

4-STAGE GUIDE TO COMMUNICATING WITH THE UNCONSCIOUS MIND



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Intro

Take a good look at the picture above. That could be you, 3, 2, 1 year or even 6 months from now. By taking action and downloading this report, you have already begun your journey to your true desires.

You are already in possession of the most important tool that you'll ever need to create your ideal life and that is, the power of your mind. However, you must know exactly how to use it to its full potential, and one of the most effective ways to utilize your brainpower to change your surroundings, is a mind manipulation techniques called covert hypnosis, which is also known as conversational hypnosis.

Covert hypnosis is a method of communicating with someone's unconscious mind without that person being aware. This is achieved through a combination of body language and an ordinary conversation that someone thinks they're having with you.

While the subject of covert hypnosis is quite complex, anyone can learn it and once mastered, it will work on almost anyone.

This report will teach you the formal ways of how to induce a trance in someone through a conversation. You'll learn how to make the transition from a normal everyday talking into a conversational hypnotic induction. That way, you'll be accessing that person's unconscious mind, which is the aim of a hypnotist. This report is broken into 5 sections:

- Stage 1: Absorb Attention
- Stage 2: Bypass Critical Factor
- Stage 3: Activate An Unconscious Response
- Stage 4: Leading To Your Desire Outcome
- Conclusion

For a successful act of hypnosis during conversation, no one except yourself can be aware of what's going on. For anyone else listening in, it'll just be an ordinary conversation, but for you and your subject, a completely different matter is taking place. This takes a lot of skill, patience and understanding to pull it off successfully.

Covert hypnosis is not a gimmick or a phase, but a reality. It's a lifestyle choice that will change your life for the better, and you can and should use your newfound knowledge to inspire greatness in your family and friends, your work colleagues and your clients, so that they can also enjoy life to the fullest.

Why *wouldn't* you jump at the chance to have the kind of ability that exudes confidence, charm and inspiration?

Imagine coming home to your partner, and instead of seeing a gloomy expression on their face, you see them light up with joy at your very presence.

Imagine walking into a bar and having the utmost confidence to strike up a conversation with that beautiful being that caught your eye, and instead of being shrugged off, they are instantly captivated by your aura.

Imagine having a client that loved speaking with you so much that they started to find more reasons to do business with you.

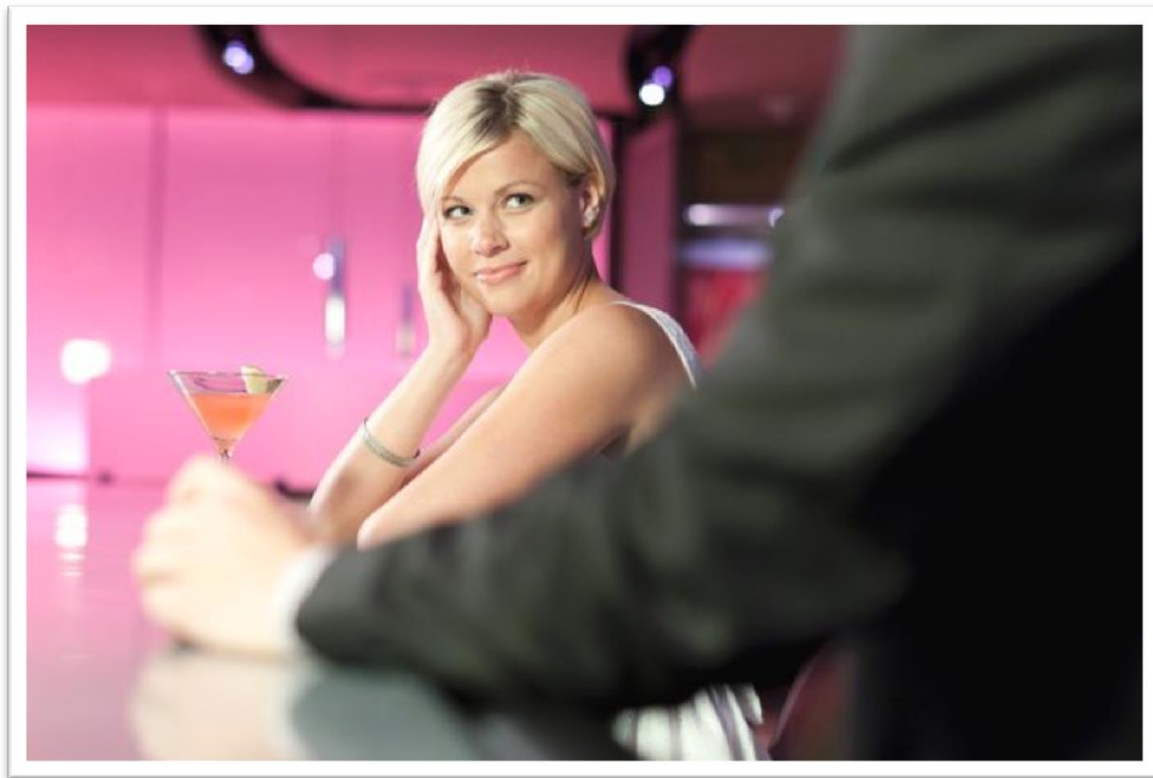
Do you now see the impact that covert hypnosis can have on your life and those around you? There are so many different scenarios that you can change from ordinary to extraordinary, and that's what life is all about – Living a fulfilled life with no regrets.

Now with those essential points in mind, let's begin your journey into the world of covert hypnosis!

Once you're done reading this report, learn more about how you can use The Power Of Conversational Hypnosis to influence people's actions.

Click here to find out more:

<http://www.hypnosisunlocked.com/go/power-of-conversational-hypnosis>



Stage 1: Absorb Attention

There are four stages in which people go through in a hypnotic experience. Hypnotic words such as focus, fascination and mesmerized can be used during any stage to recreate that experience.

The first step you must take in order to engage someone in a hypnotic process, is to get that person's undivided attention. You can get someone's attention simply by speaking to them out of the blue. However, to fixate their attention, you can ask them an intriguing question, tell them something of interest or tell them to do something.

Saying something like *"notice the sensation in your left hand, is it different than the sensation in your right hand?"*, will instantly absorb someone's attention (provided

that they're listening to you in the first place) because it requires a comparison and comparisons require full attention.

When you're able to absorb people's focus, you're drawing them into you and as a result, all of their thoughts are actually falling along the lines of what you've set out for them. This is an extremely important part of the hypnotic process.

Being Direct & Indirect

Although you're learning covert hypnosis to be more indirect, one of the most effective and easiest methods to bypass resistances in a way that no one is really paying attention to what you're doing, is simply by being direct.

Being Direct

Sometimes, asking someone to do something very directly will get you the best results. One of the secrets to hypnosis is to learn how to be direct in asking for exactly what you want, without any sort of embarrassment or hesitation.

In hypnosis terms, being direct means that you must learn how to perform a very direct induction, which is common in hypnotherapy.

There are many different forms of direct hypnotic inductions, but a commonly used one is called the 60-second hypnotist, which is a simple four-phase process to put someone into a hypnotic trance.

Transition From Being Direct To Being Indirect

Once you've mastered the art of direct suggestion, you must learn how to move from that to being indirect. This requires more skill and patience, which can only be acquired from experience.

Being indirect involves adding subtle elements and then fading them off into the background of your conversation. A great indirect induction is known as the Hypnotic Gaze. It's a semi-overt technique because it can be overt and obvious, and it can also be covert and less obvious.

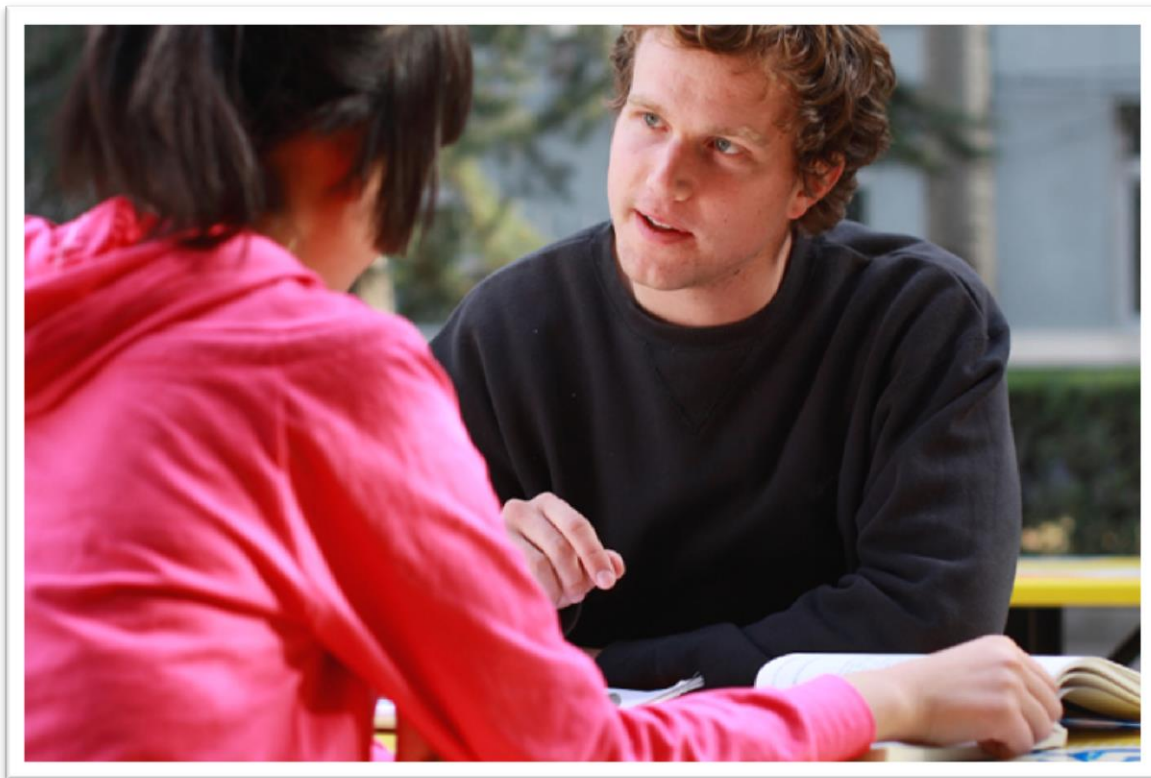
In brief, the Hypnotic Gaze is a technique that involves you maintaining eye contact with your subject in a very specific way, as though you were looking through them, and as a result, you've absorbed that person's full attention which then puts them at ease and increases their responsiveness.

So once you've absorbed someone's attention, you must then learn to bypass the critical factor. It's the conscious factor that can prevent that person from accepting your suggestions, and it's the next important step in the hypnotic process.

To learn more on how to absorb attention with great in-depth techniques, I recommend that you to check out The Power Of Conversational Hypnosis course.

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Stage 2: Bypass Critical Factor

Before you can communicate with someone's unconscious mind, you need to 'bypass the critical factor'. This means that you must get by that part of someone's logical reasoning where they say "*no, this isn't possible*".

Take for example, you've probably given a good piece of advice to someone before, only for them to end up telling you that they've tried it and it doesn't work. This is what's called the 'critical factor'. Bypass this barrier in someone's thought process then you can present your advice which then becomes a hypnotic suggestion.

So how do you bypass the critical factor? Your entire aim is to get your subject to be compliant and accepting of your suggestions. Once again, there are many different inductions that are excellent for this, including using hypnotic stories and the piggyback induction.

The Piggyback Induction

The piggyback induction is all about attaching a suggestion or an idea to other ideas that have already been accepted. Piggyback suggestions rely on direct experiences such as the sense of hearing, seeing and feeling.

Remember the example of the hand comparison in stage 1? It uses the sense of feeling as a direct experience.

If you were to say to someone, *“Notice the sensation in your left hand, is it different than the sensation in your right hand?”*

Then after, you say, *“now notice the sensation in your neck”*, that person’s awareness would immediately shift to their neck, a redirection of awareness to something that was already there, but not necessarily within consciousness.

If you build up a few of these lines or something similar, you’ll get your subject to continuously agree with what you’re telling them.

There's no denying about any sensation in a particular part of the body so any other suggestion attached to it is more likely to go through. They're stuck in a "yes" loop so it requires more energy to leap out of that channel and say "no" or refuse something.

At this point, you've bypassed the critical factor and resistance because you've attached your suggestions to something that has already been automatically cleared.

As a result, the way is paved for an actual 'piggyback' suggestion, which is the next step in the hypnotic process.

You can use words like "*and*", "*while*", "*because*" or "*that/which means*" to attach a piggyback suggestion at the end of your initial statements. It would look like this:

"Notice the sensation in your neck because you feel good" or "...while you relax".

So the entire chain of statements would sound something like this:

"You can hear the sound of my voice. You can feel a sensation in your neck. Now notice how the sensation in your left hand feels different than your right hand, which means you can begin to relax."

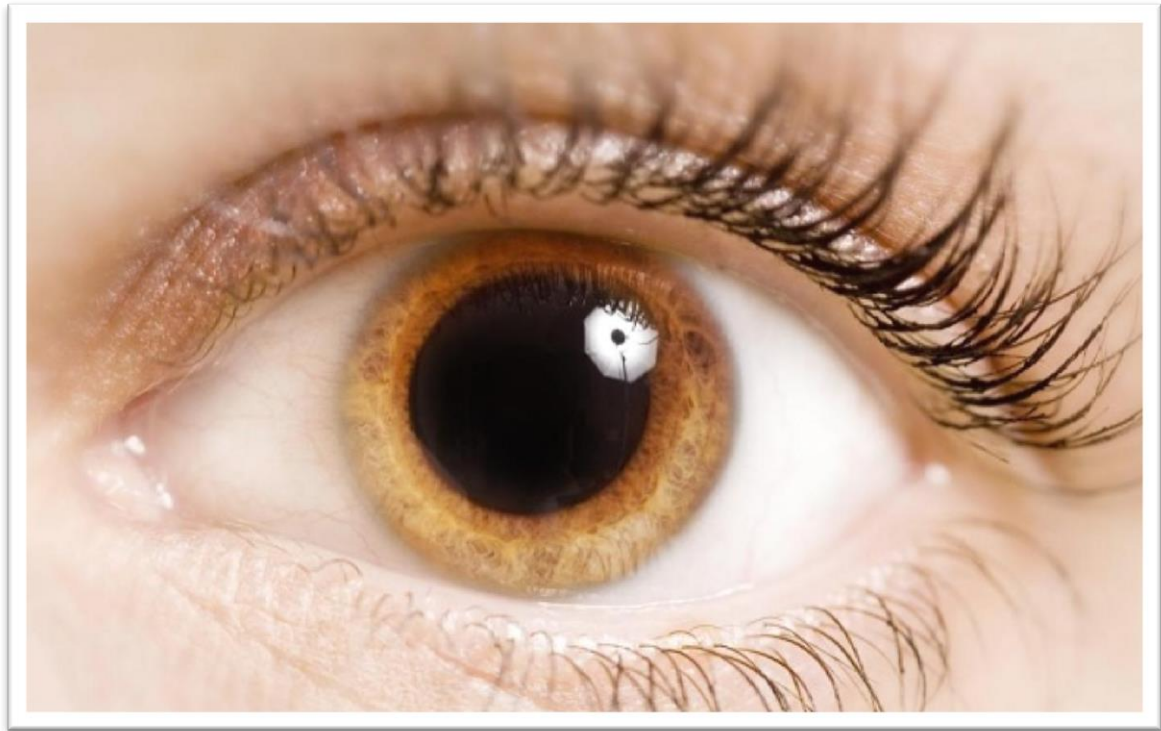
As you can see, there are 3 statements that are intended to get the subject to agree, and then at the end, there's a suggestion attached, telling the subject to relax. You can then construct another set of statements with a suggestion attached at the end to get more response.

The more someone responds to you, the further they go into a trance and the fewer “yes” instructions you would need. In the end, the piggyback suggestions can just be stand-alone suggestions.

To learn more on how to bypass critical factor with more great in-depth techniques, I recommend that you to check out The Power Of Conversational Hypnosis course.

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Stage 3: Activate An Unconscious Response

An unconscious response can come in different forms such as body language and emotion, and at this stage, any unconscious response is good sign.

Take emotions as an example. You don't decide to feel something at a specific time, it's something that just happens based on your daily experiences and personality.

People who are particularly emotional, say if they fell in love, they are practically immune to reasoning. They simply cannot be reasoned with.

The reason is because they're already well on their way into a hypnotic process, and one that you're not the authority of. There are several ways in which you can activate an unconscious response from someone.

Building Rapport

Rapport can be defined as a *'close and harmonious relationship in which two or more people understand each other's feelings and ideas, and can communicate well'*.

You already know how to build rapport to a certain extent. You've done it with your family and friends, among others. Being courteous and complimentary are traditional ways of building rapport, but they're not always appropriate when it comes to covert hypnosis.

The basic rule of thumb is *'people like other people that are like themselves'*, so if you show a particular person that you're like them one way or another, they will feel much more comfortable around you, and as a result, are more open to you.

There are many methods to building rapport for a hypnotic process, such as 'Hypnotic Rapport' and 'Rapport Hooks', which are advanced techniques, but the most common and simplest is 'Mirror and Matching'.

Mirror & Matching

This basically means mimicking someone else's behavior from their movements and hand gestures to other signals they're projecting. This must be implemented at a level where that person unconsciously acknowledges the mirror and matching, but they're consciously unaware of it. This is very effective for absorbing attention when applied correctly.

To make things less obvious when mirror and matching, one of the things that must be put into place is the delay in between each movement.

For example, if your subject was to tilt their body to the left slightly, you would have to leave a few seconds delay before you also tilt in that same direction.

After a while of mirror and matching someone, you will find that whenever you take the lead, your subject will begin to unconsciously mimic your movements.

Remember that people feel comfortable around others that are like themselves, and the mirror and matching technique tells them that you're both alike at a subconscious level.

Of course, there are many mistakes made when building rapport including being *too* nice and trying *too* hard, which often just turns people off. Learning how to avoid these mistakes are crucial.

Signal Recognition Systems

After you have implemented a technique to activate an unconscious response, you need to find out whether it actually worked. Learning signal recognition systems will allow you to identify when someone is going into a trance, and also when someone is responding to you exactly the way you want them to.

In order to have these signal recognition systems in place, you need to have a heightened sense of awareness, which means that you must be aware of all the minute details of your surroundings. This enables you to see changes in your environment, from the weather to people.

It's like an altered state where you have a deeper connection with the outside world and your own intuitions. Some people like the Hawaiian Kahunas and Shamans mastered this skill, and you must also if you want the ability to read people's signals much more accurately.

There are many exercises to help to improve this skill, which are best explained in *The Power Of Conversational Hypnosis*.

Trance Signals

So once you've learned the heightened state of awareness, you can use it to spot the signals that people are giving off to indicate that they're responding to you while in a hypnotic state.

You'll begin to notice that when people are extremely focused and starting to enter a trance-like state, one way or another, their physiology changes. Their breathing patterns, their looks and their behavior are all different from the norm.

Some of these changes can easily be identified just by observation, while others are more difficult to notice. Some trance signals include:

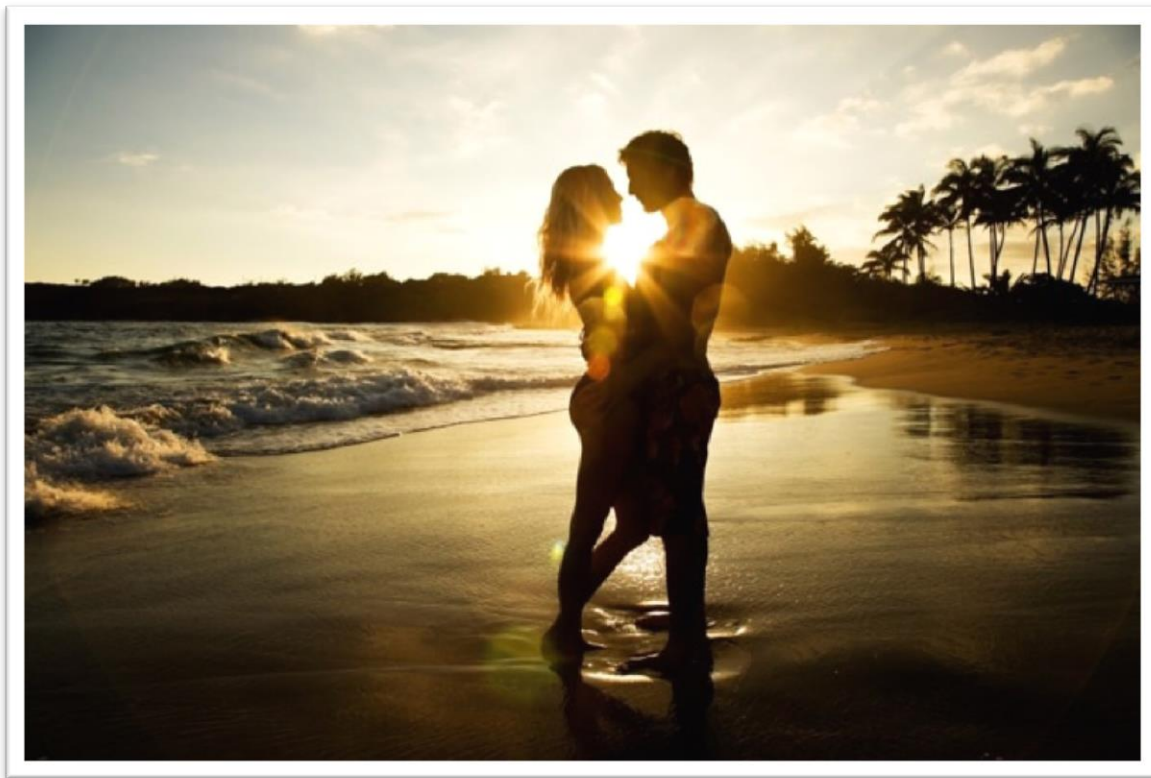
- **Pupil Dilation:** The black center of their eyes begin to relax and their pupils will dilate and become larger.
- **Pulse Slows Down:** There are certain parts of the body where the blood vessels come close to the skin, such as the neck and ankle. You can see where the pulse slows down and even speeds up, depending on what message you're conveying.
- **Blink Reflexes Change:** Faster and slower blinking are both good signs. Sometimes, they even stop blinking. These are all signs that they're accessing a trance response.
- **Movement Immobility:** When you first start speaking to someone, they may have a lot of hand gestures and body movement. Gradually, they will slow down and then stop altogether.
- **Voice Changes:** In a trance state, people's voices will typically become slower and there will be subtle differences in their tonality.

There are many more trance signals that are both subtle and obvious. Identifying these are important to move onto the next step, which is to lead your subject in making a response that aligns with your desired outcome.

To learn more in-depth techniques on how to activate an unconscious response, I recommend that you to check out The Power Of Conversational Hypnosis course.

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Stage 4: Leading To Your Desired Outcome

Once you get an unconscious response from someone, you actually have something to work with. The last step is to lead that person's unconscious response to an outcome you desire, whether it's for that person to agree to a date or agree to do business with you.

However, you must bear in mind the covert hypnosis can not only be used to help yourself, but it can also be used to help other people to positively improve the way they think, feel and behave.

So now that you have someone in a hypnotic trance, what do you actually do to create changes within someone either for their own personal development or take some kind of action that is beneficial for you?

There are many different techniques to do this, and some have already been mentioned throughout this report. One very effective technique for helping people overcome their problems or to see the positive side of certain decisions, is known as future memories.

Future Memories

The reason why future memories are such powerful things is because you're hypnotizing someone, and then moving them to a future point in time where their problem is already resolved, or a certain decision they made has a very positive outcome.

So what this actually does, is it formats the unconscious mind so that it creates a sort of track vision into the future where a certain thing will happen. There are several ways in which you can do this.

Hypnotic Stories

You can make up stories for different purposes. They can include certain themes, certain objects, different ideas and locations. It's only limited to your own imagination, but how do you actually use stories for hypnosis and to create a trance process?

- **Delivery Embedded Suggestions:** One of the most powerful and simplest ways to convey an unconscious message is to use stories as a vehicle for embedded suggestions. An intriguing story is told and consumed by the subject's mind on a conscious level, but certain hypnotic words are embedded as suggestions for the subject to respond to on an unconscious level. The theme of the story and the theme of your embedded suggestion usually has no relation with each other.
- **Install An Emotional Trigger:** People respond to their emotions in a powerful way. Emotions are an unconscious response, so when you take someone on an emotional rollercoaster, you're activating unconscious responses. All you have to do is select an emotion and a theme to match. If you want someone to laugh, tell a funny story. If you want them to relax, tell a relaxing story where you're sitting by a lake or walking by the beach.
- **Prime The Unconscious Mind:** You can format the unconscious mind into taking a specific action in a certain situation that hasn't happened yet, but when it does, their mind will already be primed to do what you've set out for it. To pre-teach the unconscious mind, you can use stories to install all kinds of expectations, ideas and desires about the future, something that the advertising industry does well.

Leading Questions

Another way to embed future memories is by asking questions such as:

- *“What would it be like if...”*
- *“What happens when...”*
- *“Imagine what happens after this has happened, and you look back on this?”*

As you can see, all these language patterns gravitate towards the future. Leading questions can often be very simple, for example, it can be as simple as just saying:

“Maybe you listened to my friend Jane’s advice to resolve the problem. Two years from now, I wonder what will happen?”

You say this because looking back, you know for a fact that the issue has been resolved.

Future Memory Process

In a future memory technique, you’re actually recreating in someone’s mind whatever behavior or solution you have in mind. The very first thing that you want to do is to direct their mind towards the future. For example, by saying something like:

“I wonder what it would feel like to do this.”

By being curious yourself, you're inciting curiosity within someone's mind about the future. When this is done, you have already created the necessary conditions to set what the future should be about. This memory can be induced through sensory rich descriptions, which means by describing specific events, which should be pleasant and exciting, or whatever else you want it to be.

To learn more on how to lead the unconscious mind to your desired outcome, I recommend that you to check out The Power Of Conversational Hypnosis course.

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Conclusion

If all of this sounds a bit confusing to you, don't worry because covert hypnosis isn't supposed to be easy. The information contained within this report is only just the basic outline of how a hypnotic process works. Covert hypnosis is complex and there are so many tricks and techniques involved, along with varying factors that must be taken into consideration.

All this means that in order to master covert hypnosis, a lot of dedication is required to not only perform it, but also to properly understand how the human mind works. It is however, one of the most rewarding skills to have.

You can literally turn any situation in your own favor by controlling those around you. Whether it's dating, business, family or personal development, the mechanics behind people's minds generally work the same and covert hypnosis can alter it one way or another.

Covert hypnosis is such a powerful weapon to possess that it has also been used for criminal purposes. If you're serious about learning covert hypnosis, I urge you to use it for positive changes in your own life and other people's lives as well. It's the only way to have a fulfilled and happy existence.

Recommended:

The Power Of Conversational Hypnosis



Developed by *world-renowned hypnotist* Igor Ledochowski – To the thousands of individuals around the world who has gone under Igor's wings, 'The Power Of Conversational Hypnosis' is the ultimate guide to covert hypnosis training.

The utterly comprehensive and detailed guide has literally helped change the lives of many of its followers. You will learn how to directly influence other people's actions to suit your own desires – Whether it's seducing your dream partner, getting the pay rise you deserve or receiving the best deal on your dream car.

I can attest that this is truly incredible system and even if you only take away as *half as much as I did*, you'll find that you can easily control your surroundings and your life will change for the better in so many ways.

Visit The Power Of Conversational Hypnosis:

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All the best to achieving all your dreams and desires!