Hypnosis Essay, Research Paper

HOW TO GUIDE SOMEONE INTO HYPNOSIS: NOTE THAT I SAID GUIDE, YOU CAN

NEVER,

HYNOTISE SOMEONE, THEY MUST BE WILLING. OK, THE SUBJECT MUST BE

LYING OR

SITTING IN A COMFORTABLE POSITION, RELAXED, AND AT A TIME WHEN

THINGS

ARENT

GOING TO BE INTERRUPTED.

TELL THEM THE FOLLOWING OR SOMETHING CLOSE TO IT, IN A PEACEFUL,

MONOTINOUS

TONE (NOT A COMMANDING TONE OF VOICE)

NOTE: LIGHT A CANDLE AND PLACE IT SOMEWHERE WHERE IT CAN BE EASILY

SEEN.

TAKE A DEEP BREATH THROUGH YOUR NOSE AND HOLD IT IN FOR A COUNT OF

8. NOW,

THROUGH YOUR MOUTH, EXHALE COMPLETELY AND SLOWLY. CONTINUED

BREATHING

LONG,

DEEP, BREATHS THROUGH YOUR NOSE AND EXHALING THROUGH YOUR

MOUTH. TENSE UP

ALL YOUR MUSCLES VERY TIGHT, NOW, COUNTING FROM TEN TO ONE,

RELEASE THEM

SLOWLY, YOU WILL FIND THEM VERY RELAXED. NOW, LOOK AT THE CANDLE,

AS

YOU LOOK AT IT, WITH EVERY BREATH AND PASSING MOMEMENT, YOU ARE

FEELING

INCREASINGLY MORE AND MORE PEACEFUL AND RELAXED. THE CANDLES

FLAME IS

PEACEFUL AND BRIGHT.

AS YOU LOOK AT IT I WILL COUNT FROM 100 DOWN, AS A COUNT, YOUR EYES

WILL

BECOME MORE AND MORE RELAXED, GETTING MORE AND MORE TIRED WITH

EACH

PASSING MOMENT.”

NOW, COUNT DOWN FROM 100, ABOUT EVERY 10 NUMBERS SAY “WHEN I

REACH XX YOUR

EYES (OR YOU WILL FIND YOUR EYES) ARE BECOMING MORE AND MORE

TIRED.” TELL

THEM THEY MAY CLOSE THEIR EYES WHENEVER THEY FEEL LIKE IT. IF THE

PERSONS

EYES ARE STILL OPEN WHEN YOU GET TO 50 THEN INSTEAD OF SAYING

“YOUR EYES WILL..”

SAY “YOUR EYES ARE…”.

WHEN THEIR EYES ARE SHUT SAY THE FOLLOWING. AS YOU LIE (OR SIT) HERE

WITH

YOUR EYES COMFORTABLY CLOSE YOU FIND YOURSELF RELAXING MORE AND

MORE WITH EACH MOMENT AND BREATH.

THE RELAXATION FEELS PLEASANT AND BLISSFUL SO, YOU HAPPILY GIVE

WAY TO

THIS WONDERFUL FEELING. IMAGINGE YOURSELF ON A CLOUD, RESTING

PEACEFULLY,

WITH A SLIGHT BREEZE CARESSING YOUR BODY. A TINGLING SENSASION

BEGINS

TO WORK ITS WAY, WITHIN AND WITHOUT YOUR TOES, IT SLOWLY MOVES UP

YOUR

FEET, MAKING THEM WARM, HEAVY AND RELAXED. THE CLOUD IS SOFT AND

SUPPORTS

YOUR BODY WITH ITS SOFT TEXTURE, THE SCENE IS PEACEFUL AND

ABSORBING,

THE PEACEFULNESS ABSORBS YOU COMPLETELY…

THE TINGLING GENTLY AND SLOWLY MOVES UP YOUR LEGS, RELAXING

THEM.

MAKING THEM WARM AND HEAVY. THE RELAXATION FEELS VERY GOOD, IT

FEELS SO

GOOD TO RELAX AND LET GO. AS THE TINGLING CONTINUES ITS JOURNEY UP

INTO

YOUR SOLAR PLEXUS, YOU FEEL YOUR INNER STOMACH BECOME VERY

RELAXED. NOW,

IT MOVES SLOWLY INTO YOUR CHEST, MAKING YOUR BREATHING RELAXED

AS WELL.

THE FEELING BEGINS TO MOVE UP YOUR ARMS TO YOUR SHOULDERS, MAKING

YOUR

ARMS

HEAVY AND RELAXED AS WELL. YOU ARE AWARE OF THE TOTAL RELAXATION

YOU ARE

NOW EXPERIENCING, AND YOU GIVE WAY TO IT. IT IS GOOD AND PEACEFUL,

THE

TINGLING NOW MOVEVES INTO YOUR FACE AND HEAD, RELAXING YOUR

JAWS, NECK,

AND

FACIAL MUSCLES, MAKING YOUR CARES AND WORRIES FLOAT AWAY. AWAY

INTO THE

BLUE SKY AS YOU REST BLISFUlLY ON THE CLOUD….

IF THEY ARE NOT RESPONSIVE OR YOU THINK THEY (HE OR SHE..) IS GOING

TO

SLEEP, THEN ADD IN A “…ALWAYS CONCENTRATING UPON MY VOICE,

INGORING ALL

OTHER SOUNDS. EVEN THOUGH OTHER SOUNDS EXSIST, THEY AID YOU IN

YOUR

RELAXATION…” THEY SHOULD SOON LET OUT A SIGH AS IF THEY WERE

LETTING GO,

AND THEIR FACE SHOULD HAVE A “WOODENESS” TO IT, BECOMING

FEATURLESS…

NOW,

SAY THE FOLLOWING “…. YOU NOW FIND YOURSELF IN A HALLWAY, THE

HALLWAY

IS

PEACEFUL AND NICE. AS I COUNT FROM 10 TO 1 YOU WILL IMAGINE YOURSELF

WALKING FURTHER AND FURTHER DOWN THE HALL. WHEN I REACH ONE YOU

WILL FIND

YOURSELF WHERE YOU WANT TO BE, IN ANOTHER, HIGHER STATE OF

CONCIOUS AND

MIND. (COUNT FROM TEN TO ONE)…..” DO THIS ABOUT THREE OR FOUR

TIMES.

THEN, TO TEST IF THE SUBJECT IS UNDER HYPNOSIS OR NOT, SAY….

“…YOU FEEL A STRANGE SENSATION IN YOUR (ARM THEY WRITE WITH) ARM,

THE

FEELING BEGINS AT YOUR FINGERS AND SLOWLY MOVES UP YOUR ARM, AS IT

MOVES

THROUGH YOUR ARM YOUR ARM BECOMES LIGHTER AND LIGHTER, IT WILL

SOON BE SO

LIGHT IT WILL ….. BECOMING LIGHTER AND LIGHTER WHICH EACH BREATH

AND

MOMENT…”

THEIR FINGERS SHOULD BEGIN TO TWITCH AND THEN MOVE UP, THE ARM

FOLLOWING,

NOW MY FRIEND, YOU HAVE HIM/HEP IN HYPNOSIS. THE FIRST TIME YOU DO

THIS,

WHILE HE/SHE IS UNDER SAY GOOD THINGS, LIKE: “YOUR GOING TO FEEL

GREAT

TOMORROW” OR “EVERY DAY IN EVERY WAY YOU WILL FIND YOURSELF

BECOMING

BETTER

AND BETTER”.. OR SOME CRAP LIKE THAT… THE MORE THEY GO UNDER, THE

DEEPER

IN HYPNOSIS THEY WILL GET EACH TIME YOU DO IT.

+—————————-+

! WHAT TO DO WHEN HYPNOTISED !

+—————————-+

WHEN YOU HAVE THEM UNDER YOU MUST WORD THINGS VERY CAREFULLY TO

GET YOUR

WAY. YOU CANNOT SIMPLY SAY… TAKE OFF YOUR CLOTHES AND FUCK THE

PILLOW.

NO, THAT WOULD NOT REALLY DO THE TRICK. YOU MUST SAY SOMETHING

LIKE….

“YOU FIND YOUR SELF AT HOME, IN YOUR ROOM AND YOU HAVE TO TAKE A

SHOWER

(VIVIDLY DESCRIBE THEIR ROOM AND WHATS HAPPENING), YOU BEGIN TO

TAKE OFF

YOUR CLOTHES…” NOW, IT CANT BE THAT SIMPLE, YOU MUST KNOW THE

PERSONS

HOUSE, ROOM, AND SHOWER ROOM. THEN DESCRIBE THINGS VIVIDLY AND

TELL THEM

TO ACT IT OUT (THEY HAVE TO BE DEEPLY UNDER TO DO THIS…). I WOULD

JUST

SUGGEST THAT YOU EXPERIMENT A WHILE, AND GET TO KNOW HO; TO DO

THINGS.

+———–+

! WAKING UP !

+———–+

WAKING UP IS VERY EASY, JUST SAY.. “…AS I COUNT FROM 1 TO 5 YOU WILL

FIND YOURSELF BECOMMING MORE AND MORE AWAKE, MORE AND MORE

LIVELY. WHEN

YOU WAKE UP YOU WILL FIND YOURSELF COMPLETELY ALIVE, AWAKE, AND

REFRESHED.

MENTALLY AND PHYSICALLY, REMEMBERING THE PLEASANT SENSATION

THAT HYPNOSIS

BRINGS… WAKING UP FEELING LIKE A NEW BORN BABY, REBORN WITH LIFE

AND

VIGOR, FEELING EXCELLENT. REMEMBERING THAT NEXT TIME YOU ENTER

HYPNOSIS IT

WILL BECOME AN EVER INCREASING DEEPER AND DEEPER STATE THAN

BEFORE.

1- YOU FEEL ENERGY COURSE THROUGHOUT YOUR LIMBS.

2- YOU BEGIN TO BREATHE DEEPLY, STIRRING.

3- BEGINING TO MOVE MORE AND MORE YOUR EYES OPEN, BRINGING YOU UP

TO

FULL CONCIOUS.

4- YOU ARE UP,UP, UP AND AWAKENING MORE AND MORE.

5- YOU ARE AWAKE AND FEELING GREAT.”

AND THATS IT! YOU NOW KNOW HOW TO HYPNOTISE YOURSELF AND SOMEONE

ELSE.

YOU WILL LEARN MORE AND MORE AS YOU EXPERIMENT.

315