

Chapter 2 What Do I Need To Begin Hypnotizing?

Question: What do I need to begin hypnotizing?

Answer: You need confidence in your abilities to hypnotize.

Question: How to I get the confidence if I have never hypnotized anyone before?

Answer: You have to **fake it** until you make it!

Actually, that's how anyone gets confidence. Think of the medical doctor you go to for an operation. Could it be that this particular operation is the first of its kind that your doctor participated in? Everyone's medical conditions are unique. Even if the doctor is an experienced heart surgeon, there is still a chance that when he opens you up during surgery, that there is still something new for him/her to learn.

It's the same way with hypnosis. You can study hypnosis for 10 minutes or 10 years and still feel that you are learning something brand new. You subject may not realize it but it is true.

In order for you to become successful in hypnotizing other people you must have confidence in your abilities to hypnotize. The more you display this confidence in your words and mannerisms, the easier it will be to hypnotize others and the more fun you will have as a hypnotist.

Remember this always: **You must have confidence in yourself as a hypnotist. You must keep that confidence during each and every hypnosis session.**

So to begin, think of yourself as a hypnotist. Begin to exude confidence in your abilities.

The second thing you are going to need is training. We will get to your training in a minute.

The third thing you must have is a subject or hypnotee. We will find your subject next.

How To Find A Good Subject

Everyone wants to be hypnotized! Yes, even your biggest skeptics want to be hypnotized. However, it's best to find a willing subject first. Even though the temptation

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.