

Real World Hypnosis



Table of Contents

Fun with Hypnosis!.....	2
Pre-requisites for Powerful Trances.....	2
Prime and Pre-Frame the Subjects Experience	2
Dialoguing with the Unconscious Mind	5
Introduction to Ideomotor Signaling.....	6
Body Centered Hypnotherapy – Point and Fix.....	8
Fun with Hypnosis!	10
Hypnotizable.....	12
Imagination Games:.....	13
Transition Metaphors	15
Echo Technique.....	16
Utilization Principle	17
General Change Work Silo	18
The Technical Sequence Could Be:.....	19
1. Grey Room	19
2. Magic Frame/Gallery/Control Room	19
3. Hall of Regression Theatre of the Mind Informed child.....	19
4. Future Pace and Clean-up	19
5. Exit	19
Introduction to the Identity by Design Silo	20

Fun with Hypnosis!

Pre-requisites for Powerful Trances

Hypnosis is Easy!

Guiding another human being into a state of hypnosis is as easy as giving simple clear instructions and testing to see that the subject has complied with the request

Hypnosis is Natural!

Human beings are natural hypnosis/trance machines the average human being goes into and out 100's of trance states every day

Hypnosis Is Fun!

Hypnotic Subjects generally experience and tremendous rush of pleasure due to endorphin release as a natural result of going into a state of hypnosis

Control Your State: Having a Fun Playful and Curious state within your self is the most important aspect when guiding another person (or yourself) through a hypnotic process

Prime and Pre-Frame the Subjects Experience

Four Magic Bullets Pre-Induction:

Preliminary –

- Get Permission
- Give Simple Clear Instructions
- Test to See That Subject Has Complied to Satisfaction
- Do not move on to next step until subject passes all tests
- Use Transition Metaphors
- Use Finger Signals – Ideomotor signals
- Set Up Reward System – (Hypno-Cookie)
- Exit

Four Magic Bullets Induction

- | | | |
|---------------------|------|-----------------|
| 1. Relax Eyelids | test | (eye catalepsy) |
| 2. Relax Body | test | (arm drop) |
| 3. Fractionate Eyes | test | (broken rhythm) |
| 4. Relax Mind | test | (finger signal) |

NOTES:

Dialoguing with the Unconscious Mind

Dynamics of Unconscious Responses:

1. Always answers first
2. Always answers honestly
3. Always feels like you are making it up
4. Always feel the urge to edit the information
5. Always quiet, small, “in the background” quality
6. Never linear

Introduction to Ideomotor Signaling

ideo-motor signaling is the name given to a body of techniques whereby a movement of the Client's finger is used to signal an unconscious communication – typically a yes or no response.

Ideomotor signaling allows for direct non-verbal communication with the subject's unconscious mind.

Ideomotor signaling can be done through

- **Finger signals**
- **Body Swaying**
- **Pendulum work**
- **Head Nods**

NOTES:

Drill # 2 – Unconscious Timing Drill - Optional

This drill is designed as a fun way to both practice inductions, ideomotor signaling, guiding a subject through a trance process and learning to trust and train our other than conscious mind to perform a task automatically on demand for a specified amount of time.

During this drill, you will guide your subject into trance and train them to go into and out of trance automatically at the drop or raise of a finger. You will also be teaching them how to go into trance and have the other than conscious mind automatically bring the subject out.

- Induce trance
- Deepen
- Test for Depth
- Install Finger Signal
- Model the behavior
- Test and Repeat
- Transition to self-directed induction and emergence for 30 seconds
- Repeat until success is consistent
- Emerge

Preliminaries:

Body Centered Hypnotherapy – Point and Fix

- **Somatic Engagement** – dynamic interaction with subject's holographic metaphors facilitates maximum neurological absorption and activates the greatest potential for change quickly
- **Somatic Address** – The specific location of feeling in the body directly related to the issue, the holographic node where all information begins to express itself and serves as the key entry point to accessing the entire field of holographic information and encoding
- **Somatic Bridge** – The physical act of accessing an internal somatic address using external senses. By using the hands to point to the feeling location, or using the eyes to physically look at the point of feeling activates more neural pathways and engages more of the cortexes of the brain allowing for greater absorption, focus and facilitation of the change process. *Critical Faculty functions now become engaged within the holographic construct allowing for synergistic and exponential degrees of change.*
- **Somatic Search Engine** – How you phrase the question dictates the quality of information the body delivers. The Somatic Search Engine Only Delivers to the Conscious Awareness the Information Requested. All information other holographic information is accessed as well but only the requested information comes into conscious awareness.
 - The somatic search engine can be used to amplify and accelerate absorption and focus within a hypnotic intervention by simply asking the system to provide more information



Fun with Hypnosis!

Pre-requisites for Powerful Trances

Hypnosis is Easy!

Guiding another human being into a state of hypnosis is as easy as giving simple clear instructions and testing to see that the subject has complied with the request

Hypnosis is Natural!

Human beings are natural hypnosis/trance machines the average human being goes into and out 100's of trance states every day

Hypnosis Is Fun!

Hypnotic Subjects generally experience and tremendous rush of pleasure due to endorphin release as a natural result of going into a state of hypnosis

Control Your State: Having a Fun Playful and Curious state within your self is the most important aspect when guiding another person (or yourself) through a hypnotic process

Prime and Pre-Frame the Subjects Experience

Fun with Hypnosis Part 2

Depth of Trance:

Depth of trance is a measure of Absorption and Focus within the trance process that gives access to resources and phenomenon that might not be achievable in other states of consciousness.

While it is true that certain types or categories of hypnotic phenomenon are more easily accessible at different “levels” of trance. The belief that one must proceed in a linear progression through trance states is not true.

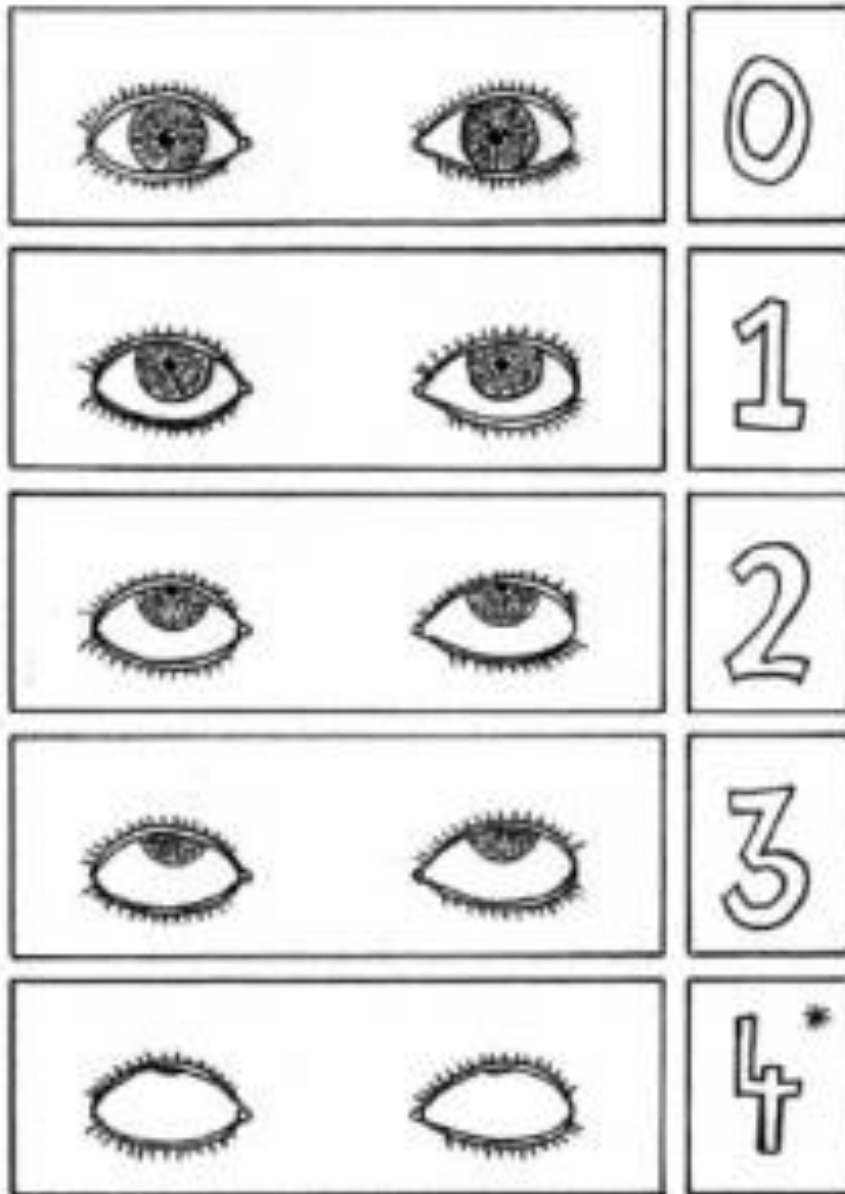
In fact, a person can pass from Normal “waking consciousness” to profound somnambulism very quickly.

Aarons Depth Scale:

1. Eye Catalepsy
2. Arm and hand Catalepsy
(small muscle group)
3. All Muscle Group Catalepsy, Aphasia
(name or number block)
4. All the above Plus
 - a. Analgesia (light anesthesia)
 - b. Positive Olfactory and Gustatory Hallucinations
 - c. Amnesia Through Strong Direct Suggestion
 - d. Pseudo Age Regression
 - e. Automatic Writing
5. All the Above Plus –
 - a. Post Hypnotic Amnesia Without Suggestion
 - b. Anesthesia
 - c. Positive Hallucination in all Sensory Channels
 - d. Age Regression
6. All the Above Plus
 - a. Negative Hallucination in all sensory channels

Hypnotizable

Spiegel Eye Roll Sign



Imagination Games:

Suggestibility and Conversion to Trance

The ability to accept and act upon hypnotic suggestions has been tested and attempted in many ways. The following examples of “Imagination Games serve multiple purposes.

- A. They can be used to gauge suggestibility and “willingness” to be hypnotized.
- B. They can be used as actual inductions and converted into formal trance work interventions
- C. They can serve to deepen and facilitate absorption and focus thus also serving as a method for evaluating “Depth of Trance”

They Are Also Quite Fun and Can Be Performed in Any Order.

- A. Games with the Hands
 - a. Heavy hand/Light hand
 - b. Hand Tingling
 - c. Hand Lock
 - d. Hand Magnets
 - e. Hand Stuck to Head
 - f. Hand Shaking
 - g. Hand Clasp
- B. Steel/Stiff Arm
 - a. Arm/hand Levitation
 - b. Arm Lowering
- C. Finger Magnets
 - a. Finger Signals – (See ideomotor signaling)
- D. Eye Games –
 - a. Eye Catalepsy
 - b. Eye roll
 - c. Spiegel Eye Roll
- E. Body Games –

- a. Rigid Body – Full Body Catalepsy
- b. Postural Sway
- c. Mouth Catalepsy
- d. Stuttering
- e. Name Amnesia/Number Block
- f. Stuck Leg
- g. Foot Stuck
- h. Impossible to sit
- i. Impossible to stand
- j. Thirst hallucination
- k. Smell Hallucination
- l. Biting a Lemon

Deepeners:

See Transition Metaphors and Imagination Games

Transition Metaphors

Transition Metaphors Defined: A transition metaphor is any method of description that implies movement from location to another.

Transition metaphors are used to sequence and flow the client from one hypnotic intervention process to another.

Anything that implies movement can be used as a transition metaphor:

Examples Include:

- Elevator
- Escalator
- Stair Case
- Hall Way
- Ramp
- Hot Air Balloon
- Row Boat
- A Cloud

NOTES:

Echo Technique

“The Most Powerful Words A Human Being Can Hear Are the Ones That Just Came Out of Their Mouth”

--David Snyder

The process of human experience is built on many layers and filters simultaneously. The only communication that exactly matches everything inside another human being is the reflection of exactly the behaviors and verbiage they themselves created.

Always seek pay attention to and reflect as precisely as possible the exact words that the subject uses to describe his or her experience.

When guiding someone through a recall process always repeat their last words back to them before asking for more information.

NOTES:

Utilization Principle

Utilization Principle: The process of including, calling attention to or building into the hypnotic process any environment phenomenon or response generated by the client, as if it were an expected and natural part of the current process.

Abreactions: An emotional purging that is expressed or vented by talking or acting out repressed, or partially repressed negative events or information.

Resourcing: Resourcing is a preliminary step in the change work process that is done either at the onset of the hypnotherapy session or immediately before a formal trance state is induced.

Resourcing involves the identification, amplification and installing positive resource states for use in the later stages of the change work process.

Examples of Resourcing Techniques Include:

- Safe Place Induction
 - o Color Breathing
 - Pleasure
 - Joy
- Anchoring (NLP)
 - o Dissociation/Association
 - o Identification/Dis-identification

These resources can be installed via post hypnotic suggest, direct suggestion,

Resourcing is an extremely important failsafe when the possibility of a spontaneous abreaction is high or the direct use of abreaction technique is required

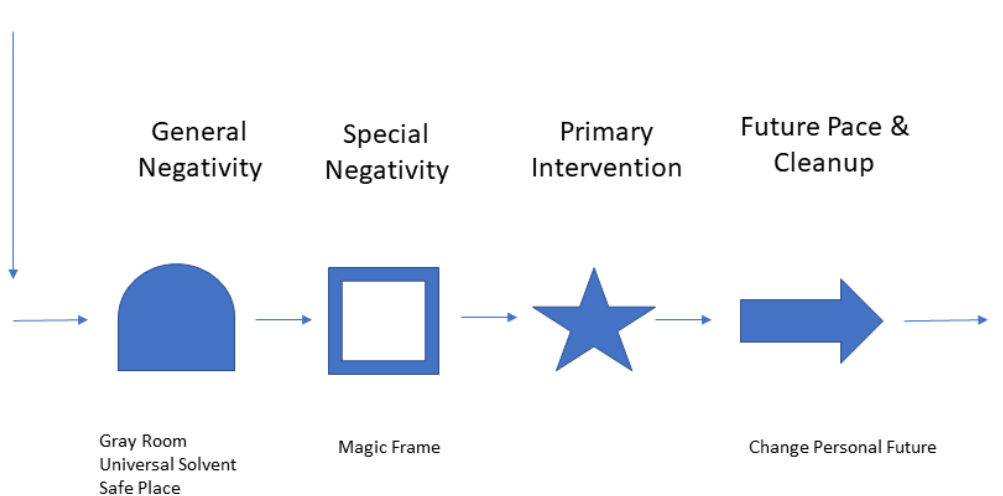
General Change Work Silo

Real World Hypnosis is practiced in sequences of technique known as silos. Clinically we have found that stacking interventions/techniques within a session creates a more pervasive and profound level of change in clients.

The General Change Work Silo consists the following stages:

1. Induce Trance and Deepen
2. General Negativity Clearing Technique
3. Specific Negativity Technique
4. Primary Intervention
5. Future Pace and Clean Up
6. Exit

The use of silos gives the aspiring hypnotherapist a road map to follow through the

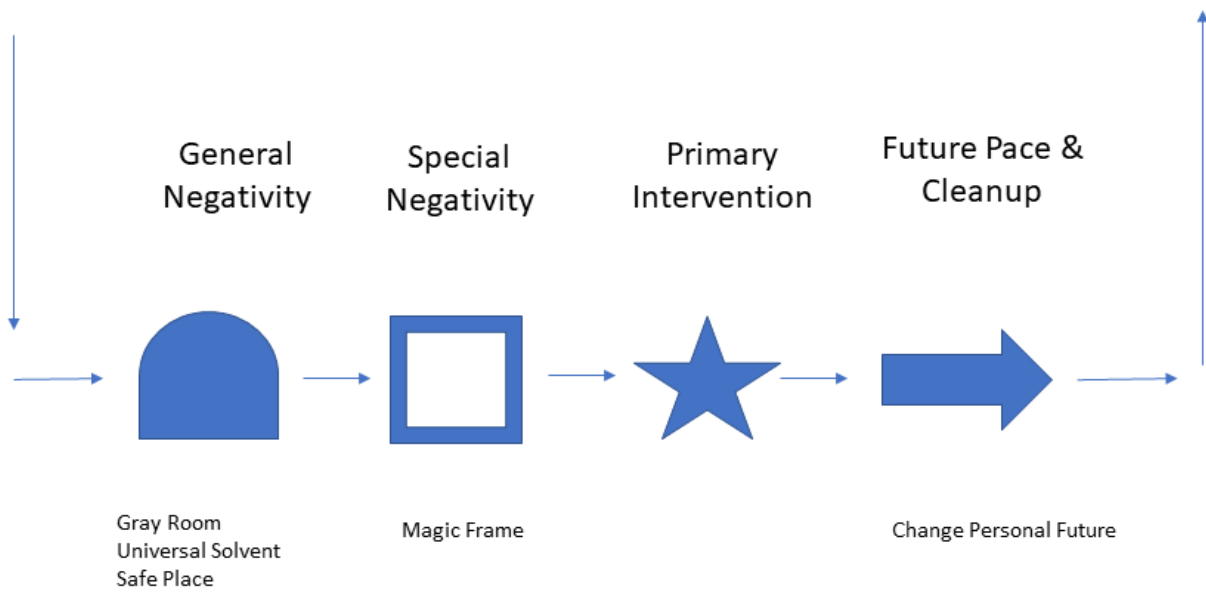


change-work process.

Silos serve as a frame work that allows the hypnotic operator to systematically address the most common factors in an intervention process while allowing for complete freedom to modify as needed for the benefit of the client.

The Technical Sequence Could Be:

1. Grey Room
2. Magic Frame/Gallery/Control Room
3. Hall of Regression → Theatre of the Mind → Informed child
4. Future Pace and Clean-up
5. Exit



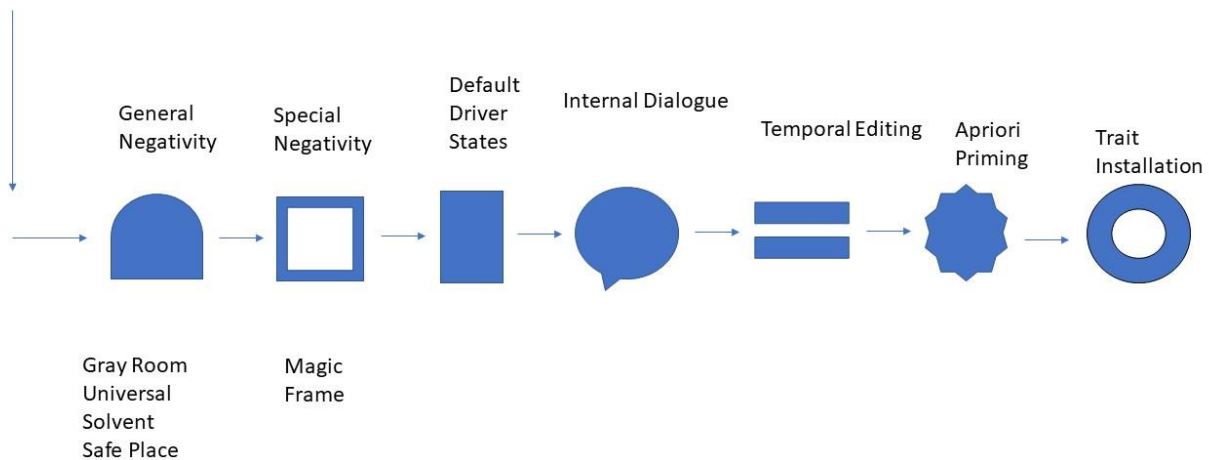
Introduction to the Identity by Design Silo

The unique sequencing in the Identity by Design Silo Targets the primary building blocks of identity and personality. The specific order of techniques allows the operator the ability to make powerful changes to many levels of unconscious processing

The identity by design silo is performed in seven discrete stages. Although each of the techniques at each phase of the silo can be done as a primary intervention these techniques create powerful and pervasive change synergistically

The Identity by Design silo consists of the following techniques:

1. **General Negativity Clearing** – Grey Room, Universal Solvent
2. **Specific Negativity Clearing** – Magic Frame
3. **Installing Default Driver States** - Pillars of Power
4. **Changing Internal Dialogue** - Voice of Authority
5. **Deleting Negativity from The Past** – Temporal Editing
6. **Frontloading the New Identity** – Womb of Eternity
7. **Deep Trance Identification** – Magic Circle



The technical sequence would look like this:

1. Grey Room
2. Magic Frame
3. Pillars of Power,
4. Voice of Authority,
5. Temporal Editing,
6. Womb of Eternity,
7. Magic Circle

