

| | |
|--|------------|
| 3, 2, 1 VAK technique | 82 |
| Multiple embedded metaphors | 83 |
| Stacking realities | 84 |
| Double inductions | 85 |
| "Not yet ..." anticipation induction | 86 |
| "Act as if" technique (and the sixty-second hypnotist) | 87 |
| Elman induction (total-relaxation technique) | 88 |
| Mind power for life | 89 |
| Deepening techniques | 90 |
| Core exercises | 91 |
| Counting | 91 |
| Direct suggestion | 91 |
| Fractionation | 92 |
| Deepening anchors | 93 |
| Anchor – NOWwww | 93 |
| Shoulder squeeze | 93 |
| Hand drop | 93 |
| Head rotation | 93 |
| Touching forehead | 93 |
| Utilising hypnotic phenomena | 94 |
| Additional exercises | 95 |
| Favourite place of relaxation | 95 |
| Visual imagery (staircase/lift technique) | 96 |
| Revivification | 96 |
| Early-learning set | 97 |
| Ending trance | 98 |
| Appendix | 99 |
| Language-pattern cards | 99 |
| Trance analogues | 105 |
| Conscious/unconscious functions | 106 |
| Doing hypnotic demonstrations | 107 |
| Hypnotic demonstrations with groups | 108 |
| Street hypnosis | 109 |
| The secret of successful demonstrations | 110 |
| Bibliography and recommended reading..... | 111 |

| | |
|---|-----------|
| Part III – Exercises: Hypnotic Skills | 45 |
| Suggestibility tests | 47 |
| Core exercises (fail-safe tests) | 48 |
| Hand relaxation | 48 |
| Chevreul's pendulum | 49 |
| Postural sway | 50 |
| Eyelid fixation | 51 |
| Smile/yawn | 52 |
| Dictionary/balloon | 53 |
| Finger vice | 54 |
| Additional exercises | 55 |
| Postural sway (forwards/side to side) | 55 |
| Unbendable arm | 55 |
| Hand clasp | 56 |
| Hand stuck to head/leg | 57 |
| Locked jaw | 57 |
| Number block | 58 |
| Name block | 58 |
| Hot object | 59 |
| Bitter lemon | 59 |
| Rapid inductions | 60 |
| Core exercises | 60 |
| Suggestibility test utilisation method | 60 |
| Postural sway | 61 |
| Unbendable arm | 61 |
| Handshake Induction 1 | 62 |
| Additional exercises | 63 |
| Handshake Induction 2 (ambiguous touch) | 63 |
| Handshake Induction 3 (sudden-jerk method) | 64 |
| Expectancy method | 65 |
| Tension-release method | 66 |
| Finger-counting method (confusion technique) | 67 |
| Sensory overload | 68 |
| Standard inductions | 69 |
| Core exercises | 70 |
| Reinforcing trance analogues: "That's right" exercise | 70 |
| Pacing current experience | 71 |
| Revivification | 72 |
| Conscious/unconscious dissociation | 73 |
| Eye fixation | 74 |
| Reinduction anchors | 75 |
| Additional exercises | 76 |
| Progressive relaxation | 76 |
| Hand levitation (standard) | 77 |
| Hand levitation (questions) | 78 |
| Magnetic hands | 79 |
| Visual imagery | 80 |

A note to the novice (and the curious)

Hypnosis is a fascinating field that many people misunderstand. As this book presupposes that you have some basic knowledge of hypnosis, I have included this section to make sure that you gain many useful things from the use of this book, even if it is the first time you have ever picked up a book on this subject.

Hypnosis can be understood in many different ways. It is both a science and an art, with a heavily subjective element: it relies on people's experience of it to make it worthwhile. Some people think that hypnosis is the greatest thing since sliced bread, offering cures for any ailment. Others consider it a hoax with which people just play along, that hypnosis really does not exist. Then there are the people who think hypnosis is a dark art to be feared and despised, a tool for controlling minds and abusing or making fools of others. To a certain extent all of these people are right. Hypnosis in itself is nothing more than an amplifier of experience. Anything that is possible in the normal waking state (if indeed such a state actually exists) becomes more powerful, intense or immediate in the trance state.

So if I told you of the great adventures I had in the jungles of Thailand, of the breathtaking beauty of the waterfalls that cascaded water like a shower of diamonds into an emerald forest; if I drew your attention to the bright, exotic fish that you could see swimming in the crystal-clear corral reefs not far away, where the blue water gently laps against miles and miles of soft, warm sandy beaches; if I invited you to imagine wading into the water and feeling its temperature as it caressed your skin, the sensation of the sandy ocean floor against your feet, the sounds of the birds wheeling overhead – if I did all of these things you might just begin to become drawn into my experience more fully. You would have the opportunity of enjoying the adventures that I had much more intimately than you would if I presented you with mere facts: I saw a waterfall and some fish in the sea.

That is the nature of trance in a nutshell. It is the most natural thing in the world. Without trance, you could not survive in the world. An artist could not paint, an architect could not design buildings and an author could not write. You would have no daydreams (or night dreams for that matter!), or that comfortable sensation you get when you are driving your car for mile after mile, allowing your thoughts to drift and wander unchecked, safe in the knowledge that the car is securely moving along under the careful guidance of your unconscious – and you ask, Where did all those miles disappear to; what happened to that last hour; how did it manage just to fly by? Trance – that's how. It is the guiding factor in most human experiences, in particular for peak experiences. If you want to feel great, fall in love or taste your fill of the passions life have to offer, you need trance! Everybody does.

List of figures

| | |
|---|----|
| Figure 2.1: Eye accessing cues | 33 |
| Figure 3.1a: Hand relaxation 1 | 48 |
| Figure 3.1b: Hand relaxation 2 | 48 |
| Figure 3.2: Chevreul's pendulum | 49 |
| Figure 3.3a: Postural sway 1 | 50 |
| Figure 3.3b: Postural sway 2 | 50 |
| Figure 3.4: Eyelid fixation | 51 |
| Figure 3.5a: Dictionary/balloon 1 | 53 |
| Figure 3.5b: Dictionary/balloon 2 | 53 |
| Figure 3.5c: Dictionary/balloon 3 | 53 |
| Figure 3.6a: Fingervice 1 | 54 |
| Figure 3.6b: Fingervice 1 – side | 54 |
| Figure 3.6c: Fingervice 2 | 54 |
| Figure 3.6d: Fingervice 2 – side | 54 |
| Figure 3.7a: Unbendable arm 1 | 61 |
| Figure 3.7b: Unbendable arm 2 | 61 |
| Figure 3.8a: Handshake Induction 1a | 62 |
| Figure 3.8b: Handshake Induction 1b | 62 |
| Figure 3.9: Handshake Induction 2 | 63 |
| Figure 3.10a: Handshake Induction 3a | 64 |
| Figure 3.10b: Handshake Induction 3b | 64 |
| Figure 3.10c: Handshake Induction 3c | 64 |
| Figure 3.11a: Tension-release method 1 | 66 |
| Figure 3.11b: Tension-release method 2 | 66 |
| Figure 3.11c: Tension-release method 3 | 66 |
| Figure 3.12a: Sensory overload 1 | 68 |
| Figure 3.12b: Sensory overload 2 | 68 |
| Figure 3.12c: Sensory overload 3 | 68 |
| Figure 3.13: Hand levitation (standard) | 77 |
| Figure 3.14a: Magnetic hands 1 | 79 |
| Figure 3.14b: Magnetic hands 2 | 79 |
| Figure 3.14c: Magnetic hands 3 | 79 |
| Figure 3.15: Hand drop | 93 |
| Figure 3.16: Head rotation | 93 |
| Figure 3.17: Touching forehead | 93 |

This manual has been written to let you learn the structure of hypnosis, the way you use language and your interactions in order to communicate hypnotically and gain proficiency in the wide range of hypnotic approaches available today. Although each of the exercises does include some sample language for your "hypnotic patter", please *do not* treat that as gospel or the script as some magical incantation. If you get the words slightly wrong (or – dare I say it? – should you actually decide to use your own words!) the magic will still work for you. There is little magic in the words themselves – it is more the way that you put them together that counts. I have a strong dislike for hypnotic scripts, prepackaged patterns of the language that people think they should use to create this effect or that one. Most people who use that approach end up hypnotising their books (rather than the person in front of them!) and (worse still) stifling their own creativity and hypnotic self-expression.

Unless you use your own words and your own ways of phrasing things, and adapt those to the subject with whom you are working, you will always come across as awkward. Awkwardness seldom makes for good hypnosis. Understand the principles, yes, but also develop your own pattern, and trust that your unconscious is learning to put stock phrases and ideas together for you – and your hypnotic talent will soar. Hypnosis is, after all, an art as well as a science, so use your natural flair, passion and charisma to bring these materials alive. Then discard everything I have written and do it your way – that is the best way of doing things. The acid test is always to ask, "Does it work?" This manual can then finally achieve its true purpose: to be a source of reference and guidance for the skills it has taught you.

With that in mind you are ready to launch into the adventure that the rich materials presented here offer you. This series of manuals is all about giving you the skills to use trance, the natural amplifier, to explore your own realities and develop yourself (and your training partners) to new heights. The serious practitioner of hypnosis will acquire the confidence to know how to elicit and use deep-trance phenomena, or DTP (see Volume II), as well as developing an elegant and powerful hypnotic style of his or her very own (in Volume I). Although the novice could dive straight into the exercises and learn many wonderful things, you need to ask yourself what your purpose is in exploring this book. If you are just curious, then go right ahead and do whatever comes naturally. If you want to learn how to hypnotise others, you can do that, although you would also want to consider engaging in some form of additional training (www.streethypnosis.com suggests resources and training providers). For those thinking of using hypnosis for therapeutic work or in a clinical setting, I strongly urge you to seek specialist training. Again, you will find some guidance on this topic at www.streethypnosis.com.

I hope you enjoy and profit from the experiences that trance has to offer as much as I have over the years.

What does trance feel like? Each experience will be unique to you and the situation you are in. You may access the same or similar states of trance repeatedly, or you may never access the exact same state again. Each experience you have may be literally unique, in that it cannot compare to any other. Then again, your experience of trance may be so ordinary that you may miss it – the state of absorption when you watch a good film or read a good book, for instance; the deep focus you experience when you are in thought, creatively solving a puzzle; or those moments of genius as inspiration strikes and you rush to develop the ideas that ensue.

All these are just some of the things that you may recognise when you are going into trance in everyday situations. Trance tends to be a comfortable and wonderfully refreshing experience, though do not be surprised if you feel exhausted from time to time. When you explore trance, remember just to have each experience and evaluate it as something new. Do not compare it to what you think trance *should* be like. Know that whichever way your mind allows you to have the experience of trance will be the best way for you right now!

Now, if you still have any reservations about hypnosis, it can only be that you are asking yourself the question, But can hypnosis be harmful in any way? This is the one great misconception that people unfortunately still have about hypnosis: what some call the dark side of hypnosis. All the current research in this field shows it is difficult to damage someone else (either force them to do something or cause a psychological imbalance) using hypnosis. Psychological trials have actually shown that it is more difficult to get someone to commit an antisocial act or to damage themselves in trance than it would be to do that in the waking state. Your unconscious tends towards health, and as such interprets suggestions made to you in the way that is most beneficial to you and your beliefs about what is right. The worst that can happen to the average person in trance, when they hear a suggestion that they find contrary, is that they will snap out of trance and give you a piece of their mind! I remember taking part in a training exercise during the early days of my learning. My partner was doing a decent job of hypnotising me, until he suggested that at a given signal I would "stand up, walk outside to your car and ..." The poor man never got to finish his sentence because my unconscious decided there and then that it really would not be a good idea to drive in the state I was in. The result is that I woke up in a flash (much to my partner's surprise) and told him as much.

Hypnosis cannot control or damage people's minds any more than any other conversation can. If it could, there would be no crime (criminals would have been hypnotised to be happy well-adjusted citizens) and I would rule the world (which unfortunately I don't!). If you approach any hypnotic interaction with a level head, a good dose of common sense and clear positive intentions for other people you cannot really do any harm. Any unfortunate suggestion that might be made will tend to be deleted or ignored or will terminate the trance experience.