

is to ask a close friend or relative if they want to be hypnotized, I would wait until you have had many successes under your belt.

Hypnosis is a very subjective state of mind. Belief in your abilities as a hypnotist is the key. Your close friends may know that you are just starting out and may fail only because they are trying too hard to please you. Or they may fail because deep down inside, they don't believe in your abilities to hypnotize.

On the other hand, complete strangers make the best hypnotic subjects when starting out. If they have never been hypnotized before, even if you have a little knowledge, you are way ahead of them.

You begin to find strangers in social clubs you may belong to, or people that overhear you talking about hypnosis. Maybe you join a night class at a community college and when someone asks you what you do, you tell them, I am a hypnotist.

Usually the inquiring person will say, "I have never been hypnotized before, will you hypnotize me?" (then they will ask, "How much do you charge?"

Since you are new and don't really know how to hypnotize much less fix something that is wrong with them, you respond with.

"I will work with you for free." I have a new technique I am trying out and I need volunteers to work with until I feel more comfortable with it."

"When would you like to be hypnotized?"

Then off you go. You have your first willing subject. Since you are not going to charge the person for your service, you will have someone who will work with you.

If you ever decide to become a professional hypnotist and charge money for your services, you have someone that will praise your services.