As we have said all of life is an illusion a trance if you wish to say. Our reality is not real, and people have an incredible ability to suspend disbelief. Talking is a way of communicating suggestions. If I say ‘I got a Lemon, and I taste it.’ You can feel the taste yourself and you can sense excess saliva passing into your mouth. This is suggestion, this is talking and conveying suggestion. People have biases and habits that are formed by suggestion. People are already hypnotized and bound by suggestions. They act day to day in specified conditioned responses to stimuli. People often do not act from freedom to choose but from conditioned learned responses. As we increase the intellect we sometimes increase freedom to choose. Sometimes. We need to start by learning how to set people free from hypnosis. We start to learn how to De-Hypnotize people.
Dehypnosis

Today people are hypnotized, they are told consciously and unconsciously what to think, say or do. There is direct undisguised outward mind control from education, marketing, entertainment, news services and the media. The powers of Big Money tell us to think with the little head, tell us other races and color are less than the norm. They tell us that different is evil. They can control the masses with ease.

Desiré has come to De-Hypnotize the Masses. To set people free to think, challenge false beliefs, recognize that there is such a rapid change happening in the world today that it takes large effort to keep up with changes. We must be humble and not rigid with false beliefs. Desiré has come to defeat the petty lizard brain and set us free.

Desiré has the ability to expose false beliefs with a simple phrase, and then set the people’s minds free from their mind control hypnosis.
Always remember 60% of the people are more prone to suggestion. They are more easily influenced. They respond to placebos better and follow others. The other 40% are resistant. They are sometimes lacking in vision, very pragmatic and cautious. If you ask someone to see his mother’s face in the color purple and they look up to the right they are probably a good subject. If they stare at you and widen their eyes they are a very good subject. If they look to the sides or down, they are most probably a bad subject. Sometimes it is hard to tell.

Hypnosis is simply: a relaxed state of non-verbal focused attention that allows suggestion to control and change mental and physiological patterns that can’t be changed in everyday awareness.

Hair Removal with Hypnosis Advert - It is possible
Believe it or not, hypnosis is a very natural state that we go in and out of every day, most of the time without knowing it. For instance, like when we're driving on the freeway and miss an exit, or when we become so engrossed in a movie we start to cry or laugh with the characters, even though we know it's not real. Every night we go into a state of deep hypnosis or hypnagogic sensitivity for about 30 minutes before we fall asleep. And every morning when we first awaken we are in hypnosis. It is that dreamy feeling, in between being asleep and fully awake.

When we are in hypnosis, we are in an altered state of consciousness, which is really just a heightened state of awareness. We feel physically relaxed, mentally alert and fully aware of our surroundings. Because this is a time when both our conscious and subconscious minds are present, it is a state where we are more suggestible and the subconscious is open and receptive to positive suggestions and sensory experiences.

Consequently, we use the hypnotic state therapeutically to give powerful positive suggestions that the subconscious will accept and act upon, ultimately aligning with the conscious desires to change and the freedom to stop acting blindly to conditioned stimuli.

Much of witchcraft is just actually suggestion. Do not over use it or undervalue it, but learn it well. Hypnosis is thought to work by altering our state of consciousness in such a way that the analytical left-hand side of the brain is turned off, while the non-analytical right-hand side is made more alert. The conscious control of the mind is inhibited, and the subconscious mind awoken. Since the subconscious mind is a deeper-seated, more instinctive force than the conscious mind, this is the part which has to change for the client’s behavior and physical state to alter.

For example, a client who consciously wants to overcome their fear may try everything they consciously can to do it, but will still fail as long as their subconscious mind retains this terror and prevents the client from succeeding. Progress can only be made by long term reprogramming the subconscious so that deep-seated instincts and beliefs are abolished or altered.

Increasing suggestibility in a person you are talking to, such that they will provide information or follow instructions without resistance, is a relatively straightforward process. Such "fast inductions" can be executed one at a time, or in combinations, in order to achieve effects ranging from increased rapport to therapeutic trance. The smooth talker and the powerful sales person has the power of subtle hypnosis.
I was trained as a medical hypnotist in Ohio. I hypnотized many patients to go through surgery and for other reasons in the Hospital. And I was a stage hypnotist at YSU and I had a TV show as a psychic and hypnotized people on TV many times. I was quite well renown as a medical hypnotist.

**State-dependent memory or state-dependent learning** is the phenomenon through which memory retrieval is most efficient when an individual is in the same state of consciousness as they were when the memory was formed. To hypnotize someone you must get them to a different or much more relaxed state of mind then give them a suggestion and when they relax they will remember the suggestion.

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**Pattern Interrupt:** Perhaps the easiest way to execute a fast induction is simply to interrupt a process that people always complete without interruption. If you ask someone to sign their name, then interrupt the process, they will wait in a very suggestible state to complete that process. If you reach out to shake their hand then hand them something to hold, or ask them to provide their address and disrupt the recitation, you will find they are very suggestible for several seconds. Experiment with interrupting a pattern, and then issuing an instruction someone might otherwise be somewhat disinclined to obey. You’ll be astounded that the instruction is almost always obeyed without thinking. The important thing is to make sure that the operation is fully underway when it is interrupted, and that the...
instruction is very easy to follow. You can “deepen” the trance by executing another pattern interrupt and then giving an instruction.

**Start a Good Story or Great Joke:** Let’s be clear. People listening to a good story or joke are in a subtle trance state. They are actively listening to you. They have tuned out distractions. They are waiting for your next word. They wait in wonder for the punch line. Instructions issued when people are in that state are most often followed. There is a good reason why the first few minutes of a film usually startle or surprise people, and it is not at all surprising that some films seem to have life changing impacts on people. Milton Erickson, the father of NLP, developed signature methods to trance and transform patients other therapists had given up on. To use this form of fast induction, start the story or joke, then give a suggestion or instruction. To deepen the trance, try starting a second story within the first.

"Most people walk through the world in a trance of disempowerment. Our work is to transform that into a trance of empowerment.”

**Dr. Milton Erickson**
(5 Dec 1901 – 25 March 1980)

**Use Touch:** An unexpected touch is a very powerful induction. Coaches and teachers have often used a hand on the shoulder to make a player or student more attentive. Salesmen often execute a “close” after they’ve clapped someone on the arm. Touch can be a very dangerous induction technique, in this day and age, but it is undoubtedly one of the most powerful. Even total strangers will often respond to an instruction given after you have touched them on the arm or back.

Used in a right and therapeutic way, these techniques can help people step over a lot of road blocks. A doctor seeking to put a patient at ease may find that he can reduce pain in a
patient more quickly using a fast induction and a direct suggestion that the patient feel
"better now".

Less honest folks use fast inductions to hurt people. Pick pockets often bump a victim hard
even to make them stumble, then steal a wallet or watch as they "help" them recover. Con
men will often use a confusing story prior to asking someone hand over something of value.
Serial rapists and serial killers will typically use a "trick" to widen a window of opportunity.
They may follow you to your car at the supermarket and pick up one of your bags (a pattern
interrupt) or start a confusing story as they walk toward you.

It is important to understand that almost everyone is more suggestible when confused or
distracted. Very confused and distracted people are extremely suggestible. A time of personal

crisis is not the best time to make big decisions based on advice from strangers.

You will be very surprised, and perhaps a bit frightened, by just how well these fast
induction techniques work with a bit of practice.

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Far from being a material world, this is a psychic world,
which allows us to make only indirect and hypothetical
inferences about the real nature of matter. The psychic,
alone has immediate reality, and this includes all forms
of the psychic, even the 'unreal' ideas and thoughts
which refer to nothing 'external'. We may call them
'imagination' or 'delusion,' but that does not detract in
any way from their effectiveness...

(Carl Jung)

An easy induction that I do on stage is to say to the audience, "Watch as I take a lemon out
of pocket" I then show that there is no real lemon but I pretend. Then I say "Watch as I
taste the lemon "I pretend to cut the lemon in half' and then I put it to my mouth and
make a face like I was tasting a sour lemon. I watch as most of the audience will make the
same face. I can see the release of saliva in them. These are good clients for hypnosis. I tell
the audience they were hypnotized into a body physical reaction and there was no lemon, just
suggestion.

Now then on stage I tell them "please stretch out your hands with your right thumb pointing
upwards in front of you. Now look at your thumb with one eye. See the thumb, hold the
image and close your eyes. Now lower your hand but still see the thumb in the air. Look at the thumb, see the thumb in your mind." The ones who hold their head steady for five seconds or more and do not look down or open their eyes are very good clients for hypnosis. I tell them all to relax and I now appear to choose people at random from the audience but instead I choose the good clients for the show. Stage hypnosis is great and you really can get a person to act as a chicken. They seem to have better abilities to respond to suggestion on stage.

**Hypnotic 'state' (hypnosis)**

When people are hypnotized they are said to enter a 'hypnotic state.' This is a state of consciousness where the person's attention is focused, and they tend not to be so aware of what is going on around them.

When people are hypnotized they respond more readily to suggestions. On its own, a hypnotic state may only feel like being relaxed or focused – many of the interesting effects associated with hypnosis tend to be the products of suggestion.

A hypnotic induction is a procedure that is used to help someone to become hypnotized. An induction aids the focus of attention and often (but not always) contains instructions and suggestions for relaxation.

A hypnotic induction might include some of the following:
- eye closure
- counting down
- imagery to focus the attention
- instructions for relaxation

**Suggestion**

Suggestions are an invitation to experience the world in a different way. They can be used to produce changes in sensation, perception, thought, emotion, or behavior. Suggestions can be delivered in or out of hypnosis.

Suggestions might include instructions to use your imagination, but whereas using your imagination often feels effortful a 'successful' response to a suggestion is where the effect feels like it is happening all by itself (involuntary, effortless).

Some examples of suggestions include:
- "When you wake up you will find it difficult to remember your name, so difficult that you won't even try" (amnesia)
- "I want you to imagine and then begin to feel that the sensation is draining out of your left hand, it's feeling more and more numb" (analgesia)
- "When you open your eyes you will see your best friend sitting in the chair next to you" (hallucination)

Now normal day to day meetings are also easy but you have to be careful to respect a person's privacy and dignity. You might go the whole route of your tired and your eyes are heavy. This is for a full induction of deep trance, like we all have seen on TV a hundred times. But as a hypnotist if you want to be more clever you need only use normal talking to plant your suggestion. If I say "Don't think of elephants" you must think of elephants. The brain treats don't in a special two brain way. It often ignores it. If you say to your child climbing a fence "Don't fall" the child's brain must access the word fall and visualize it and thus has an increased ability to fall. Don't goes to one part and the next suggestion goes elsewhere. So if I say "Don't you think I am Beautiful" the person will get the suggestion and agree with me. Then I am also planting the suggestion. If I see that this is working then the removal of the don't can work with "Please release your inhibitions and relax into life's little pleasures, the intensity of anticipation is one of the pleasures." Use this gradual way to get suggestions for health, wellness and to dehypnotize or give suggestions for your
clients or for your incantations. In my book on stopping smoking I go into more detail on addiction release with hypnosis.

If you say don’t smoke there is a subtle suggestion to smoke. So to avoid the negativity and influence of the don’t you should say “Keep your Lungs Clean”, “Make your blood Healthy”, or “Control your Mind”, “Control Your Will”. These are examples of positive suggestions.

I use negative suggestions with smoking to say “When you taste a cigarette, it will taste like dog shit”, or “When you smoke you will feel the sickness of the tobacco eating away at your body”.

**Your brain on hypnosis**

Studies show hypnosis reroutes brain signals. Hypnotized people who are told that their left hand is paralyzed show brain patterns (yellow) that differ from those who aren’t hypnotized (red) and from those who aren’t hypnotized but are told to pretend their left hand is paralyzed (green).

In hypnotized subjects told to move their left, “paralyzed” hand, the motor cortex routed signals to the precuneus, an area involved in mental imagery and memory about oneself. Pretenders (green) did not use the precuneus.
The corpus callosum is the largest network of nerve fibers in the body and it does not fully myelinate till the early twenties, only then can the two parts of us communicate to know who we are we are many people inside but we are all at least two different people.

The Word part of the Brain is most often Dominant even when the other parts of the Brain make a life choice the Word area is there to verbally rationalize it, it is the task in Eastern meditation to subdue and control the Words. This allows us to see more of the true way and to share our life on this world with Compassion + Care

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State dependent cues

- Are associated with our internal physiological & psychological environment (state) that is linked to the material being learned at the time.

- Thus we have a higher retrieval rate when the our internal physiological & psychological state that existed at the time of encoding matches our internal physiological & psychological state at the time of retrieval.

- Examples of physiological state (or state of consciousness) include being in an alcohol-induced state, drug-induced state, in pain, etc.

- Psychological state includes being depressed, irate, happy, etc.
### Table 1: Brain areas activated in hypnotic pain relief

<table>
<thead>
<tr>
<th>Brain area</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thalamus</td>
<td>Relays and synchronizes sensory input into a unified image</td>
</tr>
<tr>
<td>Somatosensory cortex (S1, S2)</td>
<td>Registers sensory input</td>
</tr>
<tr>
<td>Insula</td>
<td>Translates sensory input into emotions, desires, perception, self-awareness</td>
</tr>
<tr>
<td>Anterior cingulate cortex (ACC)</td>
<td>Converts physical/emotional awareness into intentions and actions</td>
</tr>
<tr>
<td>Prefrontal cortex (PFC)</td>
<td>Orchestrates thoughts and actions in accordance with internal goals and beliefs</td>
</tr>
<tr>
<td>Occipital cortex (OC)</td>
<td>Processes imagery</td>
</tr>
<tr>
<td>Basal ganglia (BG)</td>
<td>Regulates voluntary motor control and procedural learning of routine behaviors</td>
</tr>
</tbody>
</table>

### State theories

- Hypnotic inductions produce an altered state of consciousness
- Hypnotic ‘trance’ is associated with an altered state of brain function
- Responses to hypnotic suggestions are a result of special processes such as dissociation or other altered states of consciousness
- Hypnotisability is remarkably stable over long periods

### Non-state theories

- Participants respond to suggestion almost as well without hypnosis
- Participants in hypnosis experiments are actively engaged
- Responses to suggestions are a product of normal psychological processes such as attitudes, expectancies, and motivation
- Suggestibility can be modified with drugs or psychological procedures
Read the words in either of the triangles. Now, read the words BACKWARD, one word at a time. Did you notice anything different? Right brain people read the triangle on the right first. Left brain people tend to read the right triangle first. Excessive Left Brains notice the misspelling of triangle.
Hypnotic Handshakes

The Hypnotic Handshake method is based on ‘brief hypnosis’. Brief hypnosis is a less known form of hypnotizing; I learned this from Dr. Milton H. Erickson in 1977. Erickson also taught the Hypnotic Handshake method based on the philosophy of brief hypnosis.

When I attended a seminar by Erickson, he taught us the handshake induction. Just before lunch he took three people and did the handshake induction on them. He suggested to them under hypnosis that they would have the most incredible lunch ever. They would have their most perfect dream lunch. We all went to a mediocre lunch and when we returned they were still sitting there. When he awoke them from their trance they reported having the
most incredible lunch. We all drooled at the stories they told of wonderful culinary delights.

I have used this many times on stage and in practice.

Most people enter trance (the hypnotic state of mind) and exit trance many times during the day. Some people say that all of life is a trance.

One good example would be driving on the freeway while you're figuring out what to say to your boss about you being late again (for the 29th time this month). Not being aware completely to the road and to the driving activity, you still make it in one piece to the office. That's hypnosis.

A Slight Shift Of Attention+

The HandShake Induction is Powerful

Brief hypnosis starts with a rapid induction to get a person into trance. Rapid induction is based on two key principles:

**Rapid Induction Principle No. 1.
Interrupt the auto-pilot**

We are predictable creatures. Lift your right hand toward someone, say Hi, smile, and he will automatically lift his right hand to shake yours. He didn’t even think about it, it happened automatically. It's the auto-pilot. One of many automatic behaviors we're known of doing without conscious judgment.
If you interrupt an automatic behavior like this, you create an empty space, a query in the other person’s mind, a brief window to the subconscious mind. It takes less than a second for that window to close, so you’d better act fast.

**Rapid Induction Principle No.2: Fill the blank**

Now that the automatic pattern is missing, fill the blank quickly. The other person will follow if it’s done immediately after the interruption, because our minds don’t like voids. They want completion.

Do something that will restore the missing link. Use hypnotic language and fast pacing induction script while talking in your regular voice.

Now that you know the key principles of rapid induction in brief hypnosis, let’s move on to show you the Hypnotic Handshake method:

**Step 1: Interrupt the Auto Handshake**

Let’s say you’re going to hypnotize Joe. Joe is a nice guy, but he deserves to be hypnotized and positively abused (meaning he will be happy during and after the session).

You meet Joe, smile at him, look him directly in the eyes and you lift your right hand toward him for a handshake. Now stay alert!

For the handshake interrupt, as Joe’s hand comes up, you form a cup with your thumb and first finger. Instead of meeting Joe’s right hand with yours, you put your hand in cup form under his hand that is coming to shake.

But then your hand goes back just a little bit—don’t pull it way back, just an inch. The other hand goes behind the wrist so that it goes up. Just gently cup it and move his hand up in front of his eyes and say, “Look!??

That’s an awesome interruption! Joe would never expect something like that! Oh, poor Joe… Oh well, on with the plan…
**Step 2: Pull him into hypnosis**

In hypnosis we don’t ask people to relax and allow themselves to be hypnotized. We make them to be! Yes, I know, I have to be nice to my clients. Still, you have to show them who’s the boss, right? And if I’m getting paid and they are paying, I guess I’m the one who’s in charge here.

Don’t get nervous now. Pull Joe into hypnosis. Here’s how:

As you pass Joe’s hand in front of his eyes and say “Look!”, you point with your other hand toward his hand. That’s a new program.

“Joe, look at your hand and nod when you notice the changing focus of your eyes, and as you notice it, see if you can take a deeper breath than the one you just had and as you notice the changing focus, that’s right! You may let your eyes stay close on the next… that’s the way, I will let you know when you are ready to let your hand rest and go all the way down… listen, can you hear all the sounds, aren’t they clearer… ”

And from here you can continue with deepeners or with hypnotic suggestions and make Joe’s shocking experience of hypnosis a pleasant one.

One warning: make sure your victim (cough… client) is sitting on a chair and not standing up. I did this technique once on a ‘non believer’ while he was standing up, and he fell down on the floor… I had to use amnesia and pain-killer techniques to make sure he’s not resentful afterwards…

Oh, and another warning: remember to take Joe out of hypnosis when you’re done!
Other Handshake Modalities to try

While Staring past the person looking 3 meters behind him just slightly miss his hand and slowly try to touch him without touching him

Grab just a finger

Miss inside or out with force

Point with your index finger at his index finger and try to circle it slowly

slide your hand between their fingers in a sexual penetration way

It is also sensual to touch and then to slide away touching the hand

Always do something unexpected to keep their brain off balance
Shock, Fear or Stun Hypnosis

When you are shocked, your central nervous system is “stunned” and psychological elements of hypnotic induction can be utilized for the purpose of instant shock induction hypnosis. This could be a powerful trance-like state.

Bela Lugosi, the first film Dracula, studied fear induction of hypnosis. He said that at times of fear and wonderment you could be put into a trance. This is kind of like the deer in the headlights idea. The headlights are both interesting and fearful. If the object is just fear you run. But if there is some agreement interaction, then a trance can set in. If guided properly it can become deep.

So the sudden appearance of Dracula in your bedroom is fearful but he is handsome and commands authority. You listen to his instructions and often obey. As children we all learn
to listen to our parents or adults when they scream. We freeze and sometimes blindly obey their orders.

As this happens your unconscious mind is getting hypnotic messages in the quickest approach attainable. Better described, instant shock induction hypnosis is sort of an alteration of your time and space, a "twilight zone" type of experience if you’ll including visual and auditory confusion where a kind of sudden shock simply overwhelms your logical mind, leaving your subconscious ready for instruction.

It will be due to a physical incident or by a plan of unexpected actions that a person enters into a trance state whereas in spite of everything remaining wide awake.

Essentially in a matter of some seconds the person is hypnotized by inflicting confusion, shock, loss of sense of balance, and eye fixation. This sort of trance is utilized in our society continuously while not our ever being conscious of it. For instance many may exclaim the surprise of 9-11 watching the twin towers catastrophe being played repeatedly once more on television was a kind of shock to the nation allowing our leaders to control the lots by the employment of fear tactics. Logic can be suspended.

There is also the case of the everyday playground bully shouting and frightening nearby kids into a state of mayhem, shock and anxiety. Not sure of what to do with the bully the kids’
brains are left, open to receive any pattern instructed by the bully like panic. This feeds the bully sense of control.

Whenever the child goes back into the identical environment once more they need a reasonably post-hypnotic expertise whether or not the bully is no longer in attendance. Thus the sudden behavior of the bully screaming and intimidating has induced an instant shock hypnosis impact on the kid.

**HYPNOSIS summary**

Hypnosis can just be calm rapport or just two people sharing ideas. When an idea becomes a suggestion it can be absorbed by one of the person. There is mass hypnosis, fear hypnosis, instant hypnosis, stage hypnosis, and more. Learn to listen and share but keep an idea of control and direct your power. Nearly all individuals think all you wish to do is click your fingers or put a fob watch in front of a person’s face and they will be instantly hypnotized.

Instant shock hypnosis inductions can occur all the way through naturally happening times in life will cause instant shock hypnosis or it will be induced deliberately by hypnotists or individuals shifting us with these methods. Instant shock induction hypnosis can be amusing. It is a very easy and down-to-earth practice.

The best way to achieve self-hypnosis is to relax and go into a trance repeating a mantra or focus our eyes on a trance assist form. My favorite three with my picture in each are in the appendix and another with the magic eye 3d effect. If you cross your eyes slightly you can get the 3d image from the 2d picture with the stereogenic effects of the eyes. This can help to induce self-trance. Always have written down your affirmation or suggestion you wish to deepen into your consciousness. Take 30 deep breaths, progressively relax your muscles, and allow yourself to slip into the hypnagogic state of trance. Repeat
your new suggestion or the desire of your incantation and it will take form and have a reality. How this reality shapes is most often indeterminate, so be careful, what you wish for.

SCIENTISTS HAVE DISCOVERED THAT

PEOPLE WILL BELIEVE ANYTHING WHEN YOU SAY "SCIENTISTS HAVE DISCOVERED THAT..."