to do that? Can you wiggle a finger to let me know you do please?

(Await wiggle, response, etc.)

Good, next I would like to invite the creative part of you to this process. This is the part that comes up with all those great ideas and solutions in those many ways that it does and always will only get better...notice where they make themselves comfy...

Ok creative part of this person, the part that used to make them feel that past discomfort has already agreed they will help them stop that. But they are going to need some new ways of living that will provide as good as if not a better outcome than that old way provided. While we continue can you come up with some alternative activities so that they can **resolve things**? Will you work on that for them while this healing process continues? And that part that does such things can check that they are beneficial, better than the old ways and manifest them in their daily life, their behaviour and responses in daily living. Can you do that?

(Await wiggle...)

Ok. Now, is it ok with that part if it can make them feel better now? Knowing that they will be making changes in their life to deal with your very valid and helpful communication which we wholeheartedly thank you for?

(If no wiggle etc. received, stay calm, ask next question.)

Will you allow them to feel better in the next few days or weeks as they actively make the right life changes?

(Await response. If nothing else needs doing begin awakening procedure.)

### **Appendix 17: The Magic Mirror of Trance-formation script.**

Just vividly imagine

as you relax more completely,

a full length mirror in your mind's eye.

I have no idea what it looks like,

it's your mirror...

your magical mirror of trance-formation!

Imagine you are standing before it...

and rather than seeing how you were,

see the confident you, you have now become...

You are seeing yourself as you are

and really always were, deep inside your mind.

Notice just how happy

confident, calm and resourceful you look.

How you feel, **really feel confident...**

You have wished to be this way and now you are!

It feels good to look in that mirror and see the real you, does it not?

Notice how you feel much happier about yourself...

and consequently you feel happier around others...

Look at that image of attractiveness...

healthiness,

deep inner beauty/attractiveness that really shines!

**You have happiness, self-worth confidence, more contentment...**

Realise this is now your 100% new, total personal reality!

When you are ready...

step into that fantastically confident you!



The free, happy, healthy, calm and relaxed you...

See through those eyes!

Hear through those confident ears!

And **feel, really feel that super abundant confidence flowing through you!**

Feel how great you feel!

That's right!

Now,

Look back at that person you used to be

noticing how much better it is to **be the confident you**

**that you are, now!**

You can take this act as a sign and a signal

that all the unconscious changes have occurred

and will remain with you

as part of your new daily reality.

Permanently,

from this day forth!

### **Appendix 18: Places in the mind module.**

(Do this just before installing a post hypnotic re-induction trigger before awakening)

All of these positive ideas and changes have been placed in that place within you where you know things to be true, things like the sun rises and sets, that you know how to breathe and the old ways have gone to that place where you place things that were true but no longer are, you knew certain people, you went to

school and then it all changed. The certainty of your success is stored in that place where you know; really know that amazing changes have already occurred, now...

You don't have to remember, the important thing is to have these experiences naturally recorded in your mind. Their presence has been and will be of service to you. It's nice to know that they are there, unconsciously, now...

### **Appendix 19: The hypnotic induction of pure bliss.**

(Deep hypnosis is assumed)

In a moment you will

begin to **experience a feeling of wonderful happiness** perhaps pure bliss.

(Pause for 5 seconds to allow the subconscious to get ready)

You are now becoming happier, very happy indeed...

You are experiencing a strong feeling of happiness, joy and total bliss!

As if you knew that some incredibly wonderful thing was going to happen to you...

But you do not know what this joyous thing is.

you do not know what makes you **feel so joyful** or blissful...

This emotion of delightful, transcendent bliss becomes stronger and stronger every moment...

You are becoming more and more happy, blissful all the time, yet you have no idea what you are so very joyful about, it can just happen...

You are so certain, so convinced that some fantastically blissful thing is going to happen to you, perhaps something more wonderful, awesome, incredible than you could have possibly imagined...

Your feeling of happiness and wondrous joy only increases, intensifies with each passing second, and it will continue to increase, and you can just allow this to

happen, can you not?

You are so highly focused by this amazing bliss that **you are utterly absorbed by the experience...**

All that you can think of is that some blissful, joyous, splendid thing is going to happen, and you are eagerly anticipating its imminent happening...

The pure bliss your feel is so superb, so captivating that you cannot conceal it. **Feel it fully** and express that feeling appropriately!

Inevitably you surrender, give into, are completely engrossed by your feelings of pure and utter BLISS! This swelling happiness, this overarching total joy that can continue to become stronger and more vivid every wonder-filled moment.

In a very few moments you will feel yourself on the ecstatic verge of this pure bliss...

and when I say...1-2-3 **PURE BLISS!**

That will be your signal to **feel all the bliss you can...ok...now**

Ready?

1

2

3

**PURE BLISS!!!**

That's right!!!!

### **Appendix 20: 30 golden hypnosis session questions.**

1. Apart from the problem/s how are things at the moment? How is life in general? Good? Bad?

2. What do you do for a living and do you enjoy it?

3. What's your living situation? Are you single, married, do you have children?
4. Have you been diagnosed with epilepsy?
5. Are you taking medication for a psychological health problem?
6. Depression question bonus 1: Are you experiencing bizarre and violent nightmares?
7. Depression question bonus 2: Do you have sleep problems?
8. What are the problem/s you want to solve today?
9. When did this begin? Was there a triggering event?
10. What are the benefits of getting what you want?
11. What things have you done to overcome this and how successful were they?
12. Smoker bonus question: Would you describe cigarettes as your friend?
13. Weight loss bonus question: Can you tell me what foods you eat on a normal day?
14. What do you like doing and what do you dislike?
15. What things absorb you totally?
16. What do you enjoy most in life?
17. In what situations do you feel most happy, secure and confident?
18. What things have you done that you are most proud of?
19. What strengths that you have will help you overcome this problem?
20. If you could rate your self-worth from 0-10, 10 being you feel great about yourself and 0 utterly worthless what would it be?
21. What things help you relax?

22. Do you exercise?

23. Do you have any intuitive sense of what has to change within yourself in order for you to get what you want?

24. Can you think of an image, metaphor or some sort of symbol that represents either the problem, the solution you want or both?\*

25. Is there any reason that you shouldn't change or any part that doesn't want to? Are there warring parts?

26. What has prevented you from getting the change you want up until now?

27. Have you ever made a similar change or reached a point in your life where you thought, 'I've had enough! I'm moving forward in a more positive direction?' By the way you don't have to tell me what that is unless you want to.

28. What do you know about hypnosis?

29. Are you happy for me to help you solve this problem/s?

30. Are there any other questions?

Your 2 bonus addiction questions!

These are for anyone with addictions...

A. How many a day/how often do you enjoy x/doing x?

B. On a scale of 0-10 how motivated are you to stop using x?

**Appendix 21: Bonus script 1: the farmer's horse.**

That reminds me of a story...in which meanings change.

Once upon a time there was a farmer.

One day whilst out walking

he found a horse and took it home.

‘You’re so lucky,’ said his neighbours.

‘Maybe,’ he replied.

The farmer’s son took the horse out riding  
and fell off and broke his leg.

‘You’re so unlucky,’ said his neighbours (neigh/nay-boors = phonetic ambiguity)

‘Maybe,’ said the farmer.

The next day the king went off to war  
all the able bodied young men  
were called up to fight.

The farmer’s injured son was allowed to stay at home  
while all the neighbours sons were taken off to war.

‘You’re SO lucky!’ said his neighbours.

‘Uh, Maybe,’ said the farmer.

**Bonus script 22: Re-induction trigger script.**

(This last bonus script will save you time in client’s you see for a 2<sup>nd</sup> or 3<sup>rd</sup> time;  
if you bought book 1, ‘How to hypnotise anyone,’ I already showed you how to  
set up the re-induction trigger. Now you can utilise it.)

Close your eyes...

now take a deep breath

and just let it out slowly,

good,

now remember the last time you were in a deep state of hypnosis,

just remember how it felt in every way,  
in your mind, in your body  
remember it like it's happening right now...

Deep sleep/Condition X! 50 times deeper than before just like that, now...  
(Watch for signs of them going instantly into hypnosis – flushed cheeks etc.)

Pay attention to the bodily sensations you don't usually pay attention to,  
allow them to pleasantly captivate you,  
fascinate you **inside, now.**

Allow a wave of ultra deep comfort  
to spread from the top of your head  
**all the way down now** to the tips of your toes,  
each muscle in your body suddenly loose, limp and relaxed...

Allow only pleasant images and thoughts to guide you  
**into hypnosis and trance now...**

any sounds that you hear, any feelings you feel,  
any words that I say allow you  
to **go even deeper now,**  
and the deeper you go the better you feel  
and the better you feel the deeper you can go now...  
all the way down now and my voice goes with you...  
or **you drift off,** your ability to

**become absorbed** within the further process of change...

simply **letting go** of things that have to go now,

that need to change as you desire,

embracing better ways of being, living, experiencing...

well you just know what, now...

*Body parts awareness module.*

Become aware of the most pleasant feeling in your big toe,

you chose the toe you know that toe?

Now focus on one toe nail on your littlest, little toe, which one is that?

*Not bad for the money! Later folks.*