

Chapter 3 Hypnotizing People and Other Living Things

First of all, there is no button in your brain that you push to become hypnotized or dehypnotized. Do you really think that with your experiences in life, that you can possibly find a state of mind that never existed before in your history or your partner's history. Hypnosis is a state of mind. Becoming hypnotized is just following directions and concentrating so intently on a particular thought or string of thoughts, that nothing else that is going on around you seems to be distracting or very important. Since there is no button to push, there is no button to get *stuck* and have you frozen in hypnosis or self-hypnosis. In all of the history of hypnotism, no one has ever gotten *stuck*. That's too bad, because it is a wonderful state of mind to be experiencing.

Have you ever heard a song playing and you instantly remembered an event that happened years before? Have you ever read a good book and were totally oblivious to someone asking you a question? Have you ever watched a movie and felt as if you were experiencing that which the actor was experiencing? Have you ever fallen in love?

You have already experienced hypnosis. You and your subject have experienced it many times in your lifetime without even knowing it.

Your subject will hear all the instructions given. Remind your subject that hypnosis is a state of awareness, which means they will hear other sounds in the room. However, they will choose to listen to your voice and your instructions or suggestions.

The only time you won't hear everything that is being said is when you go physically to sleep. As you relax in hypnosis it is very easy to fall into natural sleep. In a few minutes, however, you will wake up on your own. You will, however, respond to any suggestion you gave yourself before falling into natural sleep.

Go on and state further

"When you listen to a hypnotist or your own hypnotic recording, do not evaluate or judge what is going on." When you are listening to a hypnotist do not analyze the process. There will be plenty of time to evaluate the process once you are back into the *waking state of mind*.

Do not "try" to become hypnotized. The word "try" implies doubt. Just relax and let the process happen. **You will really enjoy it.**

Your mind works better at accepting positive suggestions when your body is at rest and your mind is just listening to each and every word of the hypnotist, your subject is saying. Listen to the words as you listened to parents when you were a child of five or six years of age. Remember that **anything is possible** when you are in the hypnotic state of mind.