

A man with short brown hair and a slight smile, wearing a dark suit, white shirt, and patterned tie. He is holding a thin black string in his right hand, which is raised. The string hangs down to a small, round, dark pendant with a bright yellow, starburst-like pattern. The background is a solid dark red color.

# Street Hypnosis Secrets: **Revealed!**

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# Street Hypnosis Secrets Revealed!

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## Street Hypnosis Secrets Revealed!

### Welcome to the World of Street Hypnosis

Street hypnosis is the art of applying the principles of hypnosis *anywhere, any time*. If you have ever wanted to improve your life or the lives of those around you with the help of hypnosis, you have come to the right place. Street hypnosis is not about controlling people like slaves or robots. It is about unleashing the power of the mind through carefully programmed inductions and deepenings. Hypnosis is not witchcraft or voodoo – it makes use of *what is already there, in the human mind* so that the desired change is achieved. You have in your hands one of the most reliable and intricately planned books on street hypnosis ever created. This is the *genuine article*, and this is the *only* book you will ever need for street hypnosis. Street hypnosis is really no different from regular hypnosis that is performed in a clinical setting. The only difference perhaps is the *setting* (where the hypnosis is carried out) and the speed at which the hypnotist aims to put the person in front of him into a suggestible, hypnotic trance.

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## The Seven Phases of Street Hypnosis

There are seven major phases that a street hypnotist must be able to carry out:

1. **Phase 1 is *rapport*.** You have to establish rapport with the person through whatever means. You have to make the person comfortable with you. Remember, hypnosis is not magic. If there is genuine distrust and rejection of what you are doing, you may fail.
2. **Phase 2 is *induction*.** This is when the hypnosis really begins; we will be discussing how you can induce a person into a hypnotic trance later on.
3. **Phase 3 is the *deepening of the existing hypnotic trance*.** This part of the hypnosis allows you to gain firmer ground in the mind of the person who is being hypnotized. The goal of this phase is to increase the subject's awareness of the hypnotic trance, drawing him/her deeper into the activity.

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4. **Phase 4 is *strengthening of the Ego*.** This phase creates an instant connection with the second in command of the conscious mind, the Ego. The first in command or the helmsman is the Superego, which has already been induced into the trance. The deeper the hypnosis, the better your connection with the other components of the conscious mind.
5. **Phase 5 is *hypnotic therapy*.** In this phase, you already have a suggestible subject. If you want the person to perform something in front of someone else, do it now.
6. **Phase 6 is *hypnotic suggestion cancellation*.** Before you end the hypnotic trance, you can cancel all the suggestions you have implanted before.
7. **Phase 7 is *awakening*.** At this point in time, you must awaken the subject of the hypnosis and assure him/her that everything is alright.

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Tip: Emulation is key to learning the art of hypnosis. So never stop learning – try to watch videos of other hypnotists performing inductions and deepenings on subjects. Watch how other hypnotists drop their lines and move their bodies – everything works together in hypnosis, not just your words. Your body language, your voice tone and even your facial expressions are important.

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### The Secrets to Speedy Hypnotic Induction

*Hypnotic induction* is the second phase of hypnosis, right after rapport with the subject has been established. Induction requires a guide (you, the hypnotist) and a certain skill in altering the perception and suggestibility of the subject. When a person is induced into a hypnotic trance, the subject is encouraged to positively respond to suggestions that are given *during* the hypnotic trance. The following may be affected through hypnotic suggestions:

- 1. A person's perception of the immediate surroundings, other people, himself or the world at large*
- 2. The sensations that a person experiences*
- 3. The emotions that a person feels toward specific objects, persons, situations, events, places, etc.*
- 4. Thoughts or thought patterns*
- 5. Behavior (including, but not limited to, ordinary habits)*



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Because of the sheer breadth of human facets that hypnosis can affect, the *possibilities* of street hypnosis are endless. The result of your street hypnosis is largely dependent on your skill and creativity in implementing the seven steps or phases needed for effective and speedy street hypnosis.

Now, one must remember that there are also eight important components that are needed for a speedy induction:

1. *Belief*
2. *Expectancy*
3. *Disorientation*
4. *Confusion*
5. *Suggestion*
6. *Repetition*
7. *Relaxation*
8. *Sleep*

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Let me explain:

1. The subject must *believe* that at that moment, you are the authority and because you are an authority, you have the power *over* the person. You must make the person accept the fact that you are a hypnotist and you are inducing a hypnotic trance.
2. The subject should *expect* things to happen after he/she has believed that you are a hypnotist and that hypnosis is possible. This will facilitate that induction into the hypnotic trance.
3. Techniques that will cause a certain level of *disorientation/confusion* must then be used to deepen the induction of the subject. When a subject is at least partially confused about what is happening, you will be able to convince the subject more easily that whatever he is feeling at the moment is due to the fact that he is entering what is called a “hypnotic trance”.

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The subject must *continue believing* that the trance is there, and he is slipping under the trance at that precise moment in time. The potency of hypnosis is dependent not only on the skill of the hypnotist, but also the suggestibility of the subject. The suggestibility of a person, according to the American Psychological Association, can be high, moderate or negligible.

4. ***Further suggestions*** and repetition of existing hypnotic suggestions during the trance will reinforce the condition of being in a hypnotic trance.
5. ***Relaxation*** and ***sleep*** are ideal goals during hypnosis. Successful induction can put a person in such a deep level of relaxation that his heart rate and blood pressure can go down pretty quickly.

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### How Quickly Will a Person Enter a Trance?

Every street hypnotist dreams of the day when a powerful induction carries a subject within “the hypnotic zone” in a few seconds. But the truth of the matter is that the speed of the induction is not wholly in the hands of the street hypnotist. Even highly skilled hypnotists will not be able to perform a quick induction on a person that fully rejects the idea of hypnosis and hypnotic suggestibility.

One of the most basic formulas of hypnosis is: the longer the hypnotic induction, the longer the person is placed under the influence of the hypnotist. The *shorter* the induction, the shorter the duration of the hypnotic influence (I am speaking in general terms, here). *Instant inductions* are generally less effective if you are just starting out, but it is not impossible to perform an effective instant induction. Since street hypnosis lasts for a few minutes at most, you don't need to place a person under hypnotic influence for a very long period of time.

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People can slip out of a quick hypnotic induction; so what does a street hypnotist do? Let the induction do its work, but perform a deepening afterward to keep the subject/s within the hypnotic influence.

Let's review the three initial steps to a successful induction:

**STEP 1:** Present yourself as an authority that must be listened to. Project confidence and skill, so that the same may be felt and experienced by the subject/s. Prepare your opening lines carefully and present yourself as a hypnotist. This applies to *all* situations – remember, you are a street hypnotist!

**STEP 2:** During the induction, the subject must be very relaxed. Asking the hypnotic subject to close his/her eyes is a good way to relax a subject, regardless of the type of environment. The subject must also take slow, deep breaths during the induction. This will help loosen tense muscles and will also facilitate the hypnotic induction.

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**STEP 3:** When the subject is beginning to relax, use creative visualization to deepen the subject's relaxation. Images that make the subject feel very light/heavy are extremely effective. Suggesting that the subject is also becoming sleepy and relaxed is also a good strategy. Finally, you can suggest that the subject is also tired and is succumbing to complete relaxation.

You might be wondering: why would *anyone* enter a hypnotic induction during street hypnosis? Here are a few of the major reasons:

1. If the hypnosis is done in front of friends or colleagues, the subject would probably be anxious if he does not become a good subject during the hypnosis. People want to be “good subjects” and therefore, would be more vulnerable to hypnotic induction.
2. One of the best ways to induce a trance is by saying “if I am correct, you are a person with immense imagination, deep concentration and genuine intelligence – I’m sure that you will have no difficulty in becoming a good hypnotic subject today”.

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The positive affirmations that you have just projected unto the subject will have an instant effect on the person. No one would want to become a *bad* hypnotic subject because that would mean that he is not intelligent, focused and imaginative! You can create your own opening phrase to convince the subject to become more open to the idea of hypnosis, too.

3. 90% of the population suffer from intense boredom and routine. People get up in the morning, go to work, stay in the office for eight hours and go home again, only to repeat this cycle once again in the morning. Because of the predictability of people's lives, people are usually very open to things that break this routine and do not pose any real threat or harm to themselves. People would just think "hey, it won't harm me – so why not?" Use this fact to strengthen your opening lines and induction dialog. Make the subject feel special; place the hypnotic subject in a good spotlight. If the person begins to enjoy the attention and your unique treatment of the situation, there would be no reason for the subject to reject the hypnotic induction!

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4. Street hypnotists usually perform hypnosis on several subjects. Once you are able to hypnotize *one* subject, members of the audience will usually become more open to the hypnosis. The audience's imagination and willingness to become "one with the group" will make other hypnotic inductions easier, because there is expectation, anticipation and *trust* in the street hypnotist.
5. In some cases, you will also meet people who are classified as "exhibitionists". There are two types of exhibitionists: the helpful ones and the naughty ones. The helpful exhibitionists are people who have a natural love for the limelight and would therefore do anything to become a good hypnotic subject.

Even if the helpful exhibitionist does not really believe in hypnosis, he/she will 'play along' with the hypnotist. If you meet a helpful exhibitionist, do not be offended if the person seems bent on exaggerated gestures or on being overly 'hypnotized'. It's just the person's nature.



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The second type of exhibitionist (the naughty exhibitionist) is hell-bent in proving that the hypnotist is a fraud. If you feel that your hypnotic subject does *not* believe in what you are doing and is doing everything in his/her power to resist your hypnosis, just let go of the subject and invite someone else.

**IMPORTANT NOTE:** Hypnotists are not magicians. When people do things after hypnosis, it simply means that they are following the instructions of the hypnotist. The *capacity* to do things is entirely within the domain of the hypnotic subject. Hypnotists merely make suggestions. For example, if the other person absolutely dislikes dancing, he will *not* dance even if the hypnotist suggests that he might be good in dancing. As I have discussed earlier, not everyone has a high degree of hypnotic suggestibility.

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### Five Simple Rules of Street Hypnosis

**RULE # 1:** Every street hypnotist should exude complete confidence in himself and in what he does. Forget about all your doubts and focus on your strengths and improvisational skills when you are performing street hypnosis.

**RULE # 2:** Learn how to project your self-confidence so that your audience and your hypnotic subject will trust you even more during the hypnosis. If your subject or audience feels that you *don't* know what you are doing, you are going to lose precious momentum.

**RULE # 3:** Hypnosis works because the hypnotist knows how to reinforce his hypnotic suggestions through repetition. So from this point onward, practice repetition as often as possible. Reinforce through repetition – that is the key to your success as a street hypnotist.

**RULE # 4:** Hypnosis is most effective when the hypnotist is an authoritative and commanding presence. Use your body language and tone of voice to

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*command* the hypnotic subject so that the hypnotic induction deepens and hypnotic suggestions are received positively.

**RULE # 5:** Never stop practicing

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### Essential Truths About Hypnosis

1. In order to be effective, all kinds of hypnotists *must* present themselves in a way that people will recognize them as hypnotists. In a way, hypnotists are also actors, because they play a recognizable *role* or *character* in front of people.

That's why you should always project confidence when you are performing street hypnosis. Your hypnotic subject and the *audience* must believe that you are indeed a skilled hypnotist. If your subject does not believe that you are a real hypnotist, creating a deep hypnotic trance will be difficult.

2. All forms of hypnosis is *self-hypnosis*. Hypnosis is possible because the hypnotic subject is willing to act upon the suggestions of the hypnotist. It is the hypnotic subject who *enters* the hypnotic trance – the hypnotist does not 'situate' anyone within a hypnotic zone.

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- When suggestions are made, people *place themselves* within hypnotic trances. So whether the hypnosis is done on stage, on the street or in a clinician's office, it's still *self-hypnosis*. In the final analysis, it is the hypnotic subject's willingness to undergo hypnosis that will be the determining factor.
3. Hypnosis becomes successful when the hypnotic subject trusts, cooperates and *harmonizes* with the street hypnotist. When a person *fight*s the hypnotist, hypnosis may not take place.
  4. People experience hypnosis differently. Hypnosis is a *state of mind* that can be triggered by specific suggestions; however, if the person does not want to be hypnotized, he/she can fully resist hypnotic induction. People have varying levels of expectancy when it comes to hypnosis, too.
  5. Hypnosis is most effective when the subject *believes* in what you are doing as a street hypnotist and when the subject *expects* that he will be following irresistible hypnotic suggestions.

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6. Hypnosis is limited only by the conscious drives of the hypnotic subject. When correctly performed, street hypnosis can help you test the hypnotic subject's limits as a person (i.e. what the subject will/will not do, etc.)
  
7. Though some may find the idea of commanding someone outright a little unsettling, it is the *right way* of doing things. Hypnosis is not about making gentle requests – it's about commanding the hypnotic subject and repeating the command until the subject conforms to what you are repeating to him/her.
  
8. Choose your hypnotic subjects carefully. Choose one that is cooperative and shows signs that he/she *wants* to be hypnotized. Having just *one* cooperative hypnotic subject is worth more than having ten non-cooperative subjects. Quality always precedes volume when it comes to street hypnosis.

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9. There is an easy way to test the suggestibility of a subject: use the hand-clasp test. Ask the hypnotic subject to clasp his/her hands together. When the hands are locked together, hold the subject's clasped hands and squeeze them while pulling the arms toward you. After squeezing the subject's hands, tell the hypnotic subject that right now, his/her hands are locked so tightly that he will not be able to remove the clasp.

Evaluate the subject's hypnotic suggestibility by seeing if the subject can remove the hand-clasp *immediately*, after some effort or if he/she says she *cannot* remove the hand-clasp. If the subject says that he/she cannot remove the hand-clasp, then the person in front of you is an *ideal* hypnotic subject. If the person laughs it off and removes the hand-clasp with absolutely no effort at all, pick another subject if possible.

10. There is a perfect tone of voice for every phase of hypnosis. When giving hypnotic suggestions, a strong and confident voice is needed.

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When you want to the person to *relax* and fall into a deep, sleep-like state (hypnotic induction) a slower, gentler voice is needed.

Saying “*You are feeling sleepy! Right now!*”, you will probably produce the *opposite* effect. Instead of feeling more relaxed and sleepy, the hypnotic subject will be jolted awake! Here’s another tip: when you want to help a person relax, it would be helpful if you crated imagery that involved slow but continuous downward movement.

Here’s a good example: “*You are now falling into a deep, relaxed state. Your muscles are now relaxing. You are falling into a tunnel of sleep and you are now very relaxed, very calm. Nothing is going to happen to you, you are just relaxing now.*”

11. As a street hypnotist, you must *become* the person that gives the commands. Think of ways that you can present yourself as an “instant authority”. People *will* respond to this type of personal re-presentation because even as kids, people are taught to respond positively to



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persons of authority. Just make sure that you do not antagonize your subject or your audience. Your presence must be benevolent and trustworthy, not that of an enemy.

12. It is not right to keep a person under a hypnotic trance after the session has ended. You *must* wake up the hypnotic subject. To do this, use speech that is louder and has a faster cadence.

13. Many people think that hypnosis can make people ‘dumb’ or ‘dull’, at least temporarily. This is not true. When a person is under self-hypnosis, all senses are heightened. Awareness is not dulled but on the contrary, it is enhanced. A person becomes *more aware* of his/her surroundings.

This paradoxical condition helps the street hypnotist perform his job. When a hypnotic subject’s awareness increases, his concentration increases, too. This allows the hypnotic trance to *dominate* the person’s consciousness, even for a short while, so that the person can focus on the words of the hypnotist.

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Take note that there people can be under multiple *trances* at any one time. People think of so many things (you would know, because we live and breathe in the era of multi-tasking). So in order for you to command someone to do something during hypnosis, you *must* sweep away the other trances so that the hypnotic trance may take precedence over all other trances.

14. Why do street hypnotists always ask their subjects to relax? Words like “relax” and “sleep” trigger a response in the human mind that automatically cancels out top-of-the-head concerns like financial worries, gas prices, appointments, schedules, deadlines, etc. These are all distractions and as much as possible, we want the hypnotic subject to turn his/her attention to *you*, the street hypnotist and you alone (at least for the duration of the hypnosis session).

15. Don't forget to think *positively* when you are performing street hypnosis. Even if things are not turning out as you had hoped, remain

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positive. If you start to doubt yourself and what you're doing, things can turn pretty sour, *pretty quickly*.

16. The human mind has two general areas: the subconscious area and the conscious area. The conscious area (or the super ego) is the administrator of the human mind. This is where doubt and critical thinking springs from. The subconscious mind (or the ego) is where the imagination and the creative juices flow. The *subconscious mind* is more powerful than the critical area of the mind (or the super ego).

So even if a person *doubts* that you can perform hypnosis, you can use the person's *own imagination* to defeat the barriers set forth by the conscious mind. Appeal to the subject's *imagination* and avoid contradicting the critical area or his waking consciousness. These two will be in conflict, but as hypnotists, we are more concerned with feeding the person's imagination/subconscious with suggestions.

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17.As I have already stated, hypnosis does not make people ‘duller’ or ‘dumber’. What hypnosis does is it temporarily dismisses the analytical part of the human mind, so that the imaginative/creative/subconscious part can take the helm for a short while. You see, in ordinary circumstances, the critical part of the mind is always at the helm.

18.Telling people that they will benefit from hypnosis is not enough. They must *believe* that this is the case if you want the subject to be truly cooperative. If you have a chance to talk to the subject before the street hypnosis takes place, do so – and explain what hypnosis is, what it entails and what it can do for the subject.

19.In its most essential form, hypnosis is just another way of communicating with people. It is not magic nor is it trickery. It may appear like trickery, but it’s not.

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20. The *rapport* phase should never be ignored or glossed over, because this is the part of the hypnotic process that produces *trust in the street hypnotist*. Before people can expect something from the activity, they must first trust the hypnotist.
  
21. The idea of being an authority (as the hypnotist) must be projected upon the hypnotic subject *at the very beginning* of the hypnosis so that the person will be conditioned very early to follow your suggestions and commands. Again, use your body language, facial expressions, cadence and tone of voice to establish that you are indeed an authority.
  
22. The best way to hypnotize someone is to create a chain or series of commands based on the positive reactions of the hypnotic subject. For example, if a hypnotist begins with a command like “you are feeling heavy and sleepy” and he observes that the hypnotic subject is responding favorably to the first command, he will continue to feed short, authoritative suggestions, until the desired outcome is reached. This is called the “subject feedback” approach to hypnosis.

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The hypnotist only gives suggestions that are appropriate with the *type of reactions* being given by the subject. This way, the hypnotist can strategically create a series of commands or hypnotic suggestions. If you already have a script prepared, you can alter your script if you think the person has yet to enter the hypnotic trance deeply enough.

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### How to Establish Rapport

Creating rapport with an audience or with a hypnotic subject is not as difficult as one may think – because we do it all the time! Establishing rapport is essentially just creating harmony. If you know how to get along with people, I'm fairly certain that you can use the same skills in gaining the trust of a hypnotic subject. When there is rapport, there is *trust and harmony*. When there is harmony, there is a degree of *sameness* between two people or between numerous individuals in a group.

Effective hypnosis *removes* most or all sources of conflict. Every new hypnotist *must* learn how to harmonize with everyone, even if we don't usually do this. Every street hypnotist must also learn how to avoid creating conflict with the subject and the audience. If you *have* an audience, it is imperative that you also convince the audience that you are the real thing and that you know *exactly* what you are doing as a street hypnotist.

The hypnotic subject is *never* in a vacuum – he/she takes cues and feedback from both the audience and the hypnotist. That's why it is possible to

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hypnotize someone who has *never* been hypnotized before or has never heard of street hypnosis. The person will *want* to appear as a good hypnotic subject (because if he/she doesn't, he/she will probably be ridiculed).

So how does a hypnotist harmonize and create rapport with people? Just like in everyday life, a hypnotist can create harmony and avoid any type of conflict through *keen observation* and the strategic use of body language, tone of voice, selective use of words and selective use of facial expressions. All these modes of human communication come together to elicit a positive response from the hypnotic subject. The more you practice your hypnotist script, the more skilled you will become in establish rapport with people.

One must pay especially close attention to the *tonality* of human speech. You must learn how to modulate the tone of your speech to fit the goal. For example, if you want to be seen as an authority, your voice has to sound loud and strong. If you want the hypnotic subject to feel sleepy, your voice must be warm, slow and gentle. You cannot use just one tonality for the entire duration of the street hypnosis. Learn to shift from one tone of voice to



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another, so that you can elicit physical and mental responses from the hypnotic subject.

People *unconsciously respond* to body language and tone of voice. Picture yourself in a bar, having a few drinks with friends. Now there is a beautiful lady in a bar stool a few meters away from you.

A man approaches the woman. The woman smiles and her arms (which were on the bar table) become loose. The man sits down beside her and they begin to chat. The man's hands are moving in the air as he tells the woman an animated story. The woman smiles some more and places her hands on her chin as her eyes are focused on the man.

Now, let's freeze this moment. What can you tell from the way these two people are interacting? Sure, the man is telling a story, but the *bulk* of their communication has been carried out primarily through body language! When the man approached the woman, the woman's arms became loose (this is a sign that she is being friendly and accommodating).

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When the man tells his story, his hands and arms begin moving about (because he wants to keep things interesting) and finally, the woman's hands on her chin signifies that she is paying close attention to what the man is saying and she just might be interested in him. Does this make sense? Do you see now how *powerful* unspoken communication is?

Now that you know how *easy* it is to create rapport with someone through unspoken modes of communication, *use this knowledge* to make your hypnosis sessions easier. Know when to use specific gestures and know when to give the person some space. Very soon you will be able to master the *right formula* for putting people at ease during hypnosis. Then you can focus on what you want them to do!

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Here are some tips to help you get started:

1. Watch how your hypnotic subject is moving – and try to harmonize with your subject. Harmonizing is not the same as *copying* another person's gesture entirely! Do NOT try to copy someone's gestures and speech, you might get beat up if you do so. Kidding aside, *harmonizing* is the act of creating *sameness* and familiarity.

Imitating another person's body language is a great way to harmonize with someone, but you should also be *selective* with what you are imitating. Unconscious body language like smiling can be imitated. If your subject is laughing, laugh and smile, too.

If your subject is looking at his friends (the audience) you can also imitate his actions (after a short delay, say five seconds from the time that the action has been carried out).

But you should *never, ever* imitate involuntary movements like facial tics and physical behavior that shows that the subject may be

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apprehensive, angry or doubtful (i.e. *tapping of foot, scratching of head, 'sweat palms' etc.*). Such imitation will cause conflict and we want to avoid all forms of conflict when performing street hypnosis. The keyword is matching. You always want to match the subject's physical behavior with an appropriate gesture of your own.

2. What should be your general behavior when you are around nervous or anxious hypnotic subjects? Being sympathetic is always a good way to deal with anxious subjects. Never try to boss around a nervous subject, because that volunteer just might leave you in the middle of a planned street hypnosis routine. Be a commanding presence, but make sure that you get the subject "in the zone" before you start ordering him/her around. When the subject speaks with you before you perform the induction, just talk to him/her normally respond *positively* to what he/she is saying. If the subject says something wrong or inaccurate about you or what you are doing, simply smile and don't say anything in response. Ignoring such inaccuracies will help prevent any direct conflict when you are performing the hypnosis.

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3. If in doubt, *go slowly*. Let's face it: if this is your first time to use hypnosis on someone else, chances are you are going to feel a little apprehensive and nervous about putting someone under a hypnotic trance. Some of you may even feel a little fearful about hypnosis, seeing that popular culture has somehow relegated this fine art to the shady domains of the occult and mythical.

I completely understand if you feel this way – so always proceed *slowly* when in doubt. Proceed *slowly* even if the subject is very willing and *wants* to be hypnotized. You can still exude confidence even if it's your first time to perform hypnosis on someone. If you want, you can tell your audience that it's your first time, but you have everything under control. *Expectation* and *belief* are both important, but it's no use to exude too much confidence if you don't have much skill yet, at the time of your first practice hypnosis.

## Street Hypnosis Secrets Revealed!

4. You can harmonize with a hypnotic subject *while giving commands.*

It's all a matter of sharp observation. For example, if your subject looks very tired because he was asked to stand up, you can tell him/her to sit down. Once the subject relaxes on a chair, note how he responds to the softness of the cushion and the back support. Note how his muscles relax and use that to mold your next few lines. You can say "*Feel the softness of the chair and let all your muscles relax, nothing is standing in the way of you and ultimate relaxation....Do it now, because you are comfortable and you are only supposed to relax*" As the subject relaxes more and more, observe how the subject *feels* like sleeping right then and there. "*You are feeling heavy and sleepy... Let your head fall back and relax on the chair, the chair is yours and all you have to do right now is relax.*" See how each action of the subject is used to bolster the preceding command.

## Street Hypnosis Secrets Revealed!

### The Hypnotist is Recognized

Some people think that asking people to relax during hypnosis is a big step backward... This is simply not true. In reality, the 'relaxation' part is only half of what's really happening. When a hypnotist asks a person to relax, it would appear that the positive benefit is relegated to the side of the hypnotic subject *only*.

The truth is this: as the person relaxes, he/she accepts more and more commands from the hypnotist. Every command is followed without question – until the subject is pulled into a hypnotic trance through an induction. After a few commands, the hypnotic subject slowly realizes how keen an observer the hypnotist is.

The subject also realizes that he is slowly entering a trance, with the least amount of resistance and he feels *comfortable and safe* even if he is being hypnotized. When a hypnotist is able to induce a hypnotic trance in a person, communication between the two persons (subject and hypnotist) is taken to another level.

## Street Hypnosis Secrets Revealed!

No longer are the two limited by words – all modes of communication are used, including body language, voice tonality, etc. So there is a deeper level of communication between the hypnotic subject and the hypnotist – and there, the *subconscious* or imaginative component of the human mind has a *tremendous* response to the various commands that are being given by the hypnotist.

Now do you see how a hypnotist is able to temporarily subvert the critical or analytical component of the mind? It utilizes the most basic way of communicating with other people – these modes of communication are so ingrained in people that the critical mind no longer has to step in to process the information. Emotions, body language, voice tonality are all processed by the subconscious/imaginative component of the mind. The human mind has an almost instant response to these things – the same way the human mind has an instant response to threatening situations.



## Street Hypnosis Secrets Revealed!

### Leading the Hypnotic Subject by the Hand

So far, we have discussed the importance of strategic mimicking (rapport) and strategic commands (recognition). Once there is recognition, you can now *lead* the hypnotic subject to do what you want him/her to do. A simple formula for *leading* a person deeper into a hypnotic trance is:

$$\text{Keen Observation} + \text{Subject's Condition} + \text{Related Command} \\ = \text{Leadership}$$

It is important to always remember the term *leadership* – because it is a powerful concept indeed. When there is leadership, we create the illusion that the subject still has complete control of the situation because he/she still thinks before responding to commands.

Little does the hypnotic subject know that as he/she follows simple commands like “relaxing more”, he falls deeper and deeper into a hypnotic trance. The formula I have just revealed to you is the simplest and most effective of all induction formulas. First, you observe what’s happening to

## Street Hypnosis Secrets Revealed!

the hypnotic subject. After noting his condition, try to think of a command that would *improve* his condition. For example, if the hypnotic subject looks tense and his feet are fidgeting, all you have to do is command the subject to relax his leg muscles. The subject responds and you move on to creating a series of commands that would further address the subject's various conditions.

The point of this strategy is to let the subject know that you are *aware* of what he's doing and what he's feeling in such a way that will not create conflict or friction. If you tell someone "I can really tell that you are scared of me", that will probably elicit a negative effect and that's the *last thing* that you want to happen, because successful hypnosis requires harmony and non-conflict.

## Street Hypnosis Secrets Revealed!

Successful leadership has two components:

1. *Being able to 'read minds' through careful observation of non-verbal communication coming from the hypnotic subject*
2. *Progressively leading the hypnotic subject with authoritative commands*

You might be thinking: what does this have to do with street hypnosis? Why should *you* care about what the subject thinks and feels at the moment of the hypnotic session?

Do you remember our earlier discussion regarding the *speed of hypnotic induction*? Well, you can't quickly induce a hypnotic trance if the other person's subconscious defenses are all up. Why are people's subconscious defenses up? Blame modern living. Modern living may be convenient, but it is also tiring and stressful. People rarely take time to relieve *stress* in their lives, which is why their subconscious defenses are up *all the time*.

## Street Hypnosis Secrets Revealed!

When a person is stressed, he/she is:

1. *More suspicious of his/her surroundings*
2. *Wary of new people*
3. *Wary of trying new things*
4. *More likely to exhibit a fight/flight behavior*
5. *Too analytical/critical of all situations*

That's why stress should first be relieved before hypnosis can take place. If the *subconscious* part of a person's mind is fighting your commands as a hypnotist, the induction will proceed more slowly. But if you force the hypnotic subject's subconscious to *relax* right then and there, the subconscious defenses go down – and you can gain access to the subject's imaginative/subconscious mind with little resistance.

## Street Hypnosis Secrets Revealed!

### The Street Hypnotist's Speech & Language

As street hypnotists, we should be all experts when it comes to hypnotic suggestions. When you have induced a hypnotic trance, the next step is to give your hypnotic suggestions. Now, hypnotic suggestions generally fall into two categories: negative hypnotic suggestions and positive hypnotic suggestions. For the purpose of street hypnosis (or sometimes, hypnosis for entertainment purposes) hypnotic suggestions *should* remain positive. Both types of suggestions are powerful, anyway.

Throughout this book, I have repeatedly advised that you use different tones of voice for different situations. Just to recap:

1. If you want to *wake up* a hypnotic subject, your voice should be strong and the cadence should be quicker than regular speech. There should be some urgency in your voice so that the hypnotic subject will snap out of the hypnotic trance and wake up completely from the *trance* itself.

## Street Hypnosis Secrets Revealed!

2. If you want to put someone to *sleep* or if you want the hypnotic subject to fall into a deep state of relaxation, your voice should always be *gentle* and the cadence should be *slower* than regular speech.

Try it for yourself. If you say “you are getting sleepy” in a regular voice and cadence, the volunteer would probably not respond to the induction. But if you make your voice a little dreamy and slow, the subject’s subconscious mind will respond to the non-linguistic cues and the subject’s mind and body will begin to slow down and relax.

As a hypnotist, you should learn how to *read emotions*, as well as body language and verbal language. Focus not only on what is *said* but also on *how the words were said* and the probable emotions behind each statement. This way, you gain *full control* of the situation – and why shouldn’t you be? You’re trying to hypnotize someone!

Let’s practice one of the techniques. Read the following lines below with a soft voice and slow cadence. Make sure that you add a soft delay and pause at the end of each line so that the verbal effect is complete:

## Street Hypnosis Secrets Revealed!

*You are feeling very tired....*

*Your body wants to rest...*

*You are feeling sleepy right now...*

*Your eyes are heavy, very heavy...*

*Your eyes are slowly closing...*

*You are trying to stay awake, but you cannot stay awake...*

*Right now, sleep is all that matters...*

*You feel like sleeping and your muscles are all relaxing....*

*You are now falling into a deep, wonderful sleep...*

## Street Hypnosis Secrets Revealed!

*A wonderful, relaxing, very deep sleep....*

*Now sleep!*

Take notice of the structure and the way the lines are delivered. There is always a gentle pause at the end of each line. Each pause is important because it slowly pulls the hypnotic subject deeper into the hypnotic trance. The slow cadence during the delivery of the hypnotic script allows the subject to relax.

And at the moment that the subject is at the deepest part of the trance, a final command is given: sleep! The final command *will* be followed unconditionally and immediately, because you have already set the stage. The subject has already been *conditioned* by the chain of commands you have been giving... But at the moment of *reception*, the subject did not feel that he was being *commanded*, not at all.

Because when someone asks us to relax, we view it as a positive event and there is no *reason* to resist such suggestions. It's the same thing when we visit a friend's home and our friend says: "*Sit down, relax and have*



## Street Hypnosis Secrets Revealed!

*something to drink okay?*” From a linguistic point of view, a *command* was given, but we would wholeheartedly follow it because it’s a positive command. We are not threatened when someone tells us to relax or be comfortable.

Now, in addition to *tone of voice*, there should also be selective use of terms that denote the hypnotic subject and the hypnotist:

“I” – Should always be used when you have to refer to yourself. Never use “the hypnotist” or any other term to refer to yourself.

“You” – The pronoun “you” refers to the hypnotic subject. Always use “you” when commanding the subject. Some hypnotists use the subject’s first name, but I prefer using “you” because it *creates* a subject out of people. When a person says “you”, the other person instantly becomes a subject of the speaker. Here are some examples: “*you will fall asleep*”, “*you will not be able to unclasp your hands*”, “*you will smell the sweet scent of roses*” and so on.

## Street Hypnosis Secrets Revealed!

Here are some more tips when giving commands to a hypnotic subject:

1. Always try to express big ideas with small words. By using small, simple words, chances of being *misinterpreted* by the audience or the hypnotic subject are reduced to zero. But if you think your command was *not* understood, all you have to do is to repeat your command until the subject is *sure* that he/she has understood you one hundred percent.
2. Your job is to *hypnotize* people, not to make small, polite requests. I'm not being mean or anything, but the *effect* of a command and the *effect* of a polite request are two very different things. Consider the following examples:
  - *You will sit on the couch a few steps to your left.*
  - *Would you like to sit on the couch over there?*

## Street Hypnosis Secrets Revealed!

The first one is an ideal hypnotic suggestion because it is short, clear and directly addresses the subject. The message is clear: the hypnotic subject *must* take his/her seat on the couch.

The second example is how *not* to address a subject that has already went under a hypnotic trance. If you say “Would you like to sit on the couch over there?”, you would sound like you were giving the subject a chance to say “yes” or “no”, which is *not* the point of hypnosis. This strategy applies to both street hypnosis and therapeutic hypnosis.

3. Always plan ahead by writing and memorizing a hypnotic script. Advanced practitioners of the art of hypnosis can create impromptu scripts while they are performing hypnosis, but they are capable of doing this *precisely* because they have been practicing for so long. Writing a script *before* the hypnosis is always a better approach because then you can polish out parts of your script that don't sound ‘quite right’ just yet. In the end, you're ready to take on your very first street hypnosis session!

## Street Hypnosis Secrets Revealed!

4. Avoid saying random and unnecessary words when performing street hypnosis because the subject can take these random words as *orders*.
5. As a street hypnotist, you are also an *artist*. If you want the hypnotic subject to behave in a particular way via the subconscious/imaginative route, you need to learn how to paint believable pictures with your words. Be verbose; just make sure that your verbosity has a hard and definite aim.

## Street Hypnosis Secrets Revealed!

### Exploring Non-Verbal Communication with the Hypnotic Subject

It is said that strictly *verbal* communication comprises only a small percentage of the total communication that occurs between two or more individuals.

The rest of human communication is carried out with *non-verbal* communication or body language. Body language and even facial expressions convey emotions and sometimes even ideas and concepts. As street hypnotists, you have two main goals when it comes to non-verbal communication:

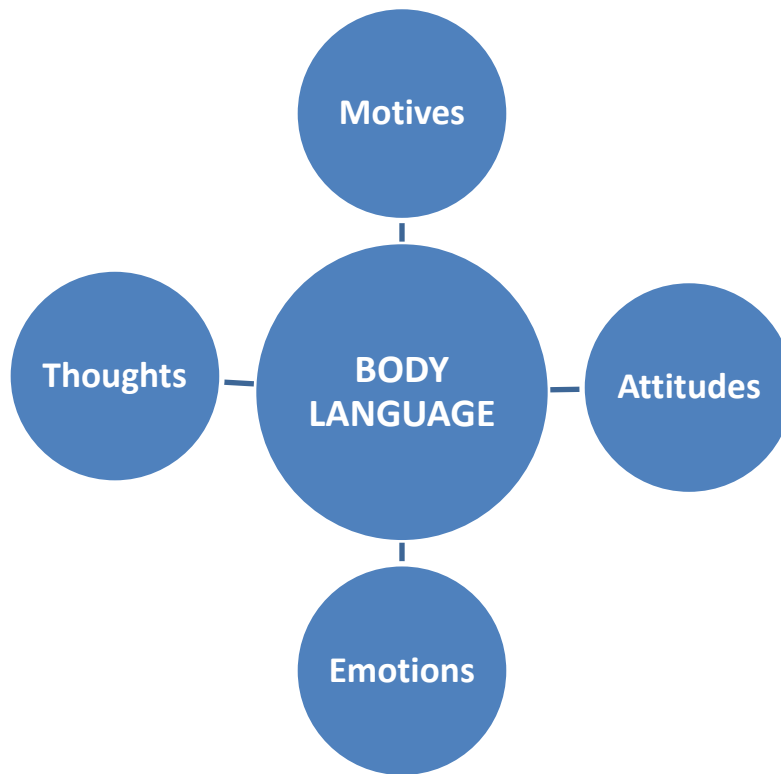
**Goal # 1:** To be able to *read* the body language of the hypnotic subjects every step of the way, so that you will be able to see if your subjects are actually responding to your hypnotic suggestions.

**Goal # 2:** To master your *own body language* so that you can effectively express your thoughts *verbally* and *non-verbally*. There should be

## Street Hypnosis Secrets Revealed!

congruence between what you are saying and what your *body* is expressing as you state your hypnotic suggestions.

People respond more easily to body language than verbal expressions. People tend to ‘watch’ other people’s body language as they speak because non-verbal expressions are usually more telling than people’s words.



*Non-verbal expressions through body language*

## Street Hypnosis Secrets Revealed!

As you can see from the previous diagram, a wealth of personal insight can be gained by simply watching and studying a person's body language. Your *first and most important tool* when studying body language is your ability to *closely observe* how people *act* and *react* in relation to your hypnosis.

You must be able to understand your subject's body language and at same time, *convey* the right messages through your own body language. Here's a secret: people are usually not *fully aware* of their own body language.

Often, gestures and facial expressions manifest so naturally that people don't give it a second thought. People are not as careful about their body language as they are with their words.

So when a person says "Yes!" but you can see that his body is tight and his eyes are looking sharply downward, you *know* that the person is actually disagreeing with you. The verbal expression ("Yes!") becomes a minor side note to the slew of non-verbal expressions that are being transmitted by the other person.

## Street Hypnosis Secrets Revealed!

When you are performing hypnosis on someone, try to observe the following when the hypnotic subject is interacting with you:

1. Voice pitch
2. Vocal emphasis
3. Slowness of quickness of speech
4. Breathing rate
5. Bodily postures
6. Stance
7. Facial expression
8. Whether eye contact is established at all times or not
9. Movement of the eyes
10. Contraction or dilation of pupils
11. Gestures
12. How the person is dressed
13. Special language or jargon used frequently
14. Regular expressions used



## Street Hypnosis Secrets Revealed!

As you can see, only *two* items on this list is directly associated with vocal expression. The rest of the items in this list are non-vocal expressions. Now, it is notable that although it is true that people are not sensitive of their *own* non-vocal expressiveness, people are *very sensitive* when it comes to what is expressed by *other* people.

When you are in front of your subject and an audience, know that people will be continually *scrutinizing* you based on what you say (words) and what is *not said* (physical expressiveness). If you feel knowledgeable and confident about what you are doing, your body language will reflect this positive attitude.

If you feel that what you are trying to do is impossible and is not worth the hypnotic subject's time, this attitude will also be expressed by your body language. When people see that you have already lost confidence in yourself even if you are still performing hypnosis, they will also start to doubt if you really know what you are doing. When there is doubt, there will be resistance. And when resistance becomes complete, hypnosis becomes

## Street Hypnosis Secrets Revealed!

doubly difficult to accomplish because *belief* and *expectation* are no longer there to assist the street hypnotist.

### Conscious & Unconscious Expressions

Like a professional dancer, a street hypnotist must also be very aware of his movements, posture and gestures. Train yourself to *express* with even the simplest of gestures. There are two main categories of body expressions: conscious body expressions and *unconscious* body expressions.

When a person clenches his hand and raises it near his chin, that person is making a conscious, threatening gesture, as if he wanted to punch someone. Here's another example: when you are in a restaurant and you want the attention of waiter or waitress, you call the waiter/waitress but at the same time, you will raise your hand or 'scratch the air' with your finger.

When you can't hear someone because the person's voice is too low or quiet, you cup your hand behind your ear. This signifies that you can't hear and would the other person *please* repeat what he/she just said?

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The second class of body expressions is comprised of unconscious expressions that usually manifest because of our emotions. Here are a few examples:

1. A person's eyes may become dilated because something has amazed him or has caught his interest at a very high level.
2. A person's shoulders become can bunch together when he feels anxious or frightened of something.
3. A person will touch his upper lip or nose when he is distracted or unsure of something.
4. A person will slowly tilt his head to either the left side or the right side to show that he is very interested in what he is doing or in what is he is listening to (e.g. another person, a radio broadcast, television, etc.) The movement of the head signifies concentration and is also a sort of warning (i.e. don't disturb me, I'm doing something!)

## Street Hypnosis Secrets Revealed!

5. When faced with a negative situation, some people will cross their arms. This is a defensive gesture that says “I’d rather be anywhere else but here right now”. If you see this kind of gesture when you are performing hypnosis, the subject probably is suspicious of you and you should do everything to make him/her more comfortable with what you are doing. Do not try to force your hypnotic suggestions on someone that is obviously *not* in a hypnotic trance.
  
6. Impatient individuals will often check their watches frequently or touch/play with their ring (on the finger, of course) or their watchstraps while you are trying to perform hypnosis on them.
  
7. If a person lies back on a chair and puts both hands behind his head, this signifies that he is confident that he knows more or can do better. In hypnosis, this type of behavior is not really advantageous to the hypnotist if the subject is trying to prove to everyone that the street hypnotist is a fake. However, if the subject projects confidence and is *helpful*, then proceed with the hypnosis as usual.

## Street Hypnosis Secrets Revealed!

### Guidelines for Conscious Body Expressions

1. Before performing any hypnosis, take a few minutes to calm yourself and iron out any 'kinks' or self-doubting. Don't worry! Have fun, you are now a street hypnotist. Only a handful of individuals *ever* attempt to study and apply hypnosis. You're one of a kind, my friend! *Be* the hypnotist. You *are* a street hypnotist. You are knowledgeable and unique – *feel* this truth and let your body exude utmost confidence!
2. When speaking to *anyone*, whether it is a member of your audience or your hypnotic subject, *always* make eye contact. Eye contact establishes confidence and authority. This is especially true when the subject is already in a hypnotic trance and you are ready to give your hypnotic suggestions. Deepen the trance by using the power of eye contact. Say your hypnotic suggestions with conviction and authority, too.

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3. Don't know where to place your hands and arms when you are not doing yet? Place your hands on your side. Don't fidget or touch your cheeks, nose, lips or hair. Avoid playing with your ring, watch or fingers as these gestures exude an air of disinterest, impatience or in some cases, distractedness.
  
4. When in a standing position, keep your back straight and stand tall. Don't slouch (you will look like you've lost your touch). When in a seated position, there's no reason to slouch, too. Keep your back straight and place your legs in front of you (not under the chair). When speaking to the hypnotic subject, lean slightly forward and establish eye contact. By doing this, you are showing that in whatever position, you are the authority and you can still perform effective hypnosis even if you are in a chair.
  
5. When you are not doing anything, appear relaxed and problem-free. Don't forget to mimic your subject's body language! If the subject appears happy and smiling, smile. If he appears anxious, mimic his facial expression and try to make him/her more comfortable with the

## Street Hypnosis Secrets Revealed!

- situation. Remember: *harmony* is the real secret of effective street hypnosis.
6. When the subject is telling you something, always *nod*. Never disagree directly with a resistant subject as this will only breed further resistance to what you are doing. To recap: agree wholeheartedly and when in disagreement with the hypnotic subject, don't say anything at all!
  7. When speaking, your hands should be open (meaning, people should be able to see your palms). Both your arms and hands should gesture openness and a warm welcome. The hypnotist should be authoritative, but accommodating. You can easily show through the hand-arm gestures.

## Street Hypnosis Secrets Revealed!

### Quick Q & A: The Swinging Watch in Hypnosis

**Question:** People see ‘hypnotists’ swinging a pocket watch to hypnotize people on TV. How true is this?

**Answer:** The “swinging watch” trick has been overused on TV, in the movies and even in comic books that it is now universally believed that swinging a golden pocket watch will hypnotize someone.

In reality, you can swing *anything* in front of a hypnotic subject to help hasten the hypnotic induction. When something is swinging in front of a person, that person will try to follow the movement with his eyes.

When this happens, hypnotist will simply suggest that the subject is becoming tired and his eyes are becoming heavier as he stares at the swinging watch/ring/etc. This is the same as asking someone to rest in a nice couch. As the person sinks deeper into the softness of the couch, you can suggest that he is feeling heavy and sleepy.



## Street Hypnosis Secrets Revealed!

So truth be told, it has nothing to do with the swinging gold watch. People have to *believe* something first before something can take effect. If the person believes that swinging gold watch can put him under a hypnotic trance, then it's going to happen. It's self-hypnosis at its most best (and at its most obvious, too).

So the next time you hypnotize someone, why not bring something unique to the equation? Instead of a gold pocket watch, why not bring something unique – like a silver necklace? Try swinging the silver necklace – you'll still get the same effect!

## Street Hypnosis Secrets Revealed!

### A Closer Look At Hypnosis

Before one can *become* an effective street hypnotist, one must first be *aware* of the true nature of hypnosis. But before that, let us clarify what it is *not*:

- *Hypnosis is not a form of magic.*
- *Hypnosis is not superstition, voodoo nor is it carried out with spells.*
- *Hypnosis does not aim to enslave anyone to a single person's will.*
- *Hypnosis is not a tool for mental domination.*
- *Hypnosis does not require that you accept other belief systems (i.e. New Age)*
- *Hypnosis is not part of the occult, nor will it ever be in the future.*

## Street Hypnosis Secrets Revealed!

- *Hypnosis may enhance a person's spirituality but that is just one very small facet of the art. It can be used for a variety of purposes.*
- *Hypnosis does not dismantle anyone's mental defenses nor does it put anyone in another person's complete control.*
- *Hypnosis is not just a passing fad. Sigmund Freud and a host of other scientists and psychologists have used hypnosis to carry out psychotherapy in the past. It is part science, part art.*

*Like other forms of science and art, it is developing and evolving to suit the needs of modern society. But its foundational principles are pretty much the same. The same can be said of other arts like meditation. The mode of utility has changed, but the principles are the same.*

Now that we are clear on what hypnosis *is not*, let us try to *define* what hypnosis is. From my own studies, I have come across two good definitions of hypnosis.

## Street Hypnosis Secrets Revealed!

### *Definition # 1:*

Hypnosis is one type of human communication where one person (Person A) is able to communicate by giving suggestions (calls to action) to another person. The big difference with hypnosis is that the other person (Person B) carries out the suggestions of Person A wholeheartedly, with little or no resistance.

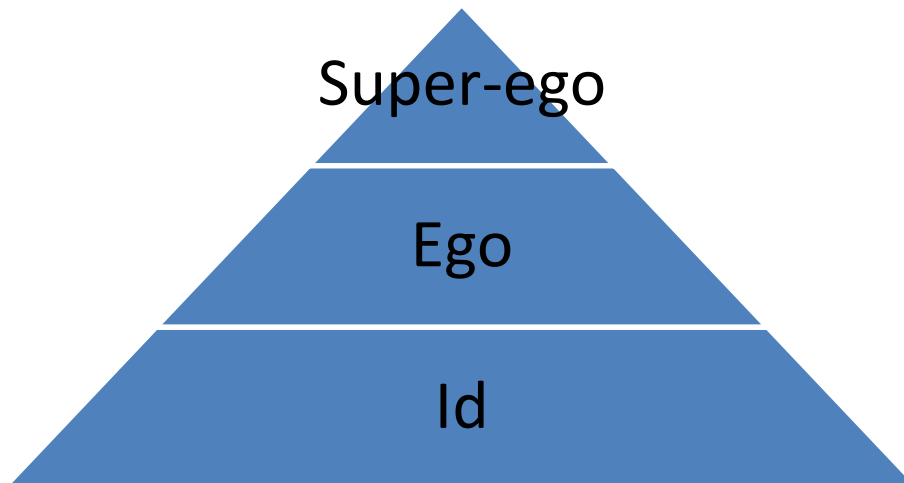
### *Definition # 2:*

Hypnosis is the time when the Id and Ego are able to communicate with each other during a specific trance – the hypnotic trance. T

## Street Hypnosis Secrets Revealed!

### The Id & Ego

Let us expound on the second definition of hypnosis, because this definition actually explains the *why* and *how* of hypnosis. The model that this theory of hypnosis uses (this is actually a Freudian model) states that the mind has three major parts: the Id, Ego and Superego. We are going to focus mainly on the Id and Ego because these two components work together in daily life.



The *Id* is considered the most child-like of the three components of the human mind. It is only concerned with gratification and pleasure. The Ego represents a person's *waking consciousness*.

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It is the patient mediator between the desires of the Id and the realities of society. The Ego strives to create a balance between the demands of reality and the demands of the Id. The Super-ego on the other hand, is concerned with *ideals*. All kinds of ideals are perpetuated by the Super-ego.

And because the Super-ego strives for correctness (based on society's definitions of correctness and properness), the Super-ego is often contradicted by the Id, which is only concerned with personal gratification. As you can imagine, not everyone can follow the orders of the Super-ego.

But for day to day concerns, we would have no problems with following orders from the Ego (the regular, waking consciousness of a person) and the Id (the part of the human mind that is concerned with pleasure).

*Pleasure* and *gratification* are very strong human drives. In fact, people spend most of their lives in search for gratification, security, comfort and *pleasure*. That's why when we appeal to the Id, the Ego makes sure that the demands of the Id are also followed (though not all of it).

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The Ego is not some super-structure that is placed on top of the Id to control it. Based on the Freudian model, the Ego of a person is half-in and half-out of the Id. Its partial submersion to the Id allows it to communicate and make compromises with the Id.

## Street Hypnosis Secrets Revealed!

### The Hypnotic Trance



*The Id*



*The Ego*

Hypnosis occurs when the Id and Ego, for a very limited time, are *able to communicate clearly*. When the two are able to communicate clearly, the Ego is able to take cues from the Id. The Id is concerned with needs of the body and the various emotions that humans feel.

The Ego on the other hand, has no real control over the various functions and drives of the body. What it *can* do is to guide the person to *act*. That's



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why the Ego is in full swing when a person is awake. It takes on the important role of being a person's critical, waking consciousness.

When we cross the street because we want to buy something from a store there, it is the Id that crystallizes the desire to buy something. It demands gratification of a desire through consumption. The Ego on the other hand, is in charge of making sure that you don't get run over by a cab when you cross the street. It is also in charge of making sure that you don't buy something that you cannot afford.

When you have already purchased the item that you desire, the Id is gratified and the Ego takes care of the rest by ensuring that you are able to arrive home safely with your new purchase. Do you see how *little* control the Id has when you are awake and yet, the various drives for gratification have a large bearing on the Ego.

## Street Hypnosis Secrets Revealed!

The Ego walks the tightrope of reality so that the desires of the Id are gratified. It is also concerned with satiating the desires of the Id without destroying the larger Self. Destruction is something that the entire human mind avoids.

Without the Id, the Ego has nothing to neither mediate nor manage. It just exists. Life would be empty without the emotions that affect our waking consciousness. Because we would have literally nothing to strive for (apart from the ideals of the Super-ego, which would become meaningless since emotions are no longer part of the picture).

If we want something to change in ourselves, the pressing desire for change does not come from the Ego. It comes from the Id.

If the Id does not understand or accept what the Ego wants, it would be very difficult for the Ego to carry out something because the Id is telling it something else. If a person just 'wants' to lose weight but has no real desire to do so, the Id will keep telling the Ego to buy yummy, fattening food even

## Street Hypnosis Secrets Revealed!

if the Ego wants to do something else. Do you see how these two components of the human mind work together?

How do we know that the Ego is working? Right now – stop for a moment and think. Why are you reading this book, anyway? Of course! You want to become a street hypnotist! Your Id likes the idea, which is why the Ego is doing something to make this desire a reality.

When you try hypnosis for the first time, it is also the Ego which makes you appear confident even if you are a little anxious. The Ego is also the reason why you are able to *continue* trying hypnosis even if your first few attempts may have been less than perfect. The desire has *stemmed* from the deep part of the human mind, the Id and it is the Ego's job to make sure that the desire is gratified no matter what happens.

One may think: if this is the case why can't these two parts of the human mind just work hand in hand if they are such a perfect fit? Well, it's just not possible to have both the Id and Ego 'awake' at the same time.

## Street Hypnosis Secrets Revealed!

Imagine *wanting* to go on a vacation so badly while in the middle of the working week. It would be a very difficult life indeed if your deepest desires took center stage along with your analytical consciousness. It would be a riot in your head – and your head will hurt, trust me!

So what is hypnosis? Hypnosis is when the staunch *Ego* is overruled by pure desire stemming from the *Id*. That's why it is so effective. When the *Id* accepts an idea, it makes sure that the *Ego* rationalizes *why* something is worth pursuing or doing.

For this to *actively* take place, the *Ego* and *Id* must temporarily switch positions. The *Ego* is always the dominant one, the top dog. The *Id* is always secondary to the *Ego* when it comes to carrying out things in the real world.

The two components of the mind temporarily switch places *twice* throughout the day: before we go to sleep and just before we awaken. No one realizes that the *Id* becomes dominant during these times of the day. Just before we

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sleep, we always *dream* for a short while. We usually dream, wake up once again before finally falling asleep for the night.

Just before we wake up, the components of the mind come together once again to exchange information. The Id temporarily becomes the dominant one since the mind has not fully woken up. The Ego might be the boss during the waking hours, but during sleep and dream, the Id is the Big Man. The Ego doesn't stand a chance against the Id when a person is in Dream Land.

Whenever the Id and Ego switch places, even for just a short period of time, suggestions can be made to the Ego. But unlike the suggestions we receive in the course of our waking hours, suggestions made to the *Id* are much more powerful. *This* is the goal of hypnosis – to temporarily switch off the Ego so that the Id can take on a more prominent role.

Of course, the Ego cannot be switched off completely. It will still be in the background, quietly watching what the Id would be doing in its 'absence'. The Ego may be in the background but at the moment of *danger*, it steps in instantly, pulling away the Id to take the fore once again.

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If a hypnotist tells a hypnotic subject to do something potentially dangerous, like dance the cha-cha while crossing a busy highway, the Ego will have no choice but to step in. That's the Ego's job – to make sure that the Self is as far away as possible from death, illness and dangerous situations.



*The Ego is also a warrior*

*It is the Ego's job to protect the Self from destruction. Any kind of suggestion that threatens or may endanger a person can break a hypnotic trance because the Ego steps*

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*in instantly to defend the Self by preventing the person from carrying out the dubious suggestion.*

Of course, as street hypnotists, it is not our business to put anyone in danger. That's just not in a street hypnotist's character. If we were to polarize the world, we are the *good guys*, not the bad guys. And bad hypnotic suggestions won't work anyway.

The human mind is so strong that it has numerous defenses against hypnotic suggestions that may harm the Self. It just won't work, period. It's different when hypnotists take to the stage, for example. Comedy routines and the like do not really pose any danger to people.

Even before such comedy routines are performed, stage hypnotists (just to draw a contrast) perform conditioning on both the audience and the hypnotic subject. An initial crowd induction is performed to see who will be the best subjects for the night's performance. A second hypnotic induction is performed so that the actual subjects are well relaxed and will easily accept hypnotic suggestions.

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Now, is a hypnotized person *asleep*? Not in the strictest sense of the word. When we say that a person is asleep, the Id goes to the fore but the senses and the Ego go under. When we are asleep the body is conditioned to ignore most noises and environmental stimuli so that rest and recuperation would be possible. Hypnosis is more of *deep relaxation* – almost asleep, but not quite asleep.

Earlier I mentioned that the main goal of induction was to replicate the conditions that give rise to the *switching* of the positions of the Ego and Id. In a person's natural state, the switching occurs but only very briefly. Under the skillful hands of a master street hypnotist, this partial switching of roles can be *prolonged* for an indefinite period of time. Again, this is not magic nor is it evil or anything like that.

Hypnosis is the most natural thing in the world! In fact, we are able to hypnotize ourselves when we really want to. A person can enter a hypnotic trance if he really wants to enter the trance.



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Here are a few examples:

- *When a person is reading the latest novel of his most favorite author.*
- *When a person is watching the championship game featuring his favorite team and its worst nemesis in the league.*
- *When a person is reading the latest breaking news about his country or about disasters in other countries.*
- *When a person is listening to the stimulating discussion of a well-respected professor at school.*
- *When a person is listening to a sales person enumerating the various benefits and features of a new product from a reputable brand*
- *And so on...*

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A hypnotic trance kicks in *if we really want to*. Hypnosis with the help of street hypnotist just speeds up the process through other means; mainly, through relaxation and through various methods of induction and deepening. Hypnosis is the mid-point that exists between being fully awake and being completely asleep. It is in this partially vulnerable state that a street hypnotist can give hypnotic subject some suggestions and these suggestions will be carried out because the Ego has been partially deactivated.

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### Trance States and Hypnosis

So far there has been a lot of talk about *hypnotic states*. But what *exactly* is a hypnotic state, anyway? There is no institutional definition of a hypnotic trance. But we *do know* that trance states *exist*. And hypnosis is a peculiar trance state that allows another person to make suggestions so that the other person will follow these suggestions.

As I have discussed earlier, people tend to hypnotize themselves if they really like the source of the stimuli. Perhaps the simplest explanation of a trance state is this: *a trance state occurs when a person's mind decides to selectively accept and act upon specific stimuli to the exclusion of other stimuli.*

If we think about it, other activities like meditation and bio-feedback all build upon trance states. It's just that we pay attention to different things, depending on what situation we are in. When a person is performing meditation, he is required to think about only his breathing rhythm, etc.

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When a person is trying bio-feedback, he progressively learns how to communicate better with his body through constant evaluation of his heart rate, breathing rate, blood pressure, etc. When a person is in a hypnotic trance, he/she pays *close attention* to the hypnotist, to the exclusion of all else.

It's hard to say if you are in a trance state or not, because we slip in and out of trance states all day long. It's not something that we have to prepare for; when a trance state occurs, we just willingly slip into it without even noticing it. The good thing is it's always possible to break free from a trance state if it has become undesirable or unpleasant. When we watch television, we break away from that particular trance state when a good movie has ended and a kitsch movie plays.

So what makes hypnotic trances so special, if we can willingly break away from it if we wanted to? Here's the essential difference between all the other trance states and a hypnotic trance: the other trance states do not require the aid of a human agent. Hypnosis *does* (although not in every situation).

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As I have mentioned before, a person's mental and sensorial faculties are not dulled or reduced during a hypnotic trance. No one is being 'enslaved' by anyone. No one is even sleeping or anything. *But* during a hypnotic trance, a subject *does* give the power of the *trance* to another person.

And during that trance, the hypnotist has more or less *free rein* as to what he wishes to suggest to the hypnotic subject. A person can snap out of a hypnotic trance, but under the hands of a skillful street hypnotist, a subject would find *no reason to do so*. It's just logical; why would anyone break free from a trance that does not harm or threaten anybody in the first place? And so the hypnotist is free to *initiate* the hypnotic trance and also becomes responsible for actively *ending* a hypnotic trance.

During a hypnotic trance, a person will still be fully aware of what is happening. A hypnotic subject will still hear the normal sounds of the surroundings. Nothing is reduced – and everything becomes *heightened*.

This may sound a bit paradoxical, since a hypnotized person is generally very relaxed. But it is only during deep relaxation can a person really focus

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on his surroundings and what is happening around him. Most of the time, people are so fixated in what they are doing (i.e. work) that they almost cannot see, hear or feel what is happening around them!

So from this point we would realize that indeed, 'waking consciousness' is really not that grand. It's not something that we would always want to hold on to because waking consciousness is essentially *limiting*. That's why people are able to imagine more vividly when they are hypnotized. Because once the trances of one's waking consciousness are gone, the mind is able to fully focus on other things.

People generally have a lot of misconceptions about how it would actually *feel* when one is being hypnotized by a street hypnotist (or any other hypnotist, for that matter).

People visualize 'going under a spell' so strong that they are mesmerized and speechless. People want to see stars and fireworks... People want to see a spectacle. And yet, real hypnosis is quiet (sometimes, eerily so) because

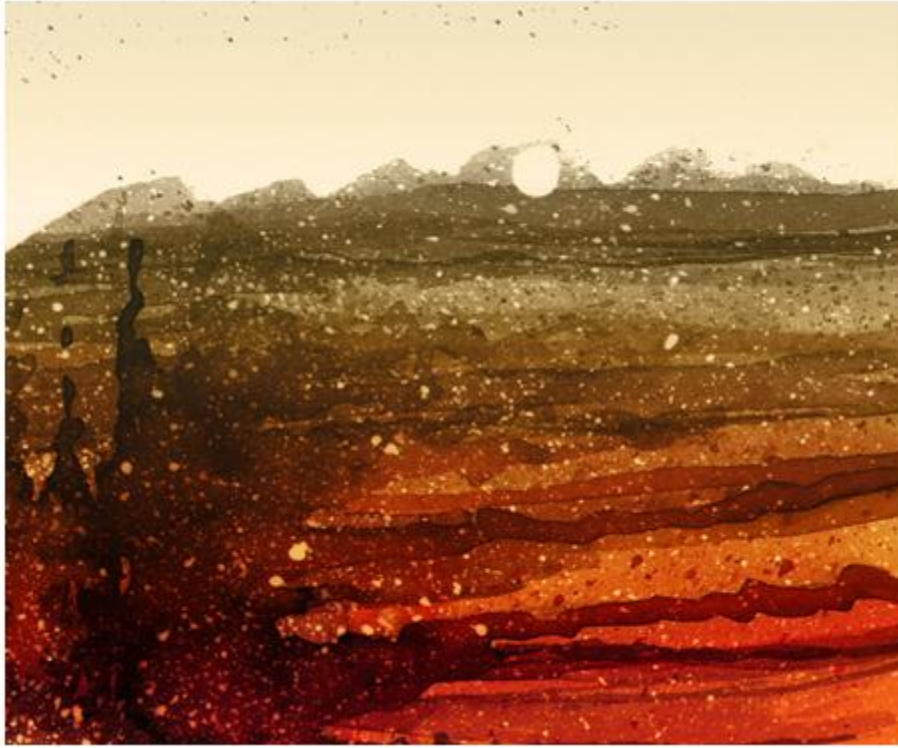
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everyone is focusing so intently that one only speaks when one really *has* to speak.

Let's visualize the human mind when a hypnotic trance sets in. Imagine the mind as a large room filled with different pieces of artwork. There are three-dimensional artworks, paintings, sketches, etc. Visualize your consciousness as a man walking in this large room. He can only focus on one artwork at a time.

When the man looks at a beautiful painting, he is absorbed by the delicate features of the colors and strokes of the painting. The man is aware that he is in a large room with other beautiful artworks. But at that precise moment in time, the man's attention is only on *one artwork* alone, to the exclusion of all others. Unless he chooses to look away from the painting, it's only him and the painting.

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*As a person enters a trance, a person's consciousness becomes absorbed with just one thing alone, to the exclusion of other things.*

And before you knew it, *I* have also placed you under a trance with the words in this book. As you read my book from page to page, you temporarily forget that you have other concerns.

You forget that you have bills to pay in a few weeks. You forget that you have to go grocery shopping later. You have entered a trance when you read this book and until you put it down, the trance will remain. Your senses are



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heightened as you learn more. Unless a conscious effort is made, the critical faculty is also partially/temporarily suspended during a trance state.

It is this *critical/analytical faculty* that must be partially put aside during hypnosis. Because if it *is not* disabled by the hypnotist, the other person will just analyze and criticize everything that the hypnotist says. That's the person's ego doing its job. A person's ego will *not* accept suggestions from anyone that easily.

It will do everything to resist suggestions that may contradict what is in its established collection of beliefs. The ego is responsible for making sure that a person will only accept ideas that are congruent with what is known as socially acceptable. For example, if a person has not been hypnotized, he will just laugh at the suggestion that he is really Elvis Presley and he can sing well.

The hypnotist has several tools at his disposal to achieve a hypnotic trance. To temporarily suspend the Ego, a hypnotist can of course use the "belief and expectancy" technique. Distraction and confusion can also be used so

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that a person will be induced into a hypnotic trance more easily. Once under a hypnotic trance, a person will *listen more closely* and *believe more easily* the suggestions that will come from the hypnotist.

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### The Power of Hypnosis



*Hypnosis = not a toy*

Some of you might be thinking “well, if hypnosis is so natural, then it’s harmless!” The trance state itself is harmless... But hypnosis can be so powerful that a very imaginative and suggestible person can do certain things that may not have desirable results.

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For example, a person who has been hypnotized will not normally go around pulling the trigger of a loaded gun. But if a skilled hypnotist convinces the subject that he is six years old again and he is playing cops and robbers with friends, he just might go around the place shooting with a loaded gun. That's why it is so important to be very *careful* with your hypnotic suggestions.

Hypnosis is not a toy. It is not a joke or a means to prank someone. A wrong hypnotic suggestion can produce repercussions beyond the control of the street hypnotist. This brings us to another important 'rule of thumb' of street hypnosis: *give hypnotic suggestions that even your own mom won't mind*. In short – don't mess with other people's consciousness just for the fun of it. It's not only mean, but it's very irresponsible for someone who is using a rare skill. Because let's face it, not everyone goes through lengths to find out more about a technique that can grant *another* person access to a subject's consciousness.

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People often wonder – why would a hypnotic subject follow something that someone *else* has suggested? It all boils down to congruence and harmony. When the subject's mind is congruent with the hypnotist's mind, there is little or no resistance to hypnotic suggestions.

Hypnotic suggestions are simply ideas that a hypnotist gently implants into the subject's consciousness. Since the subject is in a dream-like/sleep-like state, the words and *message* of the hypnotic suggestions seep *deeply and quickly* in the subject's subconscious mind.

Would a hypnotized person do *everything* that a hypnotist says? No. According to many foundational texts about hypnosis, hypnotic suggestions that blatantly contradict the mores and ethics will usually be ignored.

For example, if you tell someone to steal from a convenience outlet, you would probably be ignored. If you suggest to a hypnotized person that he should get drunk and hurt someone random in the street, you *will* be ignored because your hypnotic suggestions are raising *many* red flags. Both the Ego

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and Super-ego will converge during such times to prevent the Self from carrying out the hypnotic suggestions.

### Preparing For Your First Hypnotic Induction

I am certain that at this point in time, you already feel that hypnosis is not something that should be taken lightly.

Hypnosis is as real as everything else in the world. With this in mind, let us begin with studying the techniques that would give you access to the consciousness of individuals. This access we speak of can become a truly positive force in the lives of people that you choose to touch with hypnosis.

Always remember that the results of your efforts are wholly dependent *on your skills* and how you implement your techniques. Always remember the following when you are performing hypnosis:

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- 1. Always think positively, even if you have your doubts about what you are doing. If you emanate positivity, your subject will feel this positivity and will react accordingly.*
- 2. Never forget to do things confidently, for obvious reasons.*
- 3. Internalize everything that you wish to do, before doing it. Because before the Ego can carry it out, the Id must accept it and internalize it as well.*
- 4. Always have an endless well of enthusiasm ready before performing hypnosis.*

So far we have touched upon induction throughout the book, even in the earlier parts where we were specifically focused on establishing rapport and using your body language to gain the trust of the hypnotic subject. The basic blueprint for a hypnotic induction is as follows:

- 1. The hypnotic subject is asked to focus on a particular stimulus (i.e. swinging watch, the couch, relaxing, etc.)*

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2. *The hypnotic subject increases his/her concentration on the stimulus/limited stimuli. The stimulus becomes central to the subject's attention. It becomes the most important thing (at least, for the moment).*
3. *The hypnotist begins the script for deep relaxation, each time suggesting that the subject is becoming more and more relaxed.*
4. *The hypnotist finalizes the induction.*

There are *many* people in the world who claim to be hypnotists.... But few are actually aware of the basic psychological principles that fit perfectly with the art of hypnosis.

And one of these great principles/secrets is *reverse psychology*. Reverse psychology is used by many seasoned hypnotists simply because it *works*. This type of psychology can be summed up in the following words: *when*



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*you fear something is going to happen, eventually, that something will happen.*

When applied to hypnosis, this precept of reverse psychology becomes a very powerful tool indeed. When we tell a hypnotic subject that something *might* happen or *might not* happen, we will encourage a reversed effect.

Consider the following statement:

*“Now, just **try** to part your hands from that tight grip. **Try** as hard as you can. The harder you **try** to pull apart your hands, the tighter your hands will become!”*

Usually, the idea of just trying something that we fear might not take place is enough to cause a reversed effect. You guessed it right – when a hypnotic subject tries to pry apart his hands (which *he* clasped together in the first place) he will say that he is *unable to do so* because his hands clasp together even more tightly when he tries.

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What has happened here? The hypnotist has simply given the suggestion that the person might not be able to unclasp his hands. Since the hypnotic induction has already taken place, the person has become more suggestible and open to following hypnotic suggestions from the street hypnotist. Everything that the street hypnotist has prepared has taken root in the subconscious of the hypnotic subject.

They say that nothing beats analytical thinking. You may agree... But let me tell you this: during hypnosis, it's not the Ego that's in charge. Not anymore – because the Id has just taken center stage. And with the Id, the world is a bit freer and things can be achieved 'creatively' with a person's imaginative prowess.

Remember belief and expectation? When a person *believes* that you are indeed a hypnotist, he gives in to the hypnotic induction. Then he *expects* to be hypnotized. You are just guiding the process and preventing the analytical part of that person from being too intrusive during the hypnosis.

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Now, it is *very easy* to use reverse psychology when you are trying to hypnotize someone. Just use the word “**try**”. The formula is:

**“Now try to** (state activity that you wish to prevent). **The more you try** (state the activity again) **the more you will not be able to** (state the activity once more).”

### Hypnotic Suggestibility Tests

As I have mentioned in an earlier section of this book, people have different levels of hypnotic suggestibility. Some people are *extremely* suggestible while some are simply not.

If you are performing street hypnosis in front of friends or family, there must be some way to determine which ones are best suited for hypnosis (although this shouldn't stop you from performing hypnosis on someone who asks for your help). For the purpose of finding the ‘perfect subject’, a hypnotic suggestibility test can be carried out.

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You can perform the test on a single person or on a group of people. When performing a suggestibility test (or a series of suggestibility tests) on a group of people, ask those who have been affected by your suggestions to step forward. These folks are ideal hypnotic subjects because they are more hypnotically suggestible than other members of the group.

I will be outlining the various suggestibility tests that you can use, complete with the steps.

### Arm Drop

The arm drop suggestibility test is an excellent way to discover which members of a group are already very relaxed just before the actual hypnosis is carried out. This test will also reveal to you which members of a group can *easily* relax upon instruction. Some people can relax easily while some can *barely* relax.

1. *Ask members of your group to clench their left hand so that it forms a tight ball.*

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2. *Instruct them to point their index finger so that a rod-like finger juts out from the tight, clenched ball. The index finger should be pointing toward the ceiling.*
3. *Now tell them to place their right hand on top of the pointing index finger. Tell them to place all the weight of the right hand and right arm on their left index finger.*
4. *Now slowly tell them to relax, until all their muscles become loose and relaxed.*
5. *When you feel that the group has become completely relaxed, instruct them to pull away their left index finger from the right hand. It would be best to count to three before ordering them to remove their left index finger.*

People who can relax easily will be *complexly relaxed* at the end of this test and their right hand will fall unto their laps when you reach 3.

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### Closing Fingers

- 1. Ask the subject to lace together his fingers so that the fingers of the right hand are resting on the left hand and vice versa. The palms should also be pressed together. A good indicator would be when the right thumb is firmly on top of the left thumb or vice versa.*
- 2. When the subject's hands are pressed together, ask the subject to extend the left and right index fingers. The index fingers should form a loose "V" shape when extended.*
- 3. Instruct the subject to keep the two index fingers separated by a distance of about 1.5 inches. At this point in time, your hands should also be clasped and forming the loose "V" shape with your own index fingers. Emphasize that the subject has to keep his two index fingers separated by a distance of 1.5 inches.*

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4. Now tell the subject: *“I will count to three, and by the count of three, your two index fingers will be touching, the same way they touched when we started. Try to keep your two fingers apart.”*

5. And now the clincher: *“There seems to be magnets on your index fingers, these magnets are pulling your fingers toward each other, closer and closer, your fingers are closing together, they are coming closer and closer.”*

*“Your fingers are almost touching now, because the magnets on your fingers are so strong. Your fingers are coming closer and closer now, the magnets are becoming stronger”*

*“The magnets on your fingers have become so powerful that your fingers have completely touched now.”*

6. As you say the last line, close your own index fingers.

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Note: It is important to time the closing of your own fingers. Subjects usually focus on your own hands and forget about their own fingers. The closing of your own fingers may act as a cue to the subject; the subject will inevitably close his two index fingers too.

### Light & Heavy Hands

This test can be used effectively on large groups, but can also be used on single subjects.

- 1. Instruct your subject to close his eyes and extend both arms. The arms shouldn't be too high or too low; ideally the arms should be at chest level, palms facing the ceiling.*
- 2. Now speak to your subject: "I have placed on your left hand a stack of very heavy books. The books are so heavy that your left arm is getting tired and heavy, too. Your left arm is getting so heavy that it's slowly being pulled down by the weight of the books. The books feel very heavy in your arm."*



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*“I have tied a large helium balloon on your left arm. The helium is very light and it is floating upward, carrying your right arm with it. Your right arm feels very light and the balloon is gently lifting it upward. Your right arm is floating up toward the ceiling.”*

Note: Hypnotically suggestible individuals will have their left arm *down* and right arm *up* after this test is carried out.

### **The Perfume Bottle**

Another effective test for large groups; this is also one of the easiest and fastest suggestibility tests around. You need a perfume bottle for this suggestibility test.

Ideally, the perfume bottle should be dark so that people won't be able to see whether it is filled or not from a distance. If you have your doubts, you can always fill the bottle with water. Now, the perfume bottle should also have a cap that you can remove in front of the subject or group.

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1. Say: *“In a few moments I will be removing a perfume bottle from my pocket. This perfume is known to be one of the most fragrant in the world. It is so fragrant that its scent has been known to travel through the air faster than other, more common perfumes.”*
2. Take the closed perfume bottle from your pocket or sleeve and show them that you are unscrewing the perfume bottle. Say: *“I will now let the beautiful fragrance of this special perfume to travel throughout this room. Those of you who are able to smell the special, fragrant perfume, simply raise your hand to be acknowledged”*.

Note: This is an instant suggestibility test; folks who raise their hands after you've asked them to do so are ideal subjects. If you only have one person in front of you and he says he can smell the perfume, then that person is hypnotically suggestible, too.

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### Sticky Hands

This suggestibility test can be done before the hand-clasp test, which has already been discussed in an earlier section of this book.

1. *Ask the subject to extend his arms and press together both palms.*
2. *Instruct the subject to start rubbing his hands together while maintaining the outstretched arms position. The subject must keep rubbing his hands until you tell him to stop.*
3. *Say: “As I count from one to three, your hands will begin to feel hot and sticky. You will feel as if I’ve placed special glue on your hands. One, your hands are getting hotter and hotter as your rub them together, two, your hands are getting hotter and as your hand become hotter you will feel that your hands are also becoming stickier and stickier, the stickier your hands are the hotter they will feel as your rub your hands together, three, lock your fingers together now!”*

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4. *Proceed with the hand-clasp test, if you wish. Ask them to separate their hands, all the while suggesting that they could not because their hands are locked firmly together. This is a pre-conditioning test for the more traditional hand-clasp suggestibility test.*

### Hypnotic Induction Techniques

They say the best things in life are also the most simple: this is especially true for hypnosis. Hypnosis is not rocket science. *Anyone* who has the ability to learn new skills can perform it (and this means *everyone* can try it because everyone *can* learn new skills with a bit of study and practice).

Many people believe that hypnosis isn't real because when they finally get down to how it is done, they discover that it simple (even simpler than driving a car or operating a computer).

Why shouldn't it be? Hypnosis just activates a *natural* trance state in another person, or in a group of people. People experience trance states all the time;

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hypnosis just capitalizes on a trance state so that hypnotic suggestions can be made.

Hypnosis is possible in many circumstances – but a speedy and effective hypnosis is possible *only* if you have been given all the right tools and knowledge. You might be wondering: why have I taken so long to discuss inductions? Well, you needed to be aware first of how human communication worked first.

You also needed to understand how the human *mind* operated on different levels. Some ‘hypnotists’ never bother to read about psychology... that’s why their hypnotic techniques are limited. They do the same things over and over again – because they don’t know how to advance their techniques to accomplish greater things with hypnosis.

Just to recap:

1. *To hypnotize someone, the hypnotic subject must first believe that you are a hypnotist and must also expect to be hypnotized.*

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2. *The next step is to confuse or disorient the subject so that...*
3. *In the third step, suggestion and repetition can be used to place the person in a deep state of relaxation.*
4. *The last part of the induction is the actual deep relaxation of the subject. If the induction is done well, the person will not snap out of the hypnotic trance quickly.*

Before you perform any inductions, I would like you remember two top pointers that any master street hypnotist should never forget:

1. *Confidence is your best tool against failure.*
2. *The more you practice hypnosis, the better you become. And so practice, practice, practice!*

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### Method 1: Falling Backward

1. *As the subject to stand straight and to place his hands on his sides.*

*When the hands are on the sides, more weight is felt throughout the upper body and a person is more likely to get off-balanced.*

2. *Walk to the left side of the person and place a foot near the subject's right heel.*

3. *Place your middle finger on the subject's forehead, near the eyebrows and get him to gradually relax. Give the subject's forehead a slow push with your middle finger and say "Let your head tilt back as you gently close your eyes".*

4. *Count from one to three. As you count, gently slide your middle finger upward toward the hairline. This will give the subject the cue to fall backward. This is the most powerful suggestion in this entire method. Even without the verbal cue to fall backward, the simple act of sliding your middle finger across the forehead is enough for most people.*

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5. *When you feel that the subject is slowly falling backward, gently catch his weight and let him lie on the floor. Don't let the subject hurt himself during the induction.*
  
6. *When the person is finally on the floor and is completely relaxed, the person is already in a hypnotic trance.*

Notes: If you are dealing with a non-ideal hypnotic subject and you are having a hard time getting the person to relax when using this method, ask the subject to breathe deeply and *quickly*.

This makes the person hyperventilate just a little bit. When the person tilts his head back, he will feel slightly off-balance. This will help him fall backward. Again, the purpose of this activity is to confuse the hypnotic subject, which is really necessary during a hypnotic induction.



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Script: *“You are falling deeper into a state of relaxation. As you become more relaxed, the better you will begin to feel and the better you feel the more relaxed you will become.”*

*“You can feel your body getting heavier and you feel yourself falling backward... And you are now falling deeper into a sleep like state”*

*“Now sleep... Let yourself fall, enter a deep state of relaxation, relax and let yourself sleep”*

### **Method 2: Falling Forward**

The ‘falling forward’ induction method is quite similar to the ‘falling backward’ method. The only difference is that the subject will fall into your arms instead of ending up lying on the floor. No physical contact is necessary for this method. Just ask the subject to close his eyes and tell him to relax.

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Slowly lead the subject to fall forward, assuring the subject that he will not hurt himself in the process because you are there to catch him when he does fall forward.

Count from one to three as you lead the subject to fall forward on command. Don't forget to command the subject to *sleep* at the end of the induction. This is the shock element that clinches the entire hypnotic induction and makes your presence a more effective tool in hypnotizing someone.

### Method 3: Floating Arms

- 1. Ask the subject to sit on a chair. Legs should be straight and his hands should be on his lap. Have him close his eyes tightly.*
- 2. Instruct the subject to slowly lift the middle finger of his right hand and slowly, let the subject lift his arm as he lifts his middle finger into*

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*the air. As lifts his arm, relax the subject and create the imagery that his right middle finger is tied to a large helium balloon and that it feels very light.*

- 3. Let the subject lift his finger toward his nose and when he does touch his nose, instruct the subject to let his hand fall to his lap. At that precise moment, the subject will enter a hypnotic trance.*

Script: *“Your breathing will become deeper and more relaxed and as you breathe deeply you will begin to feel light, relaxed, very relaxed. You will experience deep relaxation in the next few minutes and as you go deeper and deeper into a state of relaxation the better you will feel.”* (This should be spoken when the person is already seated on the chair, with his legs straight, hands on his lap and his eyes closed)

*“Now I want you to pay close attention to your right middle finger and as you take notice of your middle finger, notice how it has become lighter as if a large helium balloon has been tied to it. The helium balloon is floating gently upward, making your finger and arm lighter. Your arm has become so*

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*light now that it feels that it doesn't want to stay resting on your lap. It wants to float up with the large helium balloon because it is now very light and it wishes to float up toward your nose"* (Continue in this vein until the hypnotic subject begins to respond to what you are saying. If the subject is resistance, encourage the induction by suggesting heaviness, rest and sleep. Then proceed with the imagery of floating and lightness once again to make the subject's arm float upward once again. When the subject's right middle finger is very close to his nose, proceed with the third paragraph)

*"Know that as your middle comes very close to touching your nose you will begin to feel very sleepy and heavy and your arm will instantly feel like there was a pile of concrete on top. It will fall instantly to your lap because of the weight. When your arm falls back to your lap, you will instantly feel that you are in a state of heavy relaxation, one hundred times deeper than what you are feeling right now."*

Note: Don't forget that you are a word artist and your hypnotic subject needs to vividly see in his mind's eye what you want him to imagine. Practice your

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lines and memorize what you have to do before attempting any of these induction methods.

### Method 4: Head Tap

This is an adaptation of the microphone induction method popularized by the hypnotist Craig Williams in the United Kingdom. Instead of using a microphone, you can use a walking stick or even just your hands to tap the forehead of the subject during the induction. Using something other than your hand will produce a more dramatic effect and will heighten the effectiveness of the method. Be creative!

- 1. Perform the hand-clasp suggestibility test on the subject. When the subject is unable to break free from his own hand-clasp, perform the induction.*
- 2. Command the subject to let go of his hands so that he is able to extend his arm in front of him. Grab hold of the subject's right hand using your left hand.*

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- 3. Hold whatever you have in front of your subject and tell the subject that he should fix his stare at the top point of the object that you are holding. Further instruct the subject that he should not look elsewhere and he should just fix his stare at the object that you are holding no matter what happens.*
- 4. Now raise the object that you are holding and tell the subject to keep looking at the object that you are holding. At this point in time, the subject will begin to feel just a little dizzy from staring at something fixedly for such a long time. Don't worry about it – it is part of the disorientation needed for this induction method to work.*

*The object in your hand should be held in such a way that its top portion is directly pointed at the subject. So from the viewpoint of the subject, the object is in the middle of his field of vision. The only difference now is that the eyes are forced to move upward and stare at a single point at the same time. This creates an instant strain on the eye muscles.*

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5. *Use the same relaxation techniques that I have outlined in the earlier induction methods. With this technique, use the tactic I have discussed in the falling backwards induction method (i.e. the gradual relaxation, the count from one to three/three to one, etc.)*
  
6. *Tell the subject that as the object you are holding touches them on the forehead, they will fall into a very heavy and sleepy state and that they shouldn't worry because you won't let them fall (make sure that you are ready to catch the person once he tilts his head and falls back!) Gently tap the subject's forehead with the object that you are holding and let the momentum guide the subject's fall.*
  
7. *When the subject begins to fall backward during the induction, keep your grip firm on the subject's right arm and assist the subject. The subject should be laid down on the floor gently (don't let him bang his head). When the subject is finally on the floor, the induction is complete and the subject is finally in a hypnotic trance.*

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### Method 5: Body Flop

This is another quick induction technique that is easy to carry out as long as you have a chair with a short back. Do not use a chair with a high back for this one; you won't be able to make the subject's body flop!

- 1. Get a small chair with a short back (you can probably use a stool with no back at all). Instruct the subject to sit upright on the chair and relax their hands on their laps.*
- 2. Begin the relaxation procedure; put the person at ease. Put your hands on the subject's shoulder and begin massaging the tense muscles on the shoulders. As you gently massage the back of the subject, continue with your lines to facilitate deep breathing and relaxation. Encourage heaviness and sleepiness.*
- 3. When the subject has become relaxed, begin counting backwards from three to one, all the while massaging the subject's shoulders. Suggest that as the minutes pass, he will feel more relaxed and he will feel*



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*better because he is relaxed. Repeat these lines until you feel that the subject is responding completely to your suggestions.*

- 4. In the final step of the hypnosis, give a final instruction to the subject: "Sleep!" At that precise moment, remove your hands from the subject's shoulders and press your chest to his upper back. Give your weight so that he will bend forward. Simultaneously bring your hands to the subject's lap and sweep away his hands so that his arms will hang from the sides his head will be almost resting on his lap. Do not press down too hard, though. It takes a little practice to succeed in simultaneously performing these two actions, but with practice I am sure that you will be able to master it.*

Script: *"Alright (state the subject's name) I would like you to start relaxing. Just relax, nothing is going to happen, I'm just going to help you relax. I want you to take deep and relaxing breaths and with every breath your muscles will begin to relax more and more. With every breath all the tension is leaving your body and with every breath you are feeling heavy and sleepy"*

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*“I’m going to start counting from three to one and with every count, you are going to feel heavier and more relaxed. The heavier you are the better you will begin to feel and the better you feel the more relaxed you will become”*  
*(Don’t forget to massage the subject. Continue in this vein while you count backwards from three)*

*“One, sleepier and sleepier, heavier and heavier, more and more relaxed”*  
*(Perform the body flop)*

### **Method 6: Hand Wave**

The hand wave induction technique has been around for a long time and is one of the quickest ways to induce a hypnotic trance.

- 1. Ask the subject to step forward. Ask the subject if he wishes to be hypnotized tonight. Describe what hypnosis is like and ask once again if he wishes to enter this beautiful state. The subject should say yes. If*

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*he says no, simply restate what you have already said until you get a positive response.*

- 2. When the subject is answering yes to all of your questions, tell the person that you are now going to use the fastest hypnotic induction in the world. Maintain your eye contact and as you say those words, wave your hand in front of the subject's eyes.*
- 3. Your hand should move up (once) and move down in a straight path from the top are of the subject's head, as if you were pulling a cloth down the subject's face, but with an open palm.*

### **Method 7: Handshake**

The handshake hypnotic induction is similar to the hand wave induction; only this time, you will use a hand shake instead of a hand wave. Both techniques are more effective on individuals who have just been hypnotized, or at least, have been hypnotized *before*. You can use the imagery they already have in their imaginations to facilitate a quick and effective hypnotic induction.

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### Method 8: Instant Shockwave

The instant shockwave induction is best used if you have some friends with you. The more people you have with you, the better, because you need the element of suspense on your side to make the instant shockwave induction work. Here's how it works:

- 1. Have your potential subjects line up in front of you. Wait a moment and stare at all of them with a serious, steady gaze. If you can summon a really serious face, do it. Pause for effect before slowly walking up and down the line.*
- 2. As you walk around the line, take time to stop and gaze steadily into each person's eyes. Send the fear of the unknown deep into their psyches as you transform into a mysterious and powerful hypnotist with the power to send people into Dream Land in an instant.*

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- 3. Choose the person that you really want to hypnotize and make sure that you give him a steely gaze as you walk. Look at him longer than the others to build some fright in his heart. And when you think he's about to scream (out of joy/fright), walk away as if you thought he wasn't interesting at all.*
- 4. When that person has breathed his sigh of relief, immediately walk up to him and say to him with a strong and commanding voice "I cannot be bothered with you. Now sleep!"*

Note: You can continue doing this if you have a large enough line, but for the purpose of using a dramatic induction to please/entertain others, one subject is enough.

### **Method 9: Finger Stare**

The finger stare induction method is very similar to the forehead tap method. The only difference is you will ask the person to look at the tip of your index finger for a longer period to create the eye strain. Then the person will fall backward as he enters a hypnotic state.

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### Method 10: Blinking

This is an eye-strain induction method that can be used to create a deep trance in a very short period of time. Compared to progressive relaxation and other modes of induction, this forces a person to relax even more quickly because the muscles of the eyes get tired more easily when a person is forced to stare at something. This induction can be done when a person is seated or standing up.

- 1. Ask the subject to stare fixedly at a single point in the ceiling. Tell the subject that as you count from one, he will feel more and more relaxed. Continue suggesting heaviness and sleep as you count from one.*
- 2. Instruct the person to keep staring at the singular point in the ceiling but at the same time, at every odd number that you say, he will have to close his eyes. At every even number his eyes should open.*

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- 3. Continue suggesting that he is becoming even more relaxed at that keeping his eyes closed would be easier than forcing them open. Continue counting until the subject succumbs to the eye strain. When the subject is no longer responding to the odd-even number instruction you have given, he is already in a deep state of hypnotic trance.*

Notes: After a successful induction has been accomplished, proceed with the actual hypnotic suggestions. After induction, you just have to make sure that the person remains relaxed and “in-trance”. Then you can proceed with the bulk of the hypnotic suggestions. After you are done with the hypnotic suggestions, tell the subject to forget everything that you have said during the hypnosis when finally wakes up (hypnotic cancellation). Be very clear when instructing the person to forget what has occurred during the hypnosis. Then finally, instruct the person to wake up.

### **Indications that a Person Has Gone Under**

There are several signs that a person has entered a hypnotic trance:

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1. Check the color of the subject's face. If it goes from pale to flush red, then the person has entered a hypnotic trance.
2. When the eyes of a subject begin flickering *after* you have done the relaxation routine, then the subject has entered a deeper state of hypnotic trance; even deeper than what you have initially accomplished during the hypnotic induction.
3. A person who has entered a hypnotic trance will most likely have the whites of their eyes peeking through the eyelids. Don't worry; this just means that the person has definitely gone under.
4. When the induction does not involve closing the eyes, check if the eyes are moving normally. If it is fixed at a single point and has a glazed appearance, the person has already been hypnotized.
5. Some people begin scratching themselves when they are hypnotized. Your subject is not being naughty; he probably doesn't know he's doing it



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6. Others suddenly distort their faces when they enter a hypnotic trance.  
Some twist their faces into the oddest of looks. This is an unconscious/involuntary action and is also no cause for concern.
7. A person who is in-trance will obviously look very relaxed, almost sleeping.
8. Rigidity may occur in some subjects. This somewhat catatonic state can be achieved with the right instructions during the hypnotic induction; other times, it happens naturally especially if you lay down the subject on the floor.
9. Yes... Sometimes people do actually fall into a genuine half-sleep. People who fall into a half-sleep won't be able to talk normally. If they do talk when you speak to them, their speech would be different; a little slow and definitely, some slurring will be present.

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10. In some cases, a hypnotized individual will not be aware of the passing of time. A three hour session with a street hypnotist may feel like half an hour only. People are genuinely amazed that they did not feel the passing of time.

11. In therapeutic hypnotherapy, a person may suddenly become scared or fearful of something. If this happens during a hypnosis session, do not try to prevent it. The mind is releasing repressed emotions and memories. Once the person has been able to release these repressed emotions, the hypnosis session will definitely have a good effect on his/her life.

### **Awakening a Hypnotic Subject**

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Usually, people are very easy to wake from trances. But in the course of your practice as a street hypnotist, you will encounter individuals who are extremely hard to wake up; as if these people have willingly turned off their ability to snap out of relaxation. Here are some techniques to wake up someone who doesn't want to exit a hypnotized state:

1. Tell the person that you will count from three to one and when you reach one, you will grab a sharp pin and prick the subject's hand with it. Count from three to one and just touch the subject's hand with something else, like a pen. Don't prick the subject!
2. After you have instructed the person to awaken, blow into his ears lightly. The noise will wake the person if he is genuinely unaware that he is unable to snap out of the hypnosis on his own.
3. After you have already commanded the person to awaken, whisper the word "snake" or "scorpion" into his ear. Say the word with urgency. The Ego will awaken to protect the person from the perceived threat. Works every time!

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Now, what do you do when a person *doesn't* awaken despite all your efforts? The answer is: nothing. Don't do anything. The person is not in any danger; he just enjoyed the relaxation so much that he doesn't want to wake from it. Within an hour, the person will probably be fully asleep and he will just wake up later, refreshed from an instant nap in the middle of the day.

### **Tips for Making Hypnotic Scripts**

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There is deep satisfaction in knowing that you will be able to help someone with your newfound skills as a street hypnotist. Let this section help you craft great hypnotic scripts for the most common problems. Note that before going into the bulk of your hypnotic suggestions, the person must ‘go under’ first (hypnotic trance through induction and further deepening) and the person must be completely relaxed. Include components of focus and relaxation in every script so that the person will be relaxed and more open to hypnotic suggestions.

1. **Smoking cessation** – the script for smoking cessation should convince the person that he is quitting the habit because he wants to, not because others are telling him to do so. He is quitting because his body wants to be healthy again. He is quitting because he is spending a lot of cash on something that doesn’t really bring back any return of investment. Suggest that he will quit joyfully and that he will not be angry with himself or anyone else because he has quit the habit. Inform the subject that the pangs of withdrawal are normal and will go away in time. Tell the subject that it is just a ‘weed’ (tobacco) and that his mind is much more powerful than a habit.

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2. **Weight loss** – tell the subject that at this point in time, he is ready to be free from all the weight that is causing him so much grief and so many health problems. Inform the subject that he doesn't need to eat all the things that he used to consume, because the body only needs nutritious food, not junk food. Tell him to imagine all the things that he could do once he loses all the weight (i.e. wearing nice clothes, going swimming without feeling embarrassed, etc.) Let the person visualize that he is exercise joyfully, burning all the pounds that is making him heavier every day. Also let the subject visualize a new him and that he is slowly tuning out or erasing the old body that is no longer fit for his plans to be a healthier individual.
3. **Self-confidence** – let the person imagine that he is beginning a new life with none of the anxieties that have crippled him before. From this point on, the subject will only think positive thoughts and he will always focus on the positive things in life to boost his self-confidence. Every challenge that he faces will no longer be viewed as a hindrance or a key to his destruction, but simply a stepping stone to a better,

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stronger him. No longer will the subject be afraid of pursuing new things in life because he deserves all of those good things in life, too. In social settings, tell the subject that he will no longer be nervous and he will no longer shy away from new people. He has found a new voice and a new face and he is no longer afraid to speak up. Everything in the script should be positive/affirmative.

- 4. Creative visualization** – creative visualization can be used for a variety of purposes, including pain mitigation. Let the subject relax and use his imagination to focus on areas of his life that he wishes to improve. Suggest actions that involves letting go if the problems include bad habits, etc. If the subject has self-confidence issues and the like, he has to feel in control of his own world, so you have to build a script that would make him the center of the action. Perform a series of hypnotic sessions until the person reports that he has improved under your hypnosis.

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