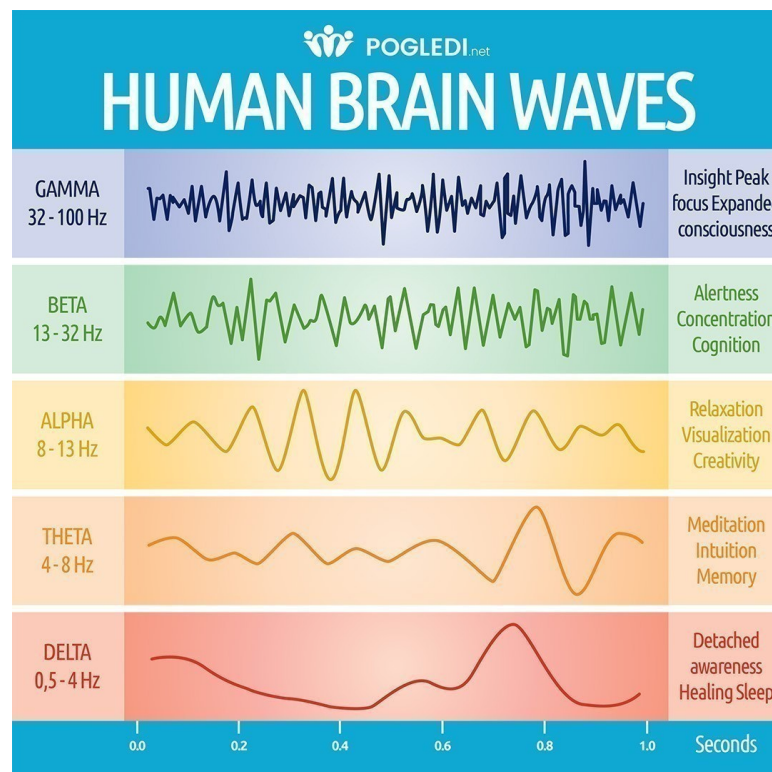


Hypnosis 101 Online Course

Hypnosis Made Easy

Hypnosis is about opening the door to your subconscious mind, your imaginative and creative mind, the part of you that is running the show. Hypnosis allows us to get past the critical faculty which is the gatekeeper of our personal truth and operating system. All of our subconscious beliefs, programs, emotional drivers and behaviors originate in the subconscious mind. As you can see, being able to access and communicate with the subconscious mind is of incomprehensible value.

Hypnosis is an altered state of consciousness. A simple way to think of it is in terms of brain wave states. If you were hooked up to an EEG machine, you would be able to measure and observe your brain waves. There are four main brain wave states which are recognized. In deep sleep, we are in a delta brain wave state and our brain waves are very, very slow. In our normal dreaming state, we are in theta and our brain waves are between 4 to 8 cycles per second. When we are day dreaming or “zoned out”, we are in alpha and our brain waves are between 8 to 13 cycles per second. When we are in our normal, waking state, we are in beta and our brain waves are 13 to 32 cycles per second. Both alpha and theta brain wave states can be considered to be trance and the range in which hypnosis occurs with lighter trance occurring in alpha and deeper trance occurring in theta. We will not be addressing gamma waves as part of this discussion.



Hypnosis is not sleep even though we may use the word sleep. Hypnosis requires focus and concentration. It is an altered state which allows someone to narrow their focus internally, to access their creative mind for the purpose of making powerful changes. In waking life we are often “stuck” in one way of thinking. In some areas of life, this way of thinking is enjoyable. In other areas of life, this habit of thought may be painful. Over time, because of negative experiences, we can become convinced that “that’s just the way things are.” The unconscious mind locks onto these beliefs and we may find that we keep recreating the same experiences or relationships in one form or another. It’s almost as if we’ve become hypnotized into a negative, self perpetuating loop of negative, self fulfilling prophecies.

Life is the greatest hypnotist of all. When we are between the ages of birth and seven, we are in a theta brain wave state most of the time. That means we are in a hypnotic, receptive state most of the time. We are not observing life, analyzing it or deciding logically what is true or not true about men, women, ourselves or life itself. All of the input we observe goes into our subconscious mind completely unfiltered and unchecked. For example, if daddy beats mommy, my experience which later becomes my belief is that “men aren’t safe”. By the time we are seven, we have already been hypnotized with our most pivotal and foundational beliefs which will guide us into success or failure, confidence or insecurity, self love or unworthiness for the rest of our lives - Unless we replace the negative hypnotic trance with a positive one.

Around age seven, the critical faculty part of our mind is formed. It is the analytical part of our mind which acts like a filter and “decides” what to let into the subconscious mind to become part of our operating system. One of its jobs is to block any false information. This is where it gets tricky. How does your critical faculty decide what’s true or not? It primarily filters new information by screening it against what’s already in your subconscious mind. All of the programming you were exposed to in those early years, whether good or bad, is treated as if it is true! Because you had no filter at that time, all information in the form of experiences, was accepted as true and is now a permanent part of your operating system. I know - Wow!

This is why there is so often a break down between reading a self help book and making real and lasting change. The conscious mind, which is logical, may be completely on board and enthusiastic about embracing a new way of being or behaving. But the critical faculty may completely block it from getting into your subconscious mind where those changes really occur.

I hope you are beginning to see that we are all already hypnotized. It just wasn’t done with a pocket watch or a guy in a flowing black robe. Any habit of thought or emotion or behavior, that runs on auto pilot in our lives, is a form of hypnosis or trance. What you will learn in this course is how to shift people from their current negative trance into a positive, life affirming trance.

Misconceptions About hypnosis

People are not under the control of the hypnotist and cannot be made to do something against their true moral code or against their wishes. We understand that we have many parts to our personality or psyche and many of these are repressed in our every day lives due to fear of judgment or cultural expectations. When stage hypnotists elicit behavior from their stage participants which is out of character, it is really that this part of them finally feels free to express themselves without fear of judgment or any worries or concerns. (Like a four year old singing and dancing with no inhibitions)

Hypnosis is NOT SLEEP even though we use the word sleep. Hypnosis is an altered state of consciousness which allows us to narrow our focus internally and to have more access to the creative and imaginative unconscious mind. The hypnotic subject or client is always aware of the hypnotist's voice and always has the power to exit trance by opening their eyes or simply not following suggestions given. Being hypnotizable does not imply being weak minded. Because hypnosis requires concentration, the best clients are the more intelligent of the population. Some people think they will be forced to tell secrets while under hypnosis. This is not true. The client is aware of everything that is happening while in hypnosis. They can talk and they can fib just as easily.

Suggestibility generally refers to how easily one goes into hypnosis and how easily they accept suggestions for change. Approximately 25 - 30% of the population are "highly suggestible" and make great stage hypnosis subjects. ALL people can be hypnotized, however, and deep trance is NOT REQUIRED for effective results in the therapeutic setting. In fact NLP, neuro linguistic programming, which we will be learning in this class does not require trance at all although trance may enhance its effectiveness.

Inducing trance will not result in change any more than holding a paintbrush will necessarily result in a masterpiece. It's what you do with the tool that counts.

Hypnotic voice

There is not ONE type of hypnotic voice or delivery style that is effective. There are many different types of voice patterns that work. However, monotone i.e. reading an induction is not the best. For this reason I highly encourage you to memorize your favorite and most used processes. Think of yourself as an actor. If 10 actors audition for a part, each of their deliveries will be different. However, they will all elicit a feeling, an emotion or response of some sort. Voice quality and delivery is important. The first thing to be mindful of is to SLOW DOWN. Another very important quality is to create some sort of rhythm or 'lull'. The rhythm itself tends to entrain the brain and be hypnotic in nature regardless of what words you use. (Like a drum circle)

Stages of Hypnosis

1. **Light trance** Just about everybody can achieve this level of hypnosis, which is really little more than deep relaxation with a focus of attention. Some therapists claim that it is a pointless state in which nothing of note can be achieved; and yet there are many people who can go no deeper than this who will still be able to achieve what they want. In fact, with well constructed suggestion this depth will allow you to achieve a great deal. It is not the hypnosis that will achieve results for you, but the therapy that we provide within the hypnotic state that will help you achieve the desired results.

2. **Apparent somnambulism** This state is named apparent somnambulism because, from the outside, it looks exactly the same as true somnambulism. It only **looks** the same though. While it is quite easy, within the true state, to procure anesthesia of sufficient depth to carry out surgical procedures, in the apparent state even a minor event like a pin prick would be likely to produce a protest. The individual would still be hypnotized, and certainly to a greater degree than the light trance – just not deeply enough for anesthesia to occur.

3. **True somnambulism** The truly somnambulistic state, in which the mind as well as the body is totally relaxed, is considered by some therapists to be an absolute necessity for suggestion to have any useful effect. The theory is that it achieves a state of blank nothingness. And I mean just that – the mind is totally relaxed and doing nothing, not even thinking that it is blank. It is the ultimately suggestible state. Since there are no thoughts going on, the Conscious Critical Faculty simply cannot over-ride any suggestion. In this state, it is easy to create anesthesia strong enough for surgical work to be carried out with the clinical hypnotherapist replacing the anesthetist in such cases. It is worth noting that temporary amnesia is a hypnotic phenomenon which can quite easily be achieved. Its chief use within clinical hypnosis is to see that a true somnambulistic state, and not just an apparent state, has been achieved where it is considered necessary. When it exists, you could stick a needle in an individual's arm or even run a needle completely through his hand without them uttering a murmur of protest.

4. **Coma state (Esdaile state)** The so-called coma, or Esdaile, state can only be achieved easily by a relatively small portion of the population. The individual at this depth of trance, which is beneath the level of somnambulism, experiences feelings of total bliss and euphoria. There is a lack of concern about surroundings and events, other than if they should pose any sort of threat to personal safety. It is the state in which major surgery can be carried out and during which the hypnotized individual will experience only that which he wishes to feel. Almost certainly, it was this level that was used most of the time by James Esdaile, in the mid 1800's, at his hospital in Calcutta. Some people will be able to go to this depth of trance all on their own, in just a few minutes. It is usually recognizable by the fact that a deep hypnotic flush appears almost as soon as the induction is started, but is replaced after a while by a waxen pallor that is far paler than his normal complexion. Attempts at conversation with

someone in this state will usually meet with failure and he is likely to be completely motionless with much reduced respiration and heart-rate – hence the name, Coma state. On leaving the Coma state, the individual can often bring back with him the feelings of supreme joy and euphoria that existed during it, though those feelings fade fairly quickly and are certainly not in any way permanent.

Signs of Hypnosis

Breathing Changes

Muscle tone changes (jaw may droop)

Blinking

Eye closure

Rapid eye movement

Swallowing

Softened face

Involuntary micro movements like twitching

Catalepsy

Body

The muscles relax, and the subject makes efforts to become more comfortable. A person in hypnosis does not remain physically tense. Muscular relaxation is often most noticeable in the facial expression. A person in hypnosis has a smooth, ironed out expression on the face, which usually goes along with a vacant look in the eyes.

Stillness. A person does not have to be frozen still to experience trance, but a person in hypnosis does not make restless movements such as hand wringing or foot shaking, for example. Even people who normally experience tics or twitches do not usually manifest them while in hypnosis. When a person in trance does move, they will be slow and efficient in their movements. Body warmth is frequently an indication of hypnosis.

Eyes

A person entering trance begins to blink more slowly. Fluttering of the eyelids occurs during the initial phase of trance. This is one sign of hypnosis that cannot be imitated.

The eyes sometimes roll upward, so that you see only the whites of the eyes. Increased lacrimation (watering of the eyes) and reddening of the eyes are signs of hypnosis.

Though not observable outwardly, a person in trance often reports fogging or blurring of the vision. Hypnosis can also cause tunnel vision, or even changes in the colors, sizes, and shapes of things.

Attention

A person in hypnosis will be less distracted by outside sounds. To the extreme, the subject may become so inwardly absorbed that he or she no longer make the effort to

listen to the hypnotherapist. If you think your subject has fallen asleep, you may tell them “Come back to the sound of my voice, _____”

Pulse and respiration

Pulse rate and breathing slow down, although sometimes a person entering hypnosis will experience a temporary increase in pulse and respiration caused by the realization that they are in hypnosis. Occasionally, a client may even laugh initially because they can feel something weird is happening.

Swallowing

Initially the subject may swallow as they are entering trance. The swallowing reflex slows or disappears during trance. Of course, if attention is drawn to it, the subject will usually swallow.

Psychomotor retardation

There is often a lag of time between the time when a suggestion is given and when the subject in hypnosis carries it out.

Steps of Hypnosis

Pre-Talk

- 1) Induction
- 2) Body Scan
- 3) Deepener
- 4) Test (muscle catalepsy - eye muscles / arm catalepsy)
- 5) Test amnesia (relax numbers) (Number amnesia suggestion)
- 6) Do Change Work
- 7) Future pace
- 8) Post hypnotic suggestion (every time you see the color red/ walk through a doorway)
- 9) Count out

Hypnosis - Just Do It

There are countless hypnosis inductions you can find in books and online. Naturally, it's not possible or even useful to share them all with you here. What's important is to understand the technique, the purpose and the nuance of creating a hypnotic state. The words are actually less important than your tone of voice and intention. In this ebook, I will teach you how to guide someone into hypnosis effectively and then craft personalized suggestions for your client. Once you are proficient, you can add other inductions and scripts to your library.

Let's start with a super simple hypnosis induction which you can learn in about a minute. Remember, hypnosis requires concentration and allows your client to focus their attention inward. This first induction simply has your client concentrate and shift their focus between different areas of their body. It's very easy and very effective.

But before you do it, I have to tell you something. I cannot emphasize enough how important tone of voice is when it comes to hypnosis. There are different styles ranging from commanding to soothing. If several actors auditioned for a part, they would all have a different delivery style but each of them would create an effect of some sort with their delivery. However, to read a script with no inflection creates a less than compelling experience. Since this class is focused on the therapeutic application of hypnosis rather than stage or entertainment, I will coach you into using a soothing, relaxing tone of voice. Using a downward inflection at the end of your sentences makes it even more effective. Give yourself permission to slow down. I mean really - *Slow Down*. Below are three options of hypnosis inductions.

Hypnosis Induction #1 - Body Catalepsy Induction (Read SLOWLY)

Take a deep breath and close your eyes down.
Bring your focus and awareness to your right palm
Now move your focus to the inside - of your right elbow
And into - your right shoulder
Move your awareness and slide it over - to your left shoulder
Down to the inside - of your left elbow
And down into - your left palm
(Repeat going around two more times)

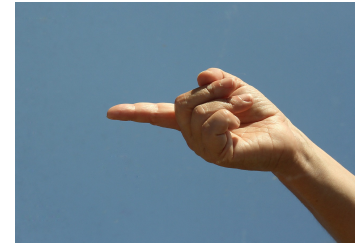
Hypnosis Induction #2 - Overload (Once again - Slowly)

Take a deep breath and close your eyes down.
Bring your attention to your breathing.
Focus on the air going in and out of your lungs.
And at the same time focus on the air going in and out of your nose.

While you focus on both of those, imagine the air is filled with a color of light that you find relaxing and that as you breath it in it relaxes your lungs and as it circulates through your body it relaxes every part of you.
And as you continue focusing on your breathing and the color,
Silently in your mind, silently begin counting backwards from 100
And in between each number say “relaxing more”
And as you’re focusing on your breathing, and the color and the counting and relaxing more
You’ll find within just a few short numbers that you do indeed begin to feel relaxed calm, peaceful
And you can just let the numbers go.
That’s right.
Going deeper and deeper.

Hypnosis Induction #3 - Eye Roll

*Instructions for Hypnotist - hold your index finger horizontally in front of client’s eyes. Instruct them to focus on your finger, moving only their eyes but not their head, as you continue to raise your hand. This causes them to look up which naturally puts people in a theta brain wave state.



Stare at my finger
Don’t move your head, just follow my finger with your eyes
Take a deep breath in (move finger up)
Take another deep breath in (move finger up more)
Take another deep breath
While keeping your eyes up to the sky, close your eye lids down
That’s it
Deeper, deeper, deeper

Take Them Deeper into Hypnosis

If you go slowly enough, they will be beginning to feel extremely relaxed and a little tranced out already. After you guide them into hypnosis, you want to take them deeper into trance to enhance their experience and your results. I am including several deepeners for you to choose from.

Deepener Option #1 - Progressive Muscle Relaxation (Remember - Slowly)

In your mind’s eye, see a light coming in through the top of your head. As it moves down through your body it’s going to relax you fully and completely.

Moving down into your scalp, your neck, your shoulders, relaxing every muscle, relaxing every fiber.

The light moves down into your arms, your hands, your fingers as you continue relaxing deeper with each and every breath.

The light move down into your back, your chest, your abdomen relaxing your heart, relaxing your lungs.

The light moves down into your hips, your thighs, your knees relaxing you all the way down to the cellular level.

The light move down into your calves, your feet, your toes relaxing you all the way down, all the way down into this wonderful place that we call hypnosis.

Deepener Option #2 - Cloud (Use downward inflection as you say “down”)

Imagine you are standing on top of a hill.

A big white fluffy cloud floats over. It's a magical cloud - it can hold your body weight. You step onto the cloud and make yourself really comfortable.

As I count backwards from 5 down to 1, you will go deeper and deeper into hypnosis.

5 - going down, down, deeper down

4 - floating down

3 - swirling down

2 - drifting down

1 - all the way down

Deepener Option #3 - Stairs (Downward inflection, Slow - You get it)

See yourself at the top of a set of stairs. As I count backwards from 10 down to 1, each step, each number will take you down and down, deeper and deeper into hypnosis.

10 going down to 9, deeper and deeper down

9 going down to 8, down and down

8 going down to 7, drifting down

7 going down 6, floating down

6 going down to 5, every sound you hear takes you deeper

5 going down to 4, everything you feel inside and out takes you deeper still

4 going down to 3, the deeper you go, the better you feel

3 going down to 2, the better you feel, the deeper you go

2 going down to 1, all the way down, all the way down into this wonderful place that we call hypnosis.

Examples of Deepeners

Body Scan - muscle relaxation
Counting backwards
Down Stairs
Down Elevator
Through the Zero
Cloud deepener

Catalepsy - A Sign of Hypnosis

Catalepsy means that a part of the body or a certain muscle group won't move. For example, someone's arm may be frozen or locked seemingly without being able to bend or move. Catalepsy is one phenomena of hypnosis which serves to let you as the hypnotist that your client is indeed in a state of trance and it also lets the client know that something highly unusual is occurring which a convincer for them that they are indeed in hypnosis. The easiest muscle group with which to achieve catalepsy is the eyes. Eye catalepsy is easily achievable with almost every client and enhances their experience. It kind of acts as a convincer and proves to them that something unusual is going on.

Eye Catalepsy Script

Relax your eyes and the muscles around your eyes fully and completely
In fact, relax them so much that as long as you maintain that level of relaxation, you'll find that they just won't work
When you've achieved that level of relaxation, go ahead and test them and find that you've been successful.
Very good. Stop trying and go twice as deep
Now take that relaxation that you've achieved around your eyes and send it up to the top of your head and all the way down to the tips of your toes in a warm wave of relaxation. And notice how good that feels.

Fractionation - Take Them Even Deeper

Fractionation is a technique to take people even deeper into hypnosis. In the development and study of hypnosis, it was discovered that if someone went into hypnosis, then was brought out of hypnosis and then went back into hypnosis again, they went deeper than the first time. The effect of fractionation can be created without bringing your client all the way out of hypnosis and starting all over from scratch. The following script is an easy way to create the compounding effect of multiple hypnosis sessions in just a matter of moments. Using this after the eye catalepsy script creates a very smooth transition.

Fractionation Script

In a moment, not now, but in a moment, I'm going to ask you to open your eyes and close them again and when you close them you can allow yourself to go up to five times deeper

Open your eyes (*hand wave*) Close your eyes. (*Affirm*) Five times deeper.

In a moment, not now, but in a moment, I'm going to ask you to open and close your eyes again and this time when you close them you may find yourself going up to ten times deeper.

Open your eyes, (*hand wave*) Close your eyes (*Affirm*) That's it. You're doing perfectly.

In a moment, not now, but in a moment, I'm going to ask you to open and close your eyes one more time and when I do, just go much deeper.

Open your eyes, (*hand wave*) Close your eyes. (*Affirm*) All the way down, all the way down into this wonderful place that we call hypnosis.

Suggestibility Tests

Suggestibility generally refers to how easily one goes into hypnosis and how easily they accept suggestions for change. Approximately 25 - 30% of the population are "highly suggestible" and make great stage hypnosis subjects. ALL people can be hypnotized, however, and deep trance is not required for effective results in the therapeutic setting.

The purpose of a suggestibility test is to let the hypnotist know how "suggestible" a client is and whether or not they will be a good subject. Suggestibility tests are not necessarily required but they can be a fun way to demonstrate to your client the power of their imagination and subconscious mind. As an alternative, suggestibility tests can be used as an induction.

Suggestibility Test #1 - Fingers Pulling Together

Clasp hands together with fingers interlocking.

Place index fingers straight up but spread apart.

Imagine that each finger has a magnet inside of it and that these magnets are pulling your fingers together, pulling together

As you stare at your fingers, feel them beginning to pull together

Pulling stronger and stronger, closer and closer

Those magnets pulling them together



(Fingers WILL pull together - this is a physiological response. However, since your client doesn't know this they will think it's because of the power of their mind and hypnosis. IF THEY DON'T PULL TOGETHER THEN YOU KNOW THEY ARE RESISTING!)

Suggestibility Test #2 - Palms Pulling Together

Clasp your hands together and rub vigorously. Hold your hands out in front of you palms facing towards each other about six inches apart. Imagine there are magnets in the palms of your hands pulling your hands together. Close your eyes and imagine, make believe or pretend those magnets are pulling your hands together. Pulling them together. You're beginning to feel them wanting to move closer together being pulled by those magnets towards each other, closer and closer, stronger and stronger, tighter and tighter, closer and closer.

Continue until you see their hands come together and touch or almost touch
Use this to prove to them the power of their unconscious mind and hypnosis.

Suggestibility Test #3 - Books and balloons

Place both your arms straight out in front of you.

Turn the palm of your right hand down toward the ground and turn the palm of your left hand up towards the sky.

Now I want you to imagine, pretend or make believe that I'm placing a stack of very heavy reference library books on your left hand. These are very large, very heavy books. And as they're sitting there on your left hand you begin to feel the weight of them pushing down on your hand, pushing down on your hand. They're so heavy your arm is beginning to get tired, heavier and heavier, tired and heavy. You can feel your arm straining under the weight.

Now I want you to imagine, pretend or make believe that on your right wrist I am going to tie the biggest helium balloon you've ever seen in your life. This thing is so big it almost looks like it could lift a hot air balloon basket. This huge balloon begins to lift up on your arm, don't worry, it's not going to lift you out of your chair but this balloon is really pulling on your arm, pulling it straight up in the air. It feels like it's getting lighter and lighter, lifting and lifting your arm and you notice your arm beginning to lift and rise into the air. Then you notice that I'm filling the balloon with even more helium making it is even bigger and even lighter, lifting and pulling your arm up even more.

I'm going to place three more big, heavy books on that left hand. Oh, your arm almost falls under the weight of these extra books. You're trying with all of your might to hold them up but they're so heavy and your arm is getting so tired, heavier and heavier, it's so hard to hold them up, your arm is sinking lower and lower being pulled to the ground through the force of gravity pulling these heavy books lower and lower, down and down.

And that balloon is getting lighter and lighter and bigger and lighter and is pulling and tugging at your right arm, lifting and rising, rising and lifting right up to the sky, weightless, lighter and lighter and lifting and pulling.

Now open your eyes and look at your hands and notice where they are.

Close your eyes back down and now you are beginning to understand the power of your unconscious mind and the power that it has to create real effects, real changes in creative and powerful ways.

I'm going to count from 3 down to 1. When I reach the number 1, you can allow both your arms to drop down into your lap and go twice and deep into hypnosis.
3,2,1 Drop your arms down. That's right.

Exduction - Count Them Out of Hypnosis

Once you've guided someone into a hypnotic trance, you always want to use this wonderful state to get new, positive ideas into their subconscious mind. Since the mind is receptive in this state, positive suggestions can be more effective than when given in a normal waking state. We will be covering how to write positive suggestions a little later but for now I want to make sure you know how to bring someone out of hypnosis.

A simple principle of hypnosis is setting expectations for your client so that they know what is going to happen, when it's going to happen and what they are supposed to do. For example, "In a moment, I'm going to count from 1 to 5. When I reach the number 5 your eyes will open. 1,2,3,4,5 Open your eyes." This lets them clearly know what's going to happen - their eyes will open. When is it going to happen - when I reach the number 5. What are they supposed to do - open their eyes.

Exduction Script

(Use an Energizing voice to wake them up and bring them out of hypnosis)

In a moment I'm going to count from 1 to 5. When I reach the number 5 you will open your eyes and come back into the room feeling wonderful in every way.

- 1 - Feeling like you've had a 2 hour nap and a 1 hour massage
- 2 - All sensation returning to your body
- 3 - Alive and alert
- 4 - Feeling wonderful in every way
- 5 - Eyes open

What Is a Habit?

A habit is like a program, executed by the brain automatically without much or any conscious input. Habits are created out of our brain's desire to conserve energy while completing repetitive tasks. Habits conserves energy, and the mind just relaxes into the repetitive task. The task itself can be positive or negative. As hypnotists - we want to replace any perceived negative habit with a more positive one.

For example, if a client is bored, their habitual response may be to eat. What we want to do is first help our client to recognize the *feeling of being bored*, then come up with a more appropriate response like : going on a walk, calling a friend, or reading. That more appropriate response then becomes a hypnotic suggestion for our clients that is repeated back to them in hypnosis, and over time it will become the healthy habit in response to feeling stress. An example is the following : "Every time you feel bored, you find something fun to do - like go on a walk or listen to music".

Make sure you find out how they want to feel and that the replacement is something they are congruent with because we all have the answers inside of us. Use their specific language because that makes it the most congruent for them. Repeat the suggestions in hypnosis because the brain loves repetition because it's comfortable and safe. This may seem deceptively simple yet it is extremely powerful to create new habits, programs and help your client make the changes they want as quickly as possible.

Giving Positive Suggestions

As I mentioned before, once you've guided someone into hypnosis, you want to use this positive state to give your client the experience and positive change that they came to you for. There is an art to writing positive suggestions. First, you need to gather information from your client to discover what they want to work on, change or improve. The subconscious mind is directly involved with manifestation and reality creation so the more detailed and specific you can help your client get about what it is they want, the more likely they are to attract and manifest their true desires.

Guide to Asking The Right Questions:

- 1) How will it look?
- 2) How will it feel?
- 3) Reverse their core belief (See chart below)
- 4) Write suggestions
- 5) Create visualization

What is it that you want?

What's important about it?

What would having it do for you?

How will you know when you have it?

How will it affect other people in your life?

What stops you from having it already?

What resources do you have already?

What resources do you need?

Reverse Core Negative and Turn Into Positive Suggestion

I am not good enough	I am good enough
I am unwanted	I am wanted
I am unworthy	I am worthy
I am a burden	I am a gift / blessing
I am helpless	I am strong / capable
I am weak	I am strong / powerful
I am a mistake	I am a gift / blessing
I don't belong	I belong / meant to be here
I am stupid	I am smart/ brilliant/ intelligent
I am alone	I am connected/ I belong
I am a disappointment	I am a delight/ gift
I am not enough	I am more than enough
I am too much	I'm perfect as I Am
I am guilty	I am pure innocence
I am ugly	I am beautiful
I am flawed	I am whole, perfect and complete
I am a failure	I am a success
I am bad	I am good / divine
I am nothing	I am enough / child of God
I am a phony	I am real/ authentic/ genuine

Logical Levels of Change - Make sure you've covered all the bases.

- 1) Environment - does your environment support change? Family, friends etc.
- 2) Behavior - change habits and activities
- 3) Skills - Do you know how?
- 4) Beliefs - See Core negative Beliefs
- 5) Identity - Can you see yourself as having achieved?
- 6) Spiritual - Are you congruent / will you feel like a good person with this change?

Clients change their environment and their behavior which changes their identity and it all becomes a feedback loop. Vice versa if they change their beliefs, it can change their behavior and that can change their identity.

****A change at any level can change everything.**

Once you have the information, you will need to take a few minutes to write out some positive suggestions tailored specifically for them. I'll give you a few examples first.

Example #1: Exercise

1. More and more as you become in touch with your body, you love the way you feel when you exercise.
2. You can't wait to exercise and fully experience that great feeling.
3. When you work out, you feel more energized and happy.
4. As you continue working out, you notice your body becoming toned and fit and you feel great.
5. Imagine, visualize or think about yourself six months from now. You have achieved your ideal body. You love the way you look in the mirror and you feel so confident in any situation. You're proud of yourself for overcoming your challenges, taking back control, looking and feeling healthy and happy.

Example #2: Diet

1. Because you love and respect yourself, it's becoming easy for you to eat the kinds of foods that reflect that self love and respect.
2. More and more you are becoming aware that by eating slower and being more present, you can enjoy your food so much more even though you are eating so much less.
3. You naturally make the food choices that make you feel alive and vibrant, loving your body with nourishing, healthy foods.
4. Your subconscious mind naturally changes all of your food cravings and desires to be in alignment with your ideal body image. It's easy and effortless.
5. Look, see and feel yourself six months from now. Your friends are complimenting you on how great you look. You feel happy, energized and in love with life.

Example #3: Procrastination

1. More and more you may be surprised to find yourself feeling compelled to get things done right away.
2. When you see yourself having already completed your tasks, you feel motivated to make that image a reality. It pulls you like a magnet to complete the job.
3. More and more it's becoming a habit to jump right in to your assignments. You love that great feeling of knowing it's already done.
4. Because you know you deserve the feeling of accomplishment, you always honor yourself by staying on point and getting things done.
5. See yourself six months from now on vacation in the Bahamas. You're floating in the water with your wife and sipping on Mai Tai's. You feel a sense of deep inner peace and satisfaction because you know you earned this. You think back on everything you've accomplished over the last six months and you feel so proud of yourself for overcoming your challenges, taking back control and creating the life you deserve.

Now that you've read some examples of positive suggestions, I want to point out some of the rules for effective suggestions. This subconscious mind takes things very literally and will apply any possible interpretation. It doesn't understand inference but rather is very concrete in its thinking. For this reason we always state suggestions in the positive. For example, if you say "You no longer feel stress." It may latch onto the word stress and the outcome it creates is stress. You would instead want to say "You always feel peace and calm." Something else to be aware of is to always state suggestions in the present tense. For example, if you say "You will lose 30 pounds", the use of the future tense can keep the idea in a perpetual future state like dangling a carrot. The subconscious may interpret it as "Some day, I will lose 30 pounds. Some day." But that day is nebulous and undefined so it may never happen. Instead say, "See yourself six months from now, you've lost 30 pounds. You love the way you look in the mirror and you feel great!"

I am also including a core limiting belief chart. These core negative or limiting beliefs can be so powerful that unless we address and reverse them, they may over ride or negate any positive suggestions we give.

What Is a Habit?

A habit is like a program, executed by the brain automatically without much or any conscious input. Habits are created out of our brain's desire to conserve energy while completing repetitive tasks. Habits conserves energy, and the mind just relaxes into the repetitive task. The task itself can be positive or negative. As hypnotists - we want to replace any perceived negative habit with a more positive one.

For example, if a client is bored, their habitual response may be to eat. What we want to do is first is help our client to recognize the *feeling of being bored*, then come up with a more appropriate response like : going on a walk, calling a friend, or reading. That more appropriate response then becomes a hypnotic suggestion for our clients that is repeated back to them in hypnosis, and over time it will become the healthy

habit in response to feeling stress. An example is the following : "Every time you feel bored, you find something fun to do - like go on a walk or listen to music".

Make sure you find out how they want to feel and that the replacement is something they are congruent with because we all have the answers inside of us. Use their specific language because that makes it the most congruent for them. Repeat the suggestions in hypnosis because the brain loves repetition because it's comfortable and safe. This may seem deceptively simple yet it is extremely powerful to create new habits, programs and help your client make the changes they want as quickly as possible.

Giving Positive Suggestions

Direct Positive Suggestion Guideline

Always stated in the positive

Simple

Believable

Measurable

In present tense

Reverse core limiting belief

Include abilities and capabilities

"More and more"

"Because you do X, you _____"

Future pace - see positive outcome

Includes rewards (feelings and visualizations)

Write Suggestions For Your Client

Using the information you gathered from your client about what they want to change or accomplish, use the suggestion guideline to write several positive suggestions for them. Make sure to include emotions - how they will feel while on the journey and once they've achieved their goal. Also, include what they will see and hear when possible. Associating and integrating emotions and senses makes their experience more compelling and juicy.

Putting It All Together - Hypnotize Your Client

Now that you know what you're client wants and you've written positive suggestions, it's time to put them in trance and give them the goods.

Give Each Suggestion Three Times

The brain loves repetition because it's familiar - and familiar is comforting. One of the

reasons repeated suggestions works is for the same reason - it becomes familiar to the client and they reach a deeper state of hypnosis as the conscious mind relaxes into a sense of 'Ah we've heard this before'. This makes the hypnosis session more enjoyable and powerful for the client, and helps them achieve a greater level of success faster. With continued repetition of familiar suggestions before, during, and after the hypnosis session, the suggestion becomes so familiar that it actually becomes what we call a habit or program.

Steps Of Hypnosis (After interview and writing suggestions)

1. Induction - Guide your client into hypnosis.
2. Deepener - choose At Least one deepener to take them deeper into trance.
3. Eye catalepsy - optional
4. Fractionation - optional (I like to do the eye catalepsy followed by fractionation)
5. Deepener - If using eye catalepsy then do the deepener here.
6. Give positive suggestions - repeat three times each.
7. Exduction - bring them out of hypnosis

More Inductions

Elman Induction

Take a deep breath and close your eyes down

(Eye Catalepsy)

As you continue to focus on your breathing, bring your awareness to your eyes

Relax your eyes and the muscles around your eyes fully and completely,

In fact, relax them so much that as long as you maintain that level of relaxation, you'll find that they just won't work.

When YOU'VE achieved that level of relaxation, go ahead and test them for yourself and find that you've been successful.

Very good, now stop trying and go twice as deep, twice as deep into hypnotic relaxation

And take that relaxation that you've achieved around your eyes, send it up to the top of your head and all the way down to the tips of your toes in a warm wave of relaxation.

And notice how good that feels

(Fractionation)

In a moment, not now, but in a moment, I'm going to ask you to open your eyes and close them again and when you close them you can allow yourself to go up to five times deeper

Open your eyes (*hand wave*) Close your eyes. (*Affirm*) Five times deeper.

In a moment, not now, but in a moment, I'm going to ask you to open and close your eyes again and this time when you close them you may find yourself going up to ten times deeper.

Open your eyes, (*hand wave*) Close your eyes (*Affirm*) That's it. You're doing perfectly.

In a moment, not now, but in a moment, I'm going to ask you to open and close your eyes one more time and when I do, just go much deeper.

Open your eyes, (*hand wave*) Close your eyes. (*Affirm*) All the way down, all the way down into this wonderful place that we call hypnosis.

(Number Amnesia)

In a moment I'm going to ask you to count backwards from one hundred

Allow each number to double your mental relaxation relaxing those numbers right out of your mind. Allow each number to double your relaxation. Allow them to just fall away, disappear, fade or just simply push them out the back of your mind. Counting backwards out loud from 100 slowly.

Begin counting now.

(Client) "100"

(Hypnotist) Doubling your relaxation

(Client) "99"

(Hypnotist) Deeper and deeper

(Client) "98"

(Hypnotist) Getting ready to let them go.

(Client) "97"

(Hypnotist). And go ahead, just relax the rest of them away.

(Client) "96"

(Hypnotist) Disappearing, that's it. As you make them gone just nod your head. Are they all gone

(Client) "yes"

(Hypnotist) Very good, now go even deeper

(Arm Catalepsy - Optional - can only be done in person)

Now in a moment I'm going to grab your arm by the wrist

Let it be loose, limp and relaxed like a rag doll

Don't try to help me in any way.

When it falls back down onto your leg/ pants it will serve as a sign and a signal to go ten times deeper still

Perform arm drop

Deeper

That's it. All the way down. You're doing perfectly

Progressive Muscle Relaxation / Body Dissociation Induction

Bring your awareness to your breathing. Allow every breath to double your relaxation. Silently in your mind begin counting backwards from 300 by 2's so that it goes like this; 300,298,296 and so on and so forth. And if you ever lose your place or become aware that you've forgotten to count, you can simply begin again.

As you're counting backwards from 300 by 2's, relaxing deeper with each and every breath, in your mind's eye imagine a light coming in through the top of your head. As it moves down through your body it's going to relax you fully and completely.

Moving down into your scalp, your neck, your shoulders, relaxing every muscle, relaxing every fiber.

The light moves down into your arms, your hands, your fingers as you continue counting backwards by 2's, relaxing deeper with each and every breath.

The light move down into your back, your chest, your abdomen relaxing your heart, relaxing your lungs.

The light moves down into your hips, your thighs, your knees relaxing you all the way down to the cellular level.

The light move down into your calves, your feet, your toes relaxing you all the way down, all the way down into this wonderful place that we call hypnosis.

As the light comes back up through your body it's going to relax you even more fully, even more completely.

The light comes up into your toes, your feet, your ankles relaxing them so fully, so completely that it's as if you're letting go of all sensation, letting go of all awareness of your feet and ankles. You know that they're attached to the rest of your body and yet it feels as if they're not - somehow.

The light moves up into your calves, your knees, your thighs - letting go of all sensation - letting go of all awareness of your legs completely.

The light moves up into your hips, your abdomen, chest and back - letting go of all sensation - letting go of all awareness of your torso.

The light moves up into your fingers, hands, arms, shoulders - letting go of all sensation.

The light moves into your neck, your scalp, your face - letting go of all sensation - letting go of all awareness of your body entirely.

Follow up with a deepener

Verbal Confusion Induction - Seven Plus or Minus Two

Take a deep breath and close your eyes down. And allow yourself to get as comfortable as you like... while you listen quietly to the sound of my voice.... And while you're listening quietly to the sound of my voice concentrating for a few moments on your breathing.... Breathing slowly and steadily, just as though you were sound asleep, or pretending to be sound asleep... and imagining, perhaps, just how comfortable you might look while you're relaxing there in the chair.... Using the power of your mind to see yourself in your mind's eye.... and then using the power of your mind to do whatever has to happen to make you look even more relaxed.....

And still thinking about your breathing, making quite sure that each breath in lasts the same length of time as the last breath in... and each breath out lasts the same length of time the last breath out.... even though each breath in will probably be slightly shorter than each breath out....

And while you're thinking about your breathing, noticing, perhaps, the weight of your head against the back of the chair.... and still listening quietly to the sound of my voice.... and while you're listening quietly to the sound of my voice, it maybe that you'll become aware that you've forgotten to think about your breathing.... but that's alright, you can just simply start thinking about your breathing again while you're listening quietly the sound of my voice and what I'm saying to you here....

And in psychology, there's a rule called.... seven plus or minus two... and that means that most people can think of seven things all at once... plus or minus two...

So you should be able to think of at least five things all at the same time... the sound of my voice.... the steadiness of your breathing.... the weight of your head against the back of your chair... and how you might look from the outside....and that's four things... so you can think of those four things while you're listening to the sound of the music (fan) in the background So that's five things, now....

And I wonder if you can think about those five things and then at the same time notice the way your feet feel on the footrest (floor) and perhaps how your arms feel.... and that's seven things now... the sound of my voice... the weight of your head against the back of the chair... the music (fan) in the background ... the way you look while you're relaxing... and your breathing.... and your arms...and your feet on the footrest...

And I wonder if you can now add an eight thing into all of that... I wonder if your mind is powerful enough to think of seven plus one things... adding in, perhaps, an awareness of the temperature of the room.....

And then just testing to see whether you can add yet another input to your senses.... So that you're thinking of nine things all at once... that's seven plus two... thinking about all those eight inputs to your senses and then maybe adding an awareness of the way your eyes feel while you're thinking about all those other things....

The weight of your head... your breathing... the music (fan) in the background... how you look from the outside... the temperature of the room... your feet on the footrest (floor)... your arms... the sound of my voice.. and how your eyes feel.... the weight of your head...your breathing... the music (fan) ... how you look from the outside....the temperature of the room... your feet on the footrest (floor) your arms...the sound of my voice.... and how your eyes feel...

And of course, when anybody thinks of all these things, what they are really doing is scanning round them one after the other... very quickly.... So quickly it feels as if you're thinking of them all at once.....

And in the world of computers, that would be called timesharing... sharing your available resources between the different tasks you are attempting to perform all at once... and that's why some people can think of only five things.... because it's the limit of their memory... while others can actually think of nine things...

And I wonder how well your memory is working as you struggle to remember those nine things... the weight of your head... your breathing... the music (fan) in the background... how you look from the outside... the temperature of the room.... Your feet on the footrest (floor) ... your arms... the sound of my voice... and how your eyes feel...

And now you can think of how good it will feel... when you simply allow yourself to think of only the most important thing of all.

Concentrating all of your energies onto that one most important thing of all... which is going to be so easy to think of, now that you're going to allow yourself to think of only one thing instead of nine.... and that one thing is how good it feels to think of only one thing... thinking how relaxed you can be now that you're only thinking of how relaxed you might like to be... relaxing in your mind.. and in your body... no need to think anything at all, really.... No need to do anything... nobody wanting anything and nobody expecting anything... and absolutely nothing whatsoever for you to do except to..... relax

More Deepeners

Through the Zero Deepener

Off in the distance you see a giant number Zero. You are going to be passing through the middle of this giant number zero into a magical, wonderful place where everything is perfect just for you. As I count from 5 down to zero, the closer I get to zero, the closer you will get to that zero, that magical, wonderful place where everything is perfect just for you.

5 Beginning to move towards that zero

4 You can feel the anticipation growing in your body

3 Picking up speed

2 Running in your mind's eye

1 Almost there

0 (swish sound) right through the middle into this magical, wonderful place. And your conscious mind can just enjoy this experience. Your conscious mind can just enjoy this place and has no need to pay any attention to anything else I'm saying. Because now I'm speaking directly to the subconscious mind. I'm speaking to you, the subconscious mind of _____.

Split Mind / Body

Imagine walking to a building and you're right in the middle, there's 5 floors above you and 5 floors below you.

Now what's going to happen is your body is going to get on the down elevator while your mind gets on the up elevator. As I count backwards from 5 down to 1, your body will go deeper and deeper while your mind goes higher and higher.

5) Your body goes deeper into physical relaxation as your mind breaks free of the constraints of the body. No physical constraints. All mind. No body.

4) Your body goes even deeper into relaxation as your mind begins to break free of the constraints of space. It can go to the edge of the universe and see the earth as a small blue dot and come all the way right here into body and then all the way back out. No constraints of body, no constraints of space.

3) Your body goes even deeper into relaxation, just melting into the chair. As your mind breaks free of the constraints of time. You can go all the way back and see yourself as a little girl / boy, go all the way forward and see yourself in the future. Past our lifetimes. Other lifetimes. Go backwards, forwards. No space and no time.

2) Your body becoming so relaxed as if it's becoming anesthetized. As your mind breaks free of all constraints known and unknown and your mind begins to approach a super state of collective consciousness.

1) Your body goes into a state of total relaxation, anesthetized, no sensation. As your mind goes into a place of suspended animation, a beautiful place of magic.

Garden

Walk down stairs to garden 10, 9, 8,7,6,5,4,3,2,1

You begin to float along the path in this beautiful garden. You see a brightly colored butterfly float past. You hear the sounds of the birds in the trees, the leaves rustling in the wind. You feel the warmth of the sun on your face and an ever so slightly cool breeze. As you float along the path you see a beautiful rose. You are so drawn to this rose and you float over to it. You bend down and breathe in its gorgeous fragrance. You admire the rose, perfect just as it is. There's nothing it needs to do, nothing it needs to be other than just be a rose offering its gifts of beauty and fragrance to all who cross her path. You also note and respect her thorns. She is clear with her boundaries. She makes no apology for her defending herself. She is at once beautiful and strong, giving her gifts freely and clear with her boundaries.

And you continue along the path and you find the perfect spot to lie down and rest. Perhaps a hammock or a blanket in the grass; the perfect spot for you. And as you lie down you begin to drift off to sleep. You lift up, up, up out of your body into a place of suspended animation, a place of pure energy, a place of limitless potential.

Give suggestions

And you wake up in this beautiful garden and begin to walk back along the path. As you pass the rose you give her a knowing smile because you now realize that you too are strong and beautiful, perfect just as you are, nothing you need to do, nothing you need to be other than just be yourself. And you continue along the path back over to those stairs and as I count from 1 to 10 you will walk up those stairs, coming back to your outer awareness.

1,2,3,4,5,6,7,8,9,10

Complete Mind Therapy (modified from Jonathan Royles)

Induction

Deepener

Stairs going down to a warm, safe, comfortable bed. As I count from 10 down to 1 each number, each step takes you closer to that warm, safe, comfortable bed.

Now you're at the bottom of those stairs, walk over and climb into that warm, safe, comfortable bed. As you lie down and rest your head on the pillow you begin to sleep and as you begin to sleep you begin to dream of a classroom. This is not an ordinary classroom, this is a special classroom where everyone like you and is on your side. As you walk into this classroom, you notice that your name is written on the black board. You walk up to that blackboard and grab the eraser and you erase [the (last letter of name) then you erase the (next letter) and so on until they've erase their whole name.] As you turn around you notice that everyone is looking at you with curiosity, wondering what you're up to. You give them a smile and a wink as you walk right out of that room leaving them wondering what you are about to change.

And you walk into a library and you notice that there's a row of books and on the left hand side of this row of books is a book with your name on it. It's an old, tattered book and when you open it you realize that it's a book with all the stories of all the bad things that have happened to you, all the disappointments, regrets or the things that you're ashamed of. And you know that you don't want those stories and words and voices in your mind any more and so you rip those pages out and you rip every page into a thousand tiny pieces of paper so that no one, not even you can ever read those stories, chapters or words ever again. And just to make sure you take all of those tiny pieces of paper outside and build a bon fire and you throw them all into the fire so that they are turned to ash and smoke. No one, not even you can ever read, see or hear those stories or words EVER again. IT'S OVER. IT'S OVER.

And you walk back inside that library and on that same row of books you see another book with your name on it. This is a beautifully bound book and it's a book with all the wonderful things that have happened in your life, all of your accomplishments, happy times and things that you're proud of. And you notice that half the pages are blank, that's right, because you're going to fill those pages with stories of all the things you're going to do, all the friendships you're going to make, all your accomplishments and happy times. This is going to be your legacy. These are the stories your children will tell their children. This is what you'll be remembered by. And you hold this book close to your chest as you walk into the next room.

And you walk into a living room. Imagine in your mind's eye a TV set and see yourself on the TV set "as you once were" (future pacing) – in the past- (as a smoker etc. etc.) See yourself on the TV screen, we don't want that image in your mind any more. You don't need or want those old pictures or movies in your mind any more so imagine turning the color down til the screen is completely blank, all whited out, turn the volume down until it's muted completely. In fact, unplug that TV so that no power, no energy

whatsoever is going to those old pictures, movies and tapes. I know, just to be sure, pick up that TV and throw it out of a second story window and smash it to the ground below. No one, not even you, can ever see or hear those old movies, pictures or tapes EVER again. IT'S OVER, IT'S OVER.

And you walk into the next room. This is a game room of some sort. There are these giant looking thermometers that go from the floor to the ceiling. They're like the old mercury thermometers but they're made in a special way so you don't have to worry about them shattering if they get too hot. As you walk up to the first one, you notice that it's labeled 'Confidence'. Now see, In your mind's eye, on a scale from 0 – 100%, what is your level of confidence level? See it on the mercury thermometer. "How confident are you of leaving this issue behind here today and moving on in your life?" Imagine taking a box of matches or a bonfire, whatever feels right for you and put that fire underneath the mercury Now it's not like a normal thermometer, it's not going to explode, it just heats it up and the level's rising up in your mind, it keeps rising up in your mind, rising up, it's going to 60, 70, 80, 90, 100%. It's 100% now and we don't ever want it to drop below 100% because we want to always be 100% confidence so what you need to do it imagine you've got a hammer and nail. Just hammer the nail through the thermometer at 100% and block it, nail it in place where it can never drop below that. Your confidence level to do _____ never can and never will drop below 100% EVER again.

Do same procedure for all other needed resources (willpower, self esteem, self image) then the one that is specifically the name of the problem (i.e. smoking/ phobia) All problems stem from confidence, will power, self esteem or self image. **ALWAYS cover all these four. **

Anchor all of these good feelings to finger and thumb and create their "ring of confidence"

And now you walk into a dressing room. At the end of the room is a full length mirror. It's a beautifully carved mirror. You walk down to it and as you peer inside, much to your amazement, you don't see your current self looking back at you. You see your future self, successful, happy, living the life you always knew you could have and doing all the things you always knew you could do. You reach out to touch the mirror and much to your surprise your hand goes right through the glass. You follow with your body stepping into this future life. You walk over to your future successful self and step into their body. It feels like stepping into a perfectly fitting set of clothes. it feels so natural, so good, so right. And you look around at all that you've accomplished, at your friends (spouse - whatever they want) and you feel so grateful, so grateful for all the changes that have brought you to this happy, successful place. And you know that you never want to leave this place, you never want to go back to that old way of thinking, those old doubts and limitations so you grab a giant sledgehammer and you smash that mirror from the inside. You can never this wonderful life, you can never go back to that old life because this is the Real You. This is the truth of who you are. And you decide to find a quiet place to sit and reflect on all the things that brought you here, all the little

changes you made, all the steps you took that started all the way back that day in Serena's (therapist's name) office. And your unconscious mind which processes millions of bits of information per second is recording all of those changes, all of those steps that brought you here and it's creating an internal road map of everything you need to do to bring you to this happy, successful life. And all you have to do is follow that internal guidance, follow that inner wisdom guiding you step by step, bringing you to this life of success and happiness.

And you walk back into that classroom where all your friends have been waiting to see what you're up to. They can tell by the way you walk, the look on your face that something has changed. They can feel a new confidence and a new determination. And you walk right up to that black board and you grab your favorite color chalk and you write in all capitals (spell name) and you turn on your heels as if to say "That's right, my name it still ____ but it means something completely different now." And they all begin to cheer and crowd around you, hugging you, congratulating you. And in the doorway you see (person that means something to them - spouse or parent) and they're smiling at you and silently they mouth the words "I love you, I'm so proud of you."

And you begin to wake up in that warm, safe bed and you swing your legs over the side of the bed knowing that you dreamt some wonderful, life changing dreams and you walk back over to those stairs.

Count out