

Lesson 6 – How to Hypnotize

DEMONSTRATION – A Client Centered Hypnosis Session

Follow along with these notes as you study the demonstration of a complete hypnosis session. Notice how techniques and language are used to include the 3 stages of hypnosis taught in Lesson 6:

1. Preparatory Step – Future tense ... you will notice
2. Talking Sleep Stage – Present Tense ... you are experiencing now
3. Control – hypnotist continues with authority

Take note of the complexity of a full session.

Step 1

INDUCTION – The induction begins with **EYE FIXATION**. The client is asked to gaze at something just above eye level, in a dreamy, unfocused way, as if staring right through it. That direction causes the client to have a blank stare without blinking. Taking 3 big breaths and then holding the 3rd breath for the count of 3 assures the eyelids become heavy and really want to close. When the client is allowed to exhale and close their eyes, brain waves immediately start moving down toward Alpha.

A progressive relaxation induction is used in this demo, relaxing the body from the top of the head down. It is just as effective to begin with the soles of the feet and work upward. Observe the client's body fully relax bit by bit. The facial muscles slacken and soften, and the body shifts into a heavy comfort. Watch the chest rising and falling softly, as breathing slows down.

When you do this it's important to watch your client and be aware of their responses. Adjust your technique as necessary. You will eventually become an expert in recognizing if your client is relaxed and you can move on, or if your client needs more help and a little more time in this stage. You should be watching for signs of hypnosis, e.g. breathing slowing, muscles visibly relaxing, swallowing, perhaps the skin a little flushed, eyelid fluttering or eyes moving back and forth underneath, as ins rem sleep.

Step 2

RELAXING THOUGHTS – there are countless ways to do this. In this case the use of thought bubbles and worry bubbles does the trick. Progressive relaxation is temporarily stopped in order to relax the mind, and then full body relaxation continues. That was a choice. The ways to combine these different techniques is up to the hypnotist.

Step 3

CONVINCER – A convincer is something a hypnotist chooses to do which allows the client to recognize that something significant is truly happening. Remember, clients do not realize there are already hypnotized when they enter the Alpha state of hypnosis. It is great to do something which enhances their belief that they will achieve their goal, while reassuring them that they are doing just fine. In this demonstration, **EYE CATALEPSY** is used.

Step 4

WRIST DROP – This is a deepener. The hypnotist can confidently observe the client slipping into deep hypnosis. But, as this is the first session with this client, it is important not to make assumptions without testing. Notice the wrist drop is totally limp. That is what you are looking for. A completely limp wrist drop cannot be faked. You will notice some muscle control, however small, if the client is not in hypnosis.

Why twice? In this demonstration, there is a wrist drop done by the hypnotist and another one done by the client. When your session is in person, you can do the drop yourself once or twice. However, many sessions are online now so the only way to do a wrist drop in that case is to have clients do it themselves. Either way, hypnosis is deepened. Reinforce to the client, each time, “twice as relaxed ... twice as relaxed.”

Step 5

STAIRWAY DEEPENER – down, in any imaginative way, drops brain waves deeper. In this case we are walking down the stairs. But you could just as easily go down an escalator, an elevator, or watch the lights go out in a skyscraper, from the top floor down. A staircase is helpful to bring the client to a special place.

Notice the client’s head gently, almost imperceptibly, dropping down. He is following the stairs, as he walks down in his imagination.

Step 6

MEET THE MAESTRO – now we are engaging the client in his own fantasy and moving toward his goals. In this case, a musical theater is used, in which there is validation, respect, love.

Up to this point, the session has been spontaneously driving by the hypnotist. Notice that now, the hypnotist is reading something lovely and effective that relates to the scenario. Sometimes you will want to incorporate something special and it’s fine to read. This short script ideally created relaxation, grounding, and connection, as the hypnotist made adjustments to meet the client’s unique needs.

Established in hypnosis:

- Connection with authentic self
- Love and approval
- Identity: “I AM the Maestro”
- Full ownership of musical skills, resources, leadership

Step 7

NLP MOVIE TECHNIQUE – This is a simple NLP technique any hypnotist can do without advanced NLP training. Steps:

- Client sees, *notices and observes*, the Maestro on the screen
- Client *merges* his essence into the Maestro and experiences being the Maestro from within
- Client *becomes* the Maestro
- *Future Pacing* moves the client out into the future, fully experiencing success and fulfillment as the Maestro

The subconscious believes what is imagined is real. The client no longer experiences self-doubt but, rather, “I AM the Maestro.” Now the client can easily give expression to his inner, creative gifts.

Step 8

Allow those thoughts and images to fade away. Count 1 to 5 as a further deepener to get ready for the next phase of the session.

ARRIVE AT THE EASTERN MANSION (exactly as the client described it. This is his own creation, the answer to a preliminary question about how he would experience his music. This is the soul of his creativity, as he described it. ALWAYS use the visualizations and ideas you receive directly from the client.

Notice the client’s fingers moving almost imperceptibly, his head gently nodding. Notice his involvement in a vivid fantasy. You can see it in his face. Notice the hypnotist involving all of the senses.

Note: This is where the hypnotist is using every word the client said when he described his own composing and his goals. Notice eliciting more from the client, e.g. “I wonder” ... “Imagine” ... “What’s different now?” Feeling ... Sensing ... Knowing

Note: This is not a struggle – it is easy – “Allowing the music to *find you*”

Step 9

RESTATE AGREED UPON HYPNOTIC SUGGESTIONS – Notice the hypnotist is now reading from her notes to be sure to reinforce every suggestion

Step 10

VALIDATION RESTATED – “You ARE the Maestro” – this is true connection to the authentic self

Step 11

RETURN FROM THE MANSION – back to the musical theater, receiving validation, love, approval, thunderous applause.

Step 12

FUTURE PACING/FUTURE REHEARSAL – moving into the days, weeks, months and years to come, experiencing being the Maestro, composing/performing choral music and future successes.

Step 13

INTEGRATING/ABSORBING all wisdom and insights of this session. Subconscious integrates all learning, establishing the ability to call on the Maestro whenever necessary.

Step 14

EMERGE – ending the session and bringing the client back to the here and now.

THE DEBRIEF

Take time for the client to fully review and explain his experience. Notice the hypnotist continues reinforcement of suggestion after emerging. The client is still in Alpha for a few minutes and very receptive.

OF NOTE – The most significant and special part of the session for him was “the immense feeling of love and appreciation emanating from my heart.” Even for a client who already has high levels of self-esteem, enhancing self-love and appreciation is massively important and impactful. *Never underestimate the importance of developing self-love.*

THE MANSION – Note the client is excited to go return, over and over again, to reexperience and gain more insights. It is a source of inspiration and he is now open to the resources within.

REVELATIONS – The client realized how much his music will change, inspire and encourage others in their own journey.