

HYPNOSIS & SELF-HYPNOSIS

Introduction

True mastery of hypnosis is not achieved through theory alone—it demands deep, consistent, and hands-on practice. While books and recordings can introduce the fundamentals, they often fall short of unlocking the full transformative potential of this profound art.

With this understanding, we have designed a complete and practical training program titled “**Hypnosis & Self-Hypnosis.**” This course offers a step-by-step exploration of the principles and practices that allow you to harness the mind’s extraordinary power—both for yourself and others.

Through this comprehensive study, you will learn to:

- Understand and dispel the **myths and misconceptions** surrounding hypnosis
- Explore the **origin, evolution, and nature** of hypnotic states
- Comprehend the **connection between the mind and hypnosis**
- Recognize the **various factors that influence hypnotic depth and response**
- Assess **different levels of trance** and perform **suggestibility tests**
- Master **techniques to induce deep hypnosis**
- Learn **safe awakening procedures**
- Discover the **applications and benefits** of hypnosis
- Explore **advanced hypnotic methods** and **open-eye hypnosis**
- Understand the **precautions and potential risks**
- Uncover the role of hypnosis in **activating latent psychic abilities**
- Apply hypnosis for **peak performance in sports** and **enhanced learning in education**
- Develop skills to **influence and persuade others ethically**

- Use hypnosis as a **healing modality** for emotional, mental, and physical well-being—both for yourself and those around you.

This course is not just about learning techniques—it is about awakening your inner potential, mastering your mind, and using that mastery to create transformation, clarity, and healing.

THE HISTORY OF HYPNOSIS

Hypnosis is as ancient as humanity itself. From the moment two people existed, one had the ability to influence, and the other to be influenced. Throughout history, hypnosis has appeared in different forms across civilizations, religions, and healing traditions.

In early societies, **witch doctors** used trance states to heal. **Fakirs** and mystics employed it to gain control over others. In **ancient Egypt**, “sleep temples” were built where priests guided people into deep states of rest and healing through suggestion and ritual. Even in spiritual traditions, we find its traces—**Jesus Christ** and his disciples are said to have performed healing miracles through methods that today resemble hypnotic suggestion. The **Mahabharata** and **Ramayana** too contain vivid examples of hypnotic influence and altered states of consciousness.

However, with the rise of **Christianity**, hypnosis fell under suspicion. It came to be viewed as a manifestation of dark or demonic power, and hypnotists were branded as agents of evil who enslaved minds. This fear nearly extinguished the scientific understanding of hypnosis for centuries.

Despite this, the **therapeutic use of suggestion** quietly persisted throughout the **Middle Ages**. It wasn't until the 16th century that people began seeking explanations other than divine intervention for healing achieved through such altered states of mind.

The modern story of hypnosis begins with the Austrian physician **Franz Anton Mesmer (1734–1815)**. He coined the term “**animal magnetism**”, believing that a magnetic force could flow from one person to another to produce powerful physical and emotional effects. By using hand movements and gestures, Mesmer induced convulsions and trance-like states in his patients—though he did not recognize these as hypnotic phenomena. His name lives on in the word “**mesmerize**.”

One of Mesmer's students, **Marquis Armand de Puységur**, took his teacher's work further and discovered the phenomenon he called “**artificial somnambulism**”—a clear description of what we now understand as the hypnotic trance.

By the **1820s**, physicians had realized that hypnosis could be used for **pain control during surgery**—a remarkable breakthrough at a time when chemical anesthetics did not yet exist.

“Magnetized” patients lay still and silent while undergoing operations that would otherwise have been unbearably painful.

A turning point came with **James Braid (1795–1860)**, a British surgeon who initially set out to disprove Mesmer’s ideas but ended up confirming their validity. Braid discovered that the hypnotic state was not caused by “animal magnetism,” but was instead a **natural state of focused attention** within the human mind. He coined the term “**hypnosis**,” derived from the Greek word *hypnos*, meaning “sleep.”

Braid’s work helped separate hypnosis from superstition and placed it on a **scientific foundation**. He demonstrated that hypnosis was not a supernatural phenomenon but a normal psychological process that could be studied and replicated.

When **chemical anesthetics** like **chloroform** were later discovered, hypnosis lost its medical relevance for pain relief and faded into obscurity—until it caught the attention of **Sigmund Freud**. Initially, Freud used hypnosis as part of his psychoanalytic approach before moving away from it, and then later acknowledging its value again.

During the **World Wars**, hypnosis reemerged as a powerful therapeutic tool. It was used to treat **shell shock** and trauma among soldiers, particularly by the British in World War II. Around the same period, French physicians successfully applied hypnotic suggestion to treat **hysteria** and **nervous disorders**, giving birth to the field of **hypnotherapy**.

Unfortunately, as public fascination grew, hypnosis also became entangled with **stage performances** and **charlatan practices**, reducing it to a form of entertainment. By the early 20th century, its scientific reputation had suffered greatly.

It wasn’t until the **1960s** that hypnosis regained credibility, alongside the revival of **alternative medicine and holistic therapies**. Today, despite lingering skepticism in orthodox medicine, hypnosis has earned recognition as a legitimate healing art. More and more physicians now incorporate **hypnotherapy** into their practice, recognizing that for certain conditions, **no treatment works as effectively as hypnosis**.

POPULAR MISCONCEPTIONS ABOUT HYPNOSIS

No other branch of mind science has been as misunderstood as hypnosis. Even today—despite decades of clinical proof and success in healing—numerous myths continue to surround it.

This chapter is designed to clear away these misconceptions so that you can approach hypnosis with clarity, confidence, and scientific understanding. Before learning or practicing hypnosis, it is essential to remove every false belief that distorts its true nature.

Myth 1: Only People with Special Powers Can Be Hypnotists

Truth: Anyone can learn hypnosis.

A hypnotist does not need a dominant personality or supernatural powers. Hypnosis is not magic—it is a **learned skill** based on understanding how the human mind responds to focus and suggestion. With proper training and practice, anyone can master the art of inducing a hypnotic state.

Myth 2: A Hypnotist Can Control Your Mind and Make You Reveal Secrets

Truth: You are always in control during hypnosis.

This is one of the most common fears—and one of the most misleading. Contrary to what movies or television shows suggest, a hypnotized person **cannot be made to act against their will** or reveal private information.

In fact, a hypnotized subject is often **more alert and aware** than in normal waking consciousness. If you do not wish to accept a suggestion, your mind will simply reject it. Hypnosis enhances focus; it does not remove free will.

Myth 3: A Trance Is a State of Unconsciousness

Truth: A trance is a state of deep awareness and relaxation.

Many assume that hypnosis means being “asleep” or “unconscious.” In reality, hypnosis induces the **alpha state** of brainwave activity—a natural state between wakefulness and sleep.

In this condition, the body is deeply relaxed while the mind becomes more receptive and alert. This is precisely the state in which **healing and transformation** occur.

Myth 4: You Forget Everything After Hypnosis

Truth: Most people remember everything clearly.

Only in the **deepest stages** of trance (the somnambulistic level) might a person fail to recall the experience. Even then, this occurs only with the subject’s own willingness.

In ordinary hypnotherapy sessions, individuals remain fully conscious, aware, and able to recall everything afterward.

Myth 5: If the Hypnotist Walks Away, You May Be Stuck in Trance

Truth: It is impossible to remain permanently “stuck” in hypnosis.

If a hypnotist were to leave the room, the subject would either **automatically awaken** or **drift into natural sleep**, eventually waking up normally.

The mind always retains awareness and control; hypnosis cannot trap anyone in a permanent state.

Myth 6: A Person Can Be Hypnotized Against Their Will

Truth: All hypnosis is self-hypnosis.

You cannot be hypnotized unless you choose to cooperate. The hypnotist merely acts as a **guide or facilitator**, helping you reach the hypnotic state through your own willingness.

If hypnosis could force people to act against their will, every police station would employ hypnotists to extract confessions—but such a thing is impossible.

Myth 7: Only Weak-Minded People Can Be Hypnotized

Truth: The stronger your concentration, the better your hypnosis.

Hypnosis requires focus and mental discipline, not weakness. People with good imagination, intelligence, and the ability to concentrate enter trance more easily.

As the saying goes: *“The better you can concentrate, the deeper you can go into hypnosis.”*

Myth 8: Not Everyone Can Be Hypnotized

Truth: Everyone can be hypnotized—to varying degrees.

While susceptibility differs from person to person, anyone who **willingly cooperates** can experience hypnosis.

Those in professions demanding high concentration—such as police officers, soldiers, students, or athletes—often enter trance more easily.

People who are overly analytical or skeptical (such as doctors or psychiatrists) may take longer, but with trust and relaxation, they too can experience hypnosis effectively.

Myth 9: It’s Hard to Awaken a Hypnotized Person

Truth: Awakening is natural and effortless.

Coming out of hypnosis is as easy as waking from a nap. In fact, it’s often **harder to keep someone in trance** than to awaken them.

Even if no formal suggestion is given, the subject will naturally emerge from hypnosis after a short time, feeling refreshed and relaxed.

Myth 10: Hypnosis Can Make People Commit Crimes

Truth: Hypnosis cannot override personal morality.

A hypnotized person cannot be compelled to commit an act that violates their ethical or moral boundaries.

If a person willingly intends to do something wrong, hypnosis might lower their inhibitions—but the responsibility still lies within their own character, not the hypnotic process.

Myth 11: You Cannot Hypnotize Yourself

Truth: Self-hypnosis is not only possible but highly effective.

All hypnosis is, at its core, **self-hypnosis**. You can easily learn to guide yourself into a relaxed state, give yourself positive suggestions, and awaken naturally. This is one of the most empowering and transformative practices available to anyone.

Myth 12: Hypnosis Is Dangerous or Unnatural

Truth: Hypnosis is a natural and scientific phenomenon.

It is a normal state of consciousness that we all experience daily—such as when we daydream, meditate, or lose ourselves in a book or movie. There is no danger in hypnosis when practiced correctly by trained professionals.

Myth 13: Hypnosis Weakens the Mind

Truth: Hypnosis strengthens mental control and focus.

Only strong-minded individuals can enter hypnosis deeply. Regular practice enhances self-awareness, concentration, memory, and emotional balance. It increases your ability to manage your thoughts and behavior consciously.

Myth 14: Hypnosis Is Addictive

Truth: Hypnosis is not addictive when practiced correctly.

Some people may become dependent on the hypnotist's guidance simply out of habit, not because of the process itself.

However, when positive suggestions are given to promote **self-hypnosis and self-reliance**, the person becomes more independent, confident, and mentally free.

Myth 15: Once Hypnotized, You Cannot Hypnotize Others

Truth: Being hypnotized actually improves your ability to hypnotize others.

Having personally experienced trance gives you deeper insight into the process, making you a more effective hypnotist. In fact, most good hypnotists are those who have themselves practiced and benefited from self-hypnosis.

In Summary

Hypnosis is not a mysterious or magical power—it is a **scientific and natural tool** for unlocking the potential of the human mind. Once these myths are dispelled, hypnosis reveals itself for what it truly is: a **powerful path to healing, transformation, and self-mastery.**

FAVOURABLE AND UNFAVOURABLE CONDITIONS FOR HYPNOSIS

Just as certain conditions make meditation or learning easier, hypnosis too has its own set of factors that can either enhance or inhibit the process. The success of hypnosis depends not only on the technique but also on the subject's mental, physical, and environmental readiness.

Below are the key factors that influence the ease and depth of hypnosis:

1. Age

- **Ideal:** 7 to 14 years – Children are naturally imaginative and responsive, making this the most suitable age group for hypnosis.
 - **Practical Range:** 14 to 40 years – Most adults within this range can be easily and safely hypnotized.
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2. Sex

Generally, individuals tend to respond better when the hypnotist is of the opposite sex. This is often due to psychological receptivity rather than gender itself.

3. Intelligence

Higher intelligence enhances hypnotic response. The more focused and imaginative the mind, the deeper the trance achieved.

4. Personality Type

People who are **emotional, expressive, or positively suggestible** usually enter hypnosis more easily. Those who are **aggressive yet open-minded**, or **passive but trusting**, also respond well.

5. Occupation

Certain professions naturally cultivate focus and discipline, which aid hypnosis.

- **Highly Receptive:** Doctors, police officers, soldiers, students, and office employees.
 - **Less Receptive:** Psychiatrists, professional hypnotists, and individuals who believe they “know it all,” as analytical resistance can interfere with suggestibility.
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6. Race

There are **no racial or ethnic barriers** to hypnosis. It is a universal human phenomenon.

7. Religion

Hypnosis is **independent of religion or belief systems**. It is a natural state of consciousness, not a spiritual or ritualistic act.

8. Physical Environment

An environment that is noisy, uncomfortable, or physically restrictive can prevent relaxation.
Avoid:

- Loud sounds
- Tight clothing
- Uncomfortable posture
- Spectacles or contact lenses (if they cause strain)

A calm, peaceful, and comfortable environment greatly enhances hypnotic depth.

9. Position

The subject should be seated in a **comfortable chair with back and head support**, or preferably in a **lying-down position**.

Avoid using stools or any posture that causes muscular tension or discomfort.

10. Temperature

The ideal room temperature for hypnosis is **between 20°C and 30°C**—neither too warm nor too cold. Comfort promotes relaxation and receptivity.

11. Lighting

Use **soft, subdued lighting** rather than bright, direct light.

Colors like **red, purple, and blue** help create a calm, inward atmosphere that supports trance induction.

12. Motivation

A clear and genuine reason for wanting to be hypnotized is essential. When motivation is strong—such as for healing, growth, or learning—the success rate is much higher.

13. Previous Knowledge of Hypnosis

This can work **both ways**:

- Positive, if the subject already trusts the process.
 - Negative, if previous experiences have created fear or skepticism.
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14. Observation

Watching another person being hypnotized often increases receptivity. It builds curiosity, confidence, and faith in the process.

15. Technique

A **well-trained hypnotist** using the right method produces deeper and safer results. The effectiveness of hypnosis depends greatly on the **clarity and confidence** of the hypnotic technique used.

16. Personality of the Hypnotist

A **pleasing, calm, and trustworthy personality** is one of the strongest assets for a hypnotist. An **offensive, impatient, or domineering attitude** creates resistance and weakens the hypnotic rapport.

In Summary

Hypnosis works best when the **mind is willing**, the **body is relaxed**, and the **environment is harmonious**. Both the subject and the hypnotist contribute to creating the right conditions for deep and meaningful trance experiences.

THE MIND

The human mind is often compared to an iceberg—what we see above the surface is only a small fraction of its vastness. The **conscious mind** represents the visible tip, the part we use for everyday reasoning, decision-making, and problem-solving. Beneath the surface lies the

subconscious mind, an immense reservoir of memories, emotions, and automatic processes that quietly shape our behavior and experience every moment of our lives.

The subconscious operates much like an **auto-pilot system**, managing countless functions simultaneously and effortlessly. Its key areas of influence include:

- **Emotions**
- **Imagination**
- **Memory**
- **The Autonomic Nervous System**

Let's look at each of these more closely.

1. Emotions

Emotions are the opposite of rational thought. They arise spontaneously, often without conscious intention. Feelings such as joy, anger, fear, disappointment, or happiness can surface instantly—triggered by a passing thought, a tone of voice, or even a memory from years ago.

Our emotions are deeply rooted in the subconscious. They color our perceptions and determine how we react to life's events, often before our conscious mind even registers what is happening.

2. Imagination

The term *imagination* encompasses several powerful functions of the subconscious mind—**creativity, visualization, intuition, premonition, fantasies, daydreams, and even dreams**.

Through imagination, the subconscious communicates in symbols and images, weaving together memories and emotions to generate insight, creativity, and foresight. It is the bridge between thought and reality—what the mind vividly imagines, the body and emotions often respond to as though it were real.

3. Memory

The subconscious mind stores **every experience we have ever had**—everything seen, heard, felt, or learned. Though we may not consciously recall these impressions, they are all archived deep within.

These memories subtly influence our attitudes, choices, and behavior. Under hypnosis, the mind's natural filters relax, allowing forgotten or suppressed memories to surface—often with profound healing or understanding.

4. The Autonomic Nervous System

The **autonomic nervous system (ANS)** functions entirely under subconscious control. It regulates vital bodily processes such as:

- The beating of the heart
- Blood circulation
- Breathing rate
- Digestion
- Dilation and contraction of pupils
- Salivation in response to food stimuli

For example, when the light dims, your pupils automatically dilate. When you see your favorite meal, your mouth waters. All these responses occur without any conscious command—they are orchestrated by the subconscious mind through the ANS.

The Interconnection of Subconscious Functions

These four aspects—emotion, imagination, memory, and the autonomic system—are intricately connected and constantly interact.

Suppose someone criticizes you harshly and repeatedly. The subconscious registers this as a threat. It releases **negative emotions** such as anger or hurt, which in turn activate the **autonomic nervous system**—your heartbeat quickens, blood pressure rises, and stress hormones surge. These sensations become imprinted in your **memory**.

Later, when you merely *anticipate* meeting the same person, your **imagination** recalls that experience, and your body automatically recreates the same emotional and physical responses—even before any interaction occurs.

This is how subconscious conditioning creates **automatic emotional reactions** to certain people, events, or situations.

The opposite is also true. Imagine a small child meeting a friendly dog for the first time. If she is gently encouraged, her body relaxes, her emotions are pleasant, and she forms a happy memory. The next time she encounters a dog, her subconscious recalls safety and joy, not fear.

Understanding the Mind-Emotion Link Through Hypnosis

Our feelings never arise “out of nowhere.” They are always connected to a memory or an event, consciously or unconsciously stored. The stronger the emotion attached to an experience, the deeper the imprint it leaves in the subconscious, and the more automatically it triggers similar reactions in the future.

Hypnosis provides a safe and effective way to uncover the original event or belief that created a negative emotional pattern. By bringing that memory into conscious awareness and reframing it, hypnosis helps break the cycle of automatic, self-defeating reactions—freeing us to respond to life with greater calm, awareness, and choice.

THEORY OF MIND

Understanding how the human mind reacts, processes, and adapts under various conditions is essential to grasp the science of hypnosis. The following principles form the foundation of how our mind and body interact under stress, emotion, and suggestion.

1. The Fight–Flight Response

Definition:

The *fight–flight reaction* is an ancient, automatic response triggered in moments of danger or intense anxiety. It prepares the body either to confront a threat (fight) or to escape from it (flight).

In primitive times, survival depended on these two core instincts. Early humans and animals who developed greater **strength, courage, and aggression** learned to fight their threats, while those with **speed, agility, and sharp senses** learned to flee. Those unable to do either—who remained passive—did not survive.

These primal instincts still exist within us today. Whenever we perceive fear, danger, or even emotional stress, the body instantly activates this ancient survival mechanism—causing increased heart rate, rapid breathing, and a surge of adrenaline—preparing us for immediate action.

2. The Pain–Pleasure Principle

Every living organism instinctively seeks **pleasure** and avoids **pain**.

To the subconscious mind, *the unknown* often represents pain, while *the known* represents pleasure—regardless of whether that known experience was positive or negative.

- A **known experience** feels safe simply because it is familiar.
- An **unknown situation** triggers resistance or anxiety, because it lacks prior association.

This is why people often repeat unhealthy habits—they are *known* to the subconscious and therefore comfortable, even if consciously undesirable. Understanding this principle helps explain why change can feel difficult: the subconscious prefers familiar discomfort to unfamiliar improvement—until retrained through techniques like hypnosis.

3. Message Units

Definition:

Message units are the countless sensory and informational inputs received by the brain from the **environment**, the **body**, and both the **conscious and subconscious minds**.

When too many message units accumulate—such as during stress, trauma, or sensory overload—the **conscious mind** becomes overwhelmed and unable to process them efficiently. This state of overload can lead to **anxiety, confusion, or emotional exhaustion**.

At that point, the **subconscious mind** takes control, processing information based on *known experiences* and learned responses. If the overload persists, logical thinking diminishes, and automatic patterns—often emotional or irrational—begin to dominate.

This moment of “conscious surrender” is also what allows **hypnosis** to occur naturally. When the conscious mind relaxes or becomes overloaded, the subconscious becomes open and receptive to positive suggestion and reprogramming.

Because the subconscious is far stronger than the conscious mind, prolonged overload leads to irrational decisions or stress reactions—unless one learns to manage and release message-unit buildup through relaxation, mindfulness, or hypnosis.

SCIENTIFIC FINDINGS

In recent decades, hypnosis has moved from mysticism to mainstream science. Rigorous research conducted in the **United States, Canada, Australia, Germany, France**, and other European nations has validated hypnosis as a genuine and measurable physiological state with profound therapeutic potential.

Physiological Changes During Hypnosis

Under laboratory conditions, researchers have observed several consistent physiological shifts in hypnotized subjects:

- **Heart rate and breathing rate** slow down.
- **Blood pressure** drops.
- **Production of stomach acid (gastric juice)** decreases.
- **Stress hormones** are not released into the bloodstream.
- **White blood cells** adhere more effectively to vessel walls, improving **immune function**.

These changes create a state of deep relaxation and enhanced physical balance. The body's natural healing mechanisms become more active, explaining why hypnosis has shown benefits in managing conditions such as:

- Hypertension
- Anxiety and tension headaches
- Digestive disorders
- Sleep disturbances
- Chronic pain
- Psychosomatic illnesses
- Even as a supportive therapy in **cancer care**

Brainwave Research

To further explore hypnosis scientifically, researchers at **Stanford University (California)** recorded brainwave activity during hypnotic sessions using an **Electroencephalograph (EEG)**—an instrument that tracks the brain's electrical impulses, much like an **Electrocardiograph (ECG)** tracks the heart's activity.

Their findings were remarkable:

- During hypnosis, the brain predominantly emits **alpha waves**—a pattern associated with a state of **mental alertness combined with deep physical relaxation**.
- In contrast, during sleep, the brain produces **theta or delta waves**, representing **unconscious rest and lack of mental awareness**.

These studies conclusively demonstrate that **hypnosis is not sleep**. Instead, it is a unique state of focused awareness in which the mind is calm, the body is relaxed, and the subconscious becomes highly receptive.

Conclusion

Scientific research has confirmed what ancient healers and modern therapists have long known—hypnosis harmonizes the body and mind. It lowers stress, restores physiological balance, and activates the body's innate healing intelligence.

Whether practiced as **self-hypnosis** or guided by a trained therapist, it remains one of the most effective tools for releasing anxiety, reprogramming deep-seated patterns, and awakening the mind's extraordinary potential.

THE TRANCE

We know that hypnosis is **not sleep**, and yet it is often accompanied by a deep sense of restfulness. When someone is in a hypnotic trance, they do not feel asleep or unconscious; rather, they feel **calm, inwardly focused, and detached from distractions**.

This leads to a common question:

What does a person actually feel during hypnosis?

The truth is, the hypnotic trance is quite natural and unremarkable—far from the mysterious or dramatic state often portrayed in films. Hypnosis is a **common, everyday phenomenon** that each of us experiences several times a day without realizing it.

Consider these examples:

- When you sit by a window, lost in thought, staring into the distance, completely absorbed in an inner world of reflection.
- When you're reading a captivating book and become so engrossed in the story that you forget your surroundings.
- When you're immersed in a hobby—gardening, painting, or watching television—and suddenly realize how much time has passed.
- When you're driving on a long stretch of road or sitting on a train and begin to feel drowsy and detached from the journey.
- When you're jogging or exercising and, for a while, all worries seem to fade into the background.

If any of these situations feel familiar, you've already experienced **a natural hypnotic state**. The only difference is that, in daily life, you don't call it "hypnosis."

And just as easily as you enter such a state, you can come out of it.

If someone calls your name or a phone rings, you instantly return to normal awareness. You never lose control. If anyone told you that you were unconscious or under someone else's power during such a moment, you would naturally dismiss it as nonsense.

In reality, we **enter and exit light hypnotic states** several times each day, effortlessly and automatically. What a trained hypnotist does is simply **guide you into this same state intentionally**—rather than leaving it to chance.

It is important to understand that **no one can be hypnotized against their will**.

If you resist or refuse to follow the hypnotist's guidance, hypnosis cannot occur. The process always requires cooperation and willingness from the subject.

When you are in hypnosis, your **attention turns inward**. You remain fully aware of where you are and who is around you, but these external things fade into the background. Your focus narrows to the **words and suggestions** being offered by the therapist.

You could open your eyes or move your body at any time, but because you are deeply relaxed and peaceful, you generally have no desire to do so.

In this experience, the **therapist acts as a guide**, leading you gently along a path within your own mind. The **real journey**, however, is yours. The therapist does not impose hypnosis upon you—you enter it yourself.

That is why experienced hypnotherapists often remind their clients:

“All hypnosis is, in truth, self-hypnosis.”

THEORY OF DEPTH IN HYPNOSIS

For practical understanding, hypnosis can be divided into **three progressive stages**, each characterized by distinct physical and psychological responses. These stages reflect the **gradual deepening of the trance state**, as the conscious mind relaxes and the subconscious becomes increasingly receptive.

The three recognized levels are:

1. **The Hypnoidal Stage**
2. **The Cataleptic Stage**
3. **The Somnambulistic Stage**

1. The Hypnoidal Stage (Light Trance)

This is the **initial and lightest stage** of hypnosis—often referred to as the *gateway to trance*.

In the hypnoidal state, the subject appears **calm, relaxed, and passive**. The eyelids may flutter slightly, facial muscles soften, and sometimes a gentle smile appears, either as a response to suggestion or as a sign of deep relaxation.

Although the subject **can open their eyes**, they usually prefer to keep them closed, finding it more comfortable to remain inwardly focused. The mind remains alert but serene, and the body begins to let go of tension.

This stage is typically accompanied by **rapid eye movement (REM)**, similar to that seen during dream sleep. It represents a state of **light hypnosis**—pleasant, peaceful, and often compared to the early moments of meditation or daydreaming.

2. The Cataleptic Stage (Medium Trance)

The **cataleptic stage** marks a **deeper level of hypnosis**, where muscular relaxation increases and voluntary control begins to fade.

At this point:

- The subject **cannot open their eyes**, even if they try.
- The **fluttering of the eyelids ceases**.
- The **limbs feel heavy or stiff**, and mild catalepsy (rigidity or immobility of muscles) may occur.
- There is a noticeable **reduction in pain sensitivity**, and sometimes partial loss of body awareness.

Subjects in this stage often experience **partial amnesia**, forgetting around **20–30%** of what occurred during the trance.

Eye movement may shift from fluttering to **slow lateral motion** (side to side), a physiological indicator of deeper relaxation.

This is considered the **medium stage** of hypnosis, suitable for therapeutic suggestions, pain management, and habit correction.

3. The Somnambulistic Stage (Deep Trance)

The **somnambulistic state** is the **deepest level of hypnosis**, where the subject reaches profound physical stillness and mental absorption.

In this stage:

- The subject experiences **complete immobility** unless instructed otherwise.
- There is a **significant loss of awareness** of the external environment.
- The subject may exhibit **complete insensitivity to pain** and **high suggestibility**.
- **Amnesia** becomes pronounced—depending on depth:
 - **First-level somnambulist:** Over 30% spontaneous amnesia.
 - **Second-level somnambulist:** Over 60% spontaneous amnesia.

- **Third-level somnambulist:** Over 90% spontaneous amnesia, remembering virtually nothing from the session.

At this depth, the subject responds to all types of suggestions—physical, emotional, or behavioral—with ease. It is in this state that the **deepest therapeutic work** and **post-hypnotic conditioning** can be achieved.

Emerging from Hypnosis

When the subject is gently brought back to full consciousness, it may appear as though they had been asleep. However, they typically report that they were **fully aware and in control** throughout, though deeply relaxed and detached.

Hypnosis, therefore, is not unconsciousness—it is a **pleasant shift of awareness**, where the **subconscious mind comes to the forefront** and the **conscious mind rests peacefully in the background**.

The experience often leaves the subject refreshed, calm, and centered—much like awakening from a deeply restorative meditation.

CONDITIONAL TESTS

(SUGGESTIBILITY / SUSCEPTIBILITY TESTS)

In hypnosis, **conditioning the subject** forms nearly **90% of the entire process**. The more effectively a subject is conditioned to relax, focus, and trust the hypnotic experience, the deeper and faster they will respond.

Therefore, mastering **suggestibility tests** is essential for every hypnotist. These tests not only help you assess the subject's responsiveness but also act as preliminary inductions, often leading directly into hypnosis.

Aims of Conditioning Tests

1. To determine the **suggestibility level** of the individual.
2. To identify the **most suitable method of induction** for that person.
3. To sometimes **induce hypnosis indirectly** through the testing itself.

4. To **condition the subject** for greater success in future sessions.
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1. Swinging Pendulum Test (Chevreul's Pendulum)

Type: Indirect suggestibility test

Procedure:

Suspend a ring, crystal, or small brass ball from a string about 10–12 inches long. Ask the subject to hold the free end of the string, keeping the elbow steady and the pendulum hanging motionless above a marked point ("O").

Instruct the subject to focus on a line drawn on the table from point **A to B**, while you calmly suggest:

"The pendulum will begin to swing gently along the line A–B."

After a few moments, change the suggestion:

"Now it will move in a new direction—C to D."

You'll observe that the pendulum gradually changes direction accordingly. Finally, suggest circular motion:

"Now imagine it tracing a circle—A–C–B–D."

Interpretation:

- A pronounced swing indicates **high suggestibility**.
 - Minimal or no movement suggests **lower responsiveness**—in which case, perform the test again in front of the subject using another person who responds well, and build confidence with brief motivational talk ("pep talk").
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2. Magnetic Hands Test

Procedure:

Ask the subject to sit comfortably with eyes closed. Extend both arms in front of the chest, palms facing each other, about six inches apart.

Suggest:

“You may begin to feel a magnetic pull between your palms—like invisible forces drawing them closer... or gently pushing them apart.”

Result:

- If the hands **move toward or away** from each other, the subject is **responsive and suggestible**.
 - Little or no movement indicates mild resistance or low suggestibility.
-

3. Sway Test / Body Balance Test

Procedure:

Have the subject stand upright, feet together, eyes closed, and arms relaxed at the sides. Suggest:

“As you focus, you may feel your body swaying gently backward or forward...”

Result:

- A subject who **leans or sways backward** easily is considered **highly suggestible**.
 - No movement may indicate tension or mental resistance.
-

4. Erickson’s Two-Arm Discrimination Test

Procedure:

Ask the subject to stretch both arms straight out in front of the chest:

- **Right palm facing upward** (as if holding a book).
- **Left palm facing downward** (as if holding a balloon).

Then suggest:

“Imagine a heavy book being placed on your right hand, making it heavier and heavier... and at the same time, imagine a light helium balloon tied to your left wrist, lifting it higher and higher...”

Result:

As the suggestion continues, the **distance between the two hands increases**. The greater the separation, the more **suggestible and responsive** the subject is.

5. Grand's Technique

Procedure:

Casually ask the subject to spell a **difficult or unusual word** aloud.

Observation:

If the subject's eyes **move up and to the left** while thinking or responding, this indicates **high visual suggestibility** and an active imagination—signs of good hypnotic responsiveness.

6. Eye Catalepsy Test

Purpose: To confirm readiness for hypnosis.

Procedure:

Once the subject shows good responsiveness, give the suggestion:

“At the count of five, your eyelids will become so heavy, so relaxed, that they will not open even if you try.”

Then count slowly from one to five.

Result:

If the subject is **unable to open the eyes**, it indicates a **positive cataleptic response**—a strong sign of deepening trance and readiness for hypnosis.

7. Hand Clasp Test

Procedure:

Ask the subject to clasp both hands tightly together in front of the chest (or above the head), interlocking the fingers firmly.

Say:

“Press your hands tightly together... tighter and tighter... until I count to ten. When I reach ten, you will find it difficult—almost impossible—to pull them apart.”

Count slowly to ten.

Result:

- If the subject **cannot separate the hands** or does so with great effort, this demonstrates **strong suggestibility** and readiness for hypnotic induction.
 - If separation is easy, additional conditioning and relaxation techniques may be required.
-

Conclusion

These suggestibility tests serve a dual purpose:

1. They reveal how readily an individual's mind and body respond to suggestion.
2. They act as **preliminary inductions**, helping the subject gain confidence and familiarity with the hypnotic process.

By mastering these conditioning tests, a hypnotist lays the foundation for **successful inductions, deeper trance states, and effective therapeutic outcomes** in every session.

INDUCTION OF TRANCE

Induction is the process through which a hypnotist guides the subject from normal waking consciousness into a state of focused attention and deep relaxation — the **hypnotic trance**.

The purpose of induction is to **bypass the critical faculty of the conscious mind** and allow the **subconscious** to become open and receptive to positive suggestions.

There are numerous methods of induction, and each subject responds differently. The skilled hypnotist selects the most suitable technique depending on the subject's **personality, suggestibility, and mental state**.

1. Finger-Spreading Technique

Purpose: Rapid fixation and initial trance induction.

Ask the subject to stand comfortably and **focus intently** on the tip of the middle finger.

As they continue to stare, suggest sensations of **heaviness or lightness**, and gradually

deepen the focus by slowing your voice.

Soon, their **attention narrows**, and they begin to experience a light trance.

2. Visual Fatigue Method

Examples: Staring at a watch dial, a spot on the ceiling, a hypnodisc, or a small red light.

Procedure:

Place the object about **45° above eye level**, so that the eyes are slightly strained when focusing.

Gently suggest:

“Your eyes may begin to feel tired... heavy... your eyelids wanting to close.”

Encourage the subject to **close their eyes when they can no longer keep them open**.

As soon as they do, reinforce with:

“Good. As your eyes close, your whole body relaxes deeper and deeper.”

This method effectively uses **eye fatigue** to relax the conscious mind.

3. Hand Levitation Method

Purpose: To create involuntary movement through focused suggestion.

Procedure:

- Seat the subject comfortably, hands resting on thighs, palms down.
- Ask them to **gaze at one hand** and imagine it becoming lighter and lighter, as if pulled upward by invisible strings.
- Suggest that the hand will **rise slowly toward the face**.
- When it touches the face, instruct:

“As your hand touches your face, your eyes will close, and you will drift into a deep, pleasant sleep.”

Variation (Gravity Method):

For less responsive subjects, hold one arm horizontally at chest level and suggest that it is **growing heavier**, slowly descending.

When it touches the thigh, instruct:

“As your hand rests on your thigh, your eyes will close and you will go deeply relaxed.”

4. Intermittent Counting Technique

Purpose: A rhythmic approach to bypass conscious awareness.

Procedure:

Tell the subject that when you count **odd numbers**, they will **close their eyes**, and on **even numbers**, they will **open them**.

Gradually **extend the intervals** between counts so that the eyes remain closed longer each time.

Eventually, suggest that they may simply **allow their eyes to remain closed** and relax completely.

5. Progressive Relaxation Method

This is one of the most effective and widely used inductions in therapeutic hypnosis.

Procedure:

Ask the subject to recline comfortably in a chair, choose a spot slightly above eye level, and focus on it while breathing slowly and evenly.

Then begin guiding them through a **systematic relaxation** of the entire body:

“Concentrate on your feet and ankles... let them relax... let them go limp and heavy... as though they are sinking deeper into comfort.”

Continue gradually:

- Calves and thighs
- Abdomen and chest
- Shoulders and arms

- Neck and facial muscles

Encourage sensations of **heaviness, warmth, and comfort**, using repetition and a slow, soothing voice:

“Your eyelids are becoming heavier... your breathing slower... your body calm and still... drifting deeper and deeper into total relaxation.”

Once full-body relaxation is achieved, introduce **deepening imagery**, such as:

“With each breath, you drift deeper into peace... like floating down a gentle stream... deeper and deeper into calmness.”

This method leads naturally into a deep, stable hypnotic trance.

6. Erickson's Confusional Technique

Developed by Dr. Milton H. Erickson, this method uses **verbal confusion** to overload the conscious mind, allowing the subconscious to take control.

Principles of Confusion:

- Play on words
- Shifting verb tenses
- Introduction of irrelevant or contradictory statements

Example Induction:

“Your right hand is rising... while your left presses down... and now your left hand is rising as your right presses down... both are pressing down... both are rising...”

The mind, unable to process the conflicting instructions, becomes momentarily disoriented. In that instant, the hypnotist gives a **clear positive suggestion**, such as:

“Good, now just let go completely and go deep into relaxation.”

Confusional techniques are especially useful for analytical or resistant subjects.

7. Carotid Artery Pressure Technique

Note: This method involves physical pressure and is **not recommended** for practice due to potential health risks.

It is mentioned here **only for historical reference**.

8. Surprise Technique

Purpose: Shock induction for rapid trance entry.

Procedure:

During a **hand clasp test**, as the subject struggles to separate their hands, the hypnotist delivers a **sudden and unexpected command** — often accompanied by a light tap on the forehead — saying sharply:

“Sleep—deep sleep now!”

The surprise breaks conscious resistance, producing an instant trance in highly suggestible subjects.

This should be used **only by trained professionals** and **never in casual settings**.

9. Dynamic Meditation Technique

A deeply relaxing, meditative induction suitable for both **self-hypnosis** and **therapeutic hypnosis**.

Procedure:

Invite the subject to close their eyes and take **three slow, deep breaths**.

Guide them to relax each part of the body from head to toe, releasing tension with every exhalation.

“With every breath, let go of tension... relax your jaw, your temples, your shoulders... feel your whole body softening, sinking deeper into peace.”

Encourage awareness of breathing, then introduce **visual imagery** such as descending a staircase or walking into a serene place:

“Imagine a staircase with ten steps leading to your special, peaceful place...”

With each step, you go deeper... ten... nine... eight... drifting down... all the way to one.”

Allow the subject to visualize a **safe, beautiful place** — a beach, a mountain, a garden — and to immerse themselves in feelings of **calm, safety, and well-being**.

“This is your special place... where you are completely at peace.
Every time you practice this, you will relax faster and deeper than before.”

Finally, conclude the session by reorienting the subject:

“I will count from one to three. When I reach three, you will open your eyes—feeling light, refreshed, energized, and wonderfully positive.”

“One... coming back slowly... two... feeling revitalized... and three—eyes open, awake, calm, and refreshed.”

Summary

Each induction method serves the same purpose — to **bypass the conscious mind** and engage the **subconscious** in a receptive state.

Whether achieved through **eye fixation**, **muscular relaxation**, **verbal confusion**, or **guided imagery**, the essence of hypnosis remains the same:

A shift in awareness where the body relaxes, the mind quiets, and the inner world opens to healing, insight, and transformation.

HYPNOTIC MODALITIES

1.1 Introduction

Hypnosis exists in many different forms throughout society. Just because something doesn't *call itself hypnosis* doesn't mean it isn't.

Every day, people are being influenced, conditioned, or persuaded through hypnotic processes—often without realizing it.

As professional hypnotists, it is our responsibility to **recognize hypnosis in all its forms**, regardless of how it appears. Once identified, such observation allows us to study, understand, and refine our own skills in facilitating positive change.

The more we recognize hypnosis in everyday life, the more effective we become in applying it consciously and ethically.

1.2 Definition of a Hypnotic Modality

For the purpose of this discussion, we define a **hypnotic modality** as:

Any system, practice, or process that attempts to control, influence, or modify human behavior through the creation or reinforcement of belief systems.

In simpler terms, **any method that changes how people think, feel, or behave**—by shaping what they believe—is a form of hypnosis.

1.3 The Three Necessary Elements of a Hypnotic Modality

Every effective hypnotic modality—whether used in therapy, religion, education, marketing, or leadership—depends on the presence of **three synergistic elements**.

All three must work together; if even one is missing, the modality loses its power and effectiveness.

These elements are:

1. **Authority / One-upmanship**
2. **Doctrine / Paradigm / Translogic**
3. **Overload / Internal Experience**

Let's explore each one in detail.

Element #1: Authority / One-upmanship

The first requirement for hypnosis to take effect is **perceived authority**.

The subject must recognize the presenter as someone with **greater knowledge, power, or credibility**, which allows the conscious mind to relax and open to suggestion. This process—called *one-upmanship*—is how authority is established.

Authority can be created through many means:

- **Appearance:** Clothing, uniforms, or symbols of status (e.g., a doctor's white coat, a judge's robe).
- **Environment:** A stage, podium, or professional office setup conveys control and legitimacy.

- **Credentials:** Diplomas, certificates, or awards displayed in view enhance authority.
- **Behavior:** Confidence, tone of voice, and composure command respect and attention.

A subtle but crucial part of establishing authority is **control over the environment**.

If the presenter loses control of the physical or social setting (for instance, if the audience feels dominant), the hypnotic modality weakens.

Without authority, there is **no permission** for influence.

Element #2: Doctrine / Paradigm / Translogic

This element represents the **logical structure** behind the message being delivered. It satisfies the conscious mind's need for rational understanding before the subconscious can accept new ideas.

There are three levels of this element:

a) Doctrine

The highest form—a **written and established belief system**, often viewed as sacred or absolute.

Examples include religious scriptures, legal codes, and philosophical texts such as the *Bible*, *Qur'an*, or *Bhagavad Gita*.

The doctrine is powerful because it carries the weight of **ultimate authority** and often claims divine or moral inspiration.

b) Paradigm

A **conceptual model or theory** that explains how something works.

A paradigm may not yet be codified in writing but is presented through **lectures, discussions, charts, or frameworks**.

For example, a psychological theory, a marketing model, or a scientific hypothesis can serve as a hypnotic paradigm if it influences belief.

c) Translogic

The simplest and most temporary form—an idea that **makes sense only for a short time** or in a specific context.

It may not be fully logical or complete, but it provides **just enough reason** for the subject to accept the suggestion.

Regardless of whether the structure is a doctrine, paradigm, or translogic explanation, the key is that it **fits within the subject's existing belief system**.

If the presenter demands that the subject abandon their beliefs entirely, resistance arises. True influence occurs when the new message is presented as a *natural extension* of what the subject already believes.

Element #3: Overload / Internal Experience

The third and most dynamic element is **emotional overload leading to an internal experience**.

Also known as the *charismatic element*, it involves creating an intensity of emotional or sensory input—called **message-unit overload**—that temporarily overwhelms the critical, analytical mind.

When this happens, the **reactive (subconscious) mind** becomes open and receptive to new ideas or beliefs.

The goal is for the subject to **feel** the message deeply.

Once a person *feels* an idea, they begin to *believe* it.

How is this achieved?

- By delivering a large number of message units (through speech, music, visuals, repetition, or emotion).
- By inducing a strong internal reaction—joy, awe, fear, inspiration, or love.
- By attributing that emotional experience to the doctrine or paradigm being presented.

Religious revivals, political rallies, motivational seminars, and even modern marketing campaigns frequently use this principle. The emotional intensity bypasses logic and reinforces belief through direct internal experience.

Without emotion, no real transformation occurs.

Conclusion

A skilled hypnotherapist—or any professional communicator—is, in essence, a **belief system engineer**.

Their goal is to help others replace limiting or destructive beliefs with empowering and healing ones. To do so effectively, the practitioner must understand and apply these three foundational elements:

1. **Authority** – to gain trust and open the mind.
2. **Doctrine / Paradigm / Translogic** – to satisfy logic and provide structure.
3. **Overload / Internal Experience** – to anchor belief through emotional connection.

Mastery of these elements allows the hypnotherapist to work ethically and powerfully, while remaining aware that **the paradigm itself is not about truth or falsehood**—it is merely the framework through which transformation occurs.

When used consciously and responsibly, these principles make hypnosis one of the most profound tools for understanding, influencing, and healing the human mind.

PHENOMENA OF HYPNOSIS

During hypnosis, a variety of **psychological and physiological phenomena** can occur, depending on the **depth of trance, suggestibility of the subject, and skill of the hypnotist.**

These responses demonstrate the powerful connection between the **mind and body**, and form the foundation of many therapeutic applications of hypnosis.

1. Catalepsy

Definition:

A condition in which a limb or the entire body becomes **rigid and immobile** due to suggestion.

For example, the hypnotist may suggest that the arm becomes stiff and locked, like a solid bar of steel—and the subject is unable to move it until told otherwise.

Variations:

- *Automatic movements* may also be produced—for instance, suggesting that the arm will rotate like a propeller until instructed to stop.

Uses:

Catalepsy is often used in **physiotherapy** and rehabilitation, to demonstrate or retrain muscular control.

2. Time Distortion

Definition:

A deliberate alteration of the subject's perception of time during hypnosis.

When emerging from trance, the subject typically **underestimates the duration** spent under hypnosis. Minutes may feel like seconds, or hours like minutes.

Uses:

- To help patients undergoing **painful or prolonged medical treatments**, such as burn dressing or cancer pain management.
- In therapy for **depression**, where shifting the sense of time helps break repetitive, negative mental patterns.

3. Age Regression

Definition:

A hypnotic technique that enables the subject to **mentally travel back in time**, revisiting earlier experiences.

It is one of the most useful yet least understood phenomena in hypnosis.

Types:

- **Pseudo Age Regression:**
The subject observes past events as though watching a film—describing them in the *past tense*.
Example: “When I was five, I was afraid of the dark.”
- **True Age Regression (Revivification):**
The subject **re-lives** the past experience as if it is happening in the present moment—speaking in the *present tense*.
Example: “I’m five years old now... I can see the dark room... I feel scared.”

Uses:

Helps uncover **root causes** of emotional trauma, phobias, or behavioral issues buried in the subconscious mind.

4. Age Progression

Definition:

The opposite of regression—projecting the subject's imagination **into the future** to explore potential behaviors or outcomes.

Uses:

- To help clients mentally rehearse **how they might respond to future challenges or stressful situations**.
 - To strengthen positive habits by mentally experiencing success or confidence before it occurs.
-

5. Interpretation Distortion

Definition:

The subject's **perception of meaning** can be altered by suggestion. For example, a neutral statement can be made to sound extremely funny—or vice versa.

Uses:

- In therapy for **depression**, to restore humor and lighten emotional tone.
 - To change associations in **habit disorders** such as smoking or alcohol addiction (e.g., making cigarettes taste unpleasant).
-

6. Anaesthesia and Analgesia

Definition:

Partial or complete **loss of sensation or pain** through hypnotic suggestion. The effect depends on the **depth of trance** and **individual suggestibility**.

Progression:

- Begins with *glove or stocking anaesthesia* (loss of sensation in the hand or foot).
- Extends to deeper areas of the body as trance deepens.

- *Analgesia* (partial pain reduction) often precedes *complete anaesthesia*.

Uses:

- Minor surgical or dental procedures
 - Dysmenorrhea (painful menstruation)
 - Childbirth (painless labor)
 - Orthopedic manipulation
 - Burn dressing
 - In children and highly suggestible adults using techniques such as the “**magic finger method.**”
-

7. Amnesia

Definition:

Temporary or selective **loss of memory** during or after hypnosis.

Amnesia typically appears at the **transition between light and deep hypnosis**.

In some individuals, it occurs naturally; in others, it can be induced by suggestion.

Note:

Certain subjects may never experience amnesia, regardless of suggestion—their memory remains intact even after deep trance.

8. Control of the Voluntary Muscular System

Definition:

Through hypnotic suggestion, both **simple** and **complex muscular actions** can be controlled.

Examples:

- *Simple control:* Inability to open eyelids or separate clasped hands.
- *Complex control:* Inability to stand up, strike a match, or perform coordinated tasks.

This demonstrates the **mind's direct influence over physical movement**, bypassing conscious effort.

9. Modification of Physical Functions

Hypnosis can influence several **autonomic and physiological processes**, such as:

- **Peristalsis:** Regulation of intestinal movement.
- **Bleeding:** Control of blood flow during or after surgery.
- **Glandular functions:** Alteration of secretions like saliva, sweat, or digestive enzymes.

These effects reveal the profound connection between the **subconscious mind and the autonomic nervous system**.

10. Post-Hypnotic Phenomena

(To be discussed in the following section.)

Post-hypnotic phenomena refer to **responses or actions that occur after the hypnotic session**—triggered by specific cues or suggestions given during trance.

Conclusion

The phenomena of hypnosis illustrate the extraordinary **plasticity and responsiveness** of the human mind and body.

From altering time perception to modifying physiological functions, these manifestations prove that the **subconscious mind is capable of influencing every aspect of human experience**.

When used ethically and therapeutically, these phenomena serve as powerful tools for healing, personal transformation, and mastery over the self.

SUGGESTION — THE PRIMARY TOOL OF HYPNOSIS

Suggestion is one of the most direct and effective ways to influence the subconscious. Everyone is suggestible to some degree — and that quality is not a weakness but a necessity: without

suggestibility we could not learn. Under trance, suggestibility rises dramatically, so carefully crafted suggestions delivered in a relaxed, focused state can produce swift, durable change.

Below are the principles, types, and practical examples you can use when designing hypnotic suggestions.

PRINCIPLES FOR POWERFUL SUGGESTIONS

Use these rules to make your suggestions stronger, clearer, and more reliable.

- **Be positive.** Phrase suggestions toward what you want to create (e.g., “I am calm”) rather than what you want to avoid (“I will not be anxious”). The subconscious responds better to affirmative wording.
 - **Be concrete and specific.** Vague wishes are weak. The clearer and more specific the image or action, the stronger the response.
 - **Use an authoritative tone when needed.** People tend to accept suggestions more readily when delivered confidently by someone perceived as an authority. (Use responsibly and ethically.)
 - **Engage multiple senses.** Include auditory, visual, and kinesthetic elements so the person can *hear*, *see*, and *feel* the change.
 - **Mind your language logic.** Avoid negatives that create the image you’re trying to eliminate (“don’t smoke” creates the image of smoking). Phrase instead: “You choose not to smoke.”
 - **Use present tense.** Phrase suggestions as if they are already true: “I am relaxed,” not “I will be relaxed.”
 - **Suspend judgment.** People are more responsive when they feel the suggestion is realistic and possible. Help them imagine it convincingly.
 - **Adjust to suggestibility.** Check responsiveness and adapt wording and intensity to the individual.
 - **Repeat strategically.** Repetition reinforces new patterns. Use variations of the same suggestion several times during the trance.
-

CATEGORIES OF HYPNOTIC SUGGESTIONS

1. Post-hypnotic Suggestions

Suggestions given during trance that are intended to trigger after the subject has awakened. These are extremely valuable in therapy and behavior change.

- **Concrete signal** — tied to a trigger: “When you hear a single clap, you will feel calm and want a glass of water.”
- **After a delayed interval** — timed effect: “Ten minutes after waking, you will feel focused and refreshed.”
- **Trigger words / cues** — short phrases the client can use to self-activate a response (e.g., “Inner Strength” to reduce cravings).

Post-hypnotic suggestions are executed by the subject’s own volition when the cue occurs.

2. Autosuggestion

Self-activated suggestions that automatically come into play in relevant situations. These are powerful because they run without conscious deliberation.

Example: “Whenever you hold a cigarette with intention to smoke, you will feel mildly dizzy until you put it down.”

Autosuggestions are designed to interrupt behavior at the moment it’s about to occur.

3. Telepathic (Interpersonal) Suggestions

Rare and not scientifically established as a routine technique. Described historically as ideas transmitted non-verbally between people with exceptionally close rapport. Mentioned here for completeness but not relied upon in standard practice.

4. Inter-hypnotic Suggestions

Suggestions used inside the trance to test, deepen, or stabilize the session (e.g., “You are listening to my voice; nothing but my voice”). These help maintain focus when distractions occur.

WRITING & DELIVERING SUGGESTIONS — PRACTICAL CHECKLIST

1. Keep suggestions short and precise.

2. Use present tense and active voice.
 3. Include sensory words (see, hear, feel).
 4. Repeat the core phrase 3–5 times during a session using different forms.
 5. Reinforce with post-hypnotic cues when appropriate.
 6. Confirm client understanding and willingness before suggesting.
 7. Tailor to the person’s level of suggestibility and values.
-

SAMPLE SUGGESTIONS BY THEME

(Use only one primary theme per session; repeat chosen lines 3–5 times.)

Confidence & Positive Thinking

“You feel calm, confident, and self-reliant. You approach challenges with determination. You notice opportunities and act with optimism. You succeed because you believe you can.”

Relaxation & Stress Relief

“You are relaxed and at ease. Your body and mind are in balance. You accept what you cannot change and act calmly where you can. Tension leaves you each time you breathe out.”

Wealth & Success (motivation framing)

“You project calm power and confident action. You set clear goals and take steady steps toward them. Creative opportunity appears when you are focused, and you use it to build prosperity.”

Concentration & Accelerated Learning

“Your focus sharpens easily. You absorb new information quickly and remember it clearly. You can summon total concentration whenever you choose.”

Goal Achievement & Productivity

“You break large tasks into manageable steps and complete them. You use time well and achieve your priorities. ‘Do it now’ is your trigger to begin and finish.”

Health, Happiness & Well-Being

“You direct your inner resources toward health and balance. You deserve the best, and your daily choices support wellbeing.”

Eliminate Worry & Fear

“You are calm and secure. Your mind remains clear and optimistic. You accept what you cannot change and take practical steps where you can.”

Peaceful Sleep

“You fall asleep easily and sleep soundly through the night. You awaken refreshed and energized. The word ‘Peaceful Sleep’ can cue this calm at bedtime.”

Overcome Addictions

“You are strong, in control, and independent. Cravings fade quickly; you choose actions that support your health. ‘Inner Strength’ reminds you of your commitment.”

Beat Procrastination

“You do what you say. You act now. When you think ‘Do it now’ you start and complete the task with clarity and speed.”

Creative Visualization & Manifestation

“You imagine clearly and vividly what you want. Your mental image grows stronger and you take inspired steps to create it in reality.”

Relationship Improvement

“You communicate openly and compassionately. You accept your partner’s uniqueness and nurture connection. Small irritations fade and intimacy grows.”

Develop Intuitive / Psychic Skills *(use cautiously and ethically)*

“You sharpen your inner awareness. Intuition becomes clearer; you learn to trust your subtle impressions and use them wisely.”

Sexual Functioning (male / female) *(use only with explicit consent and within clinical/safe practice)*

Male: “You respond naturally; erection comes easily and is sustained. You control timing and enjoy intimacy fully.”

Female: “You feel present, receptive, and able to experience strong, satisfying orgasms. You relax and enjoy full sexual connection.”

SUGGESTION FORMATTING EXAMPLE (Quick Template)

- Present tense
- Short, sensory phrases
- One clear cue or outcome
- Repetition + post-hypnotic anchor

Example:

“You are calm and confident now. You notice steady breathing, a calm heart, and clear thought. When you say ‘Inner Strength’ three times quietly, that calm returns instantly.”

SAFETY & ETHICAL GUIDELINES

- Always obtain informed consent before giving suggestions—especially those affecting behavior, health, or sexual function.
- Avoid making medical promises or replacing professional medical or psychiatric care.
- Use authority and directive language ethically; never coerce.
- Tailor suggestions to the client’s values and cultural context.
- Monitor for adverse reactions and stop or modify suggestions if distress appears.

METHODS OF DEEPENING TRANCE

Why deepen the trance?

Deepening trance expands what is possible in a session. It is useful to:

1. Elicit complex hypnotic phenomena and increase therapeutic impact.
2. Produce more dramatic results for demonstrations or stage presentations.
3. Retrieve or restructure deep memories in regression work.
4. Implant powerful, durable post-hypnotic suggestions.
5. Facilitate hypno-analysis and other intensive therapeutic procedures.

Practical limit: In clinical practice, most subjects reach their maximum attainable depth within about **6 sessions**. Continuing repeated deepening attempts beyond 6–10 sessions usually yields diminishing returns.

General strategies for deepening

Below are safe, effective methods you can use singly or in combination. Master at least one core approach (for example, progressive relaxation or guided imagery) and use others as supportive techniques.

1. Deepening by direct suggestion

Use calm, authoritative language to invite deeper relaxation:

“With every breath you go deeper... deeper and more comfortable.”

Repeated, confident suggestions are often enough once initial relaxation is established.

2. Deepening by realization (rapport-building explanation)

Explain to the subject—either **during trance** or **in waking state**—how going deeper will increase benefit. Framing depth as desirable and useful encourages cooperation and naturally increases receptivity.

3. Post-hypnotic deepening suggestions

In earlier sessions, implant gentle post-hypnotic cues that make subsequent sessions deeper:

“Next time you hear my voice in this way, you will enter even more quickly and more deeply.”

4. Repeated induction

Perform multiple short inductions in the same session or across consecutive days. Each re-induction often takes the subject deeper than the previous, especially if you shorten and streamline subsequent inductions.

5. Counting and breathing technique

Link deeper breathing with descent into trance:

“Each deeper breath takes you twice as deep.”

Combine rhythmic counting with slow diaphragmatic breaths to promote physiological calm and effective deepening.

6. Graded response induction (progressive physical cues)

Use a sequence of suggestible physical responses to anchor descending depth:

limp → heaviness → limb catalepsy → eyelid catalepsy → limb rigidity → inhibition of voluntary movement → automatic movement → vivid visualization.

This staircase of responses gives the mind familiar markers of increasing depth.

7. Long-count or big-number counting

Have the subject count backward from a large number (e.g., 300, 1,000) while you provide deepening suggestions. The mental effort plus repetition quiets the critical mind and encourages descent.

8. Placebo / environmental cues

Non-harmful props (soft music, a radio, colored lights, or even an inert spray or “distilled water” labeled as relaxing) can focus attention and build expectation, which aids deepening. Use ethically—never deceive about risks or outcomes.

9. Visualization techniques (guided descent)

Imagery is highly effective. Example: the “descending lift” (elevator) script. Invite the subject to imagine stepping into a lift and descending floor by floor; suggest increased depth with each stop. Subtle surprises (e.g., going past street level into a basement) can produce an extra drop in resistance and greater depth.

Tip: Suggest that you (the therapist) are accompanying them during the descent; this shared imagery strengthens rapport and increases effectiveness.

10. Demonstration/developmental deepening

If a therapist has a responsive volunteer, performing a deep induction publicly while a second participant watches often deepens the observer through modeling and expectation.

11. Time factor

Simply allowing more time for relaxation often brings deeper trance. Patience is a valid and sometimes overlooked tool.

12. Controlled hyper-ventilation (use with care)

Very deep breathing can induce lightheadedness that, when paired with suggestion, may help some subjects enter trance. Because of physiological risks, use this only with training and caution.

13. Eye-fixation combined with distraction

Have the subject fix a point (e.g., a ceiling spot) while performing a distracting cognitive task (counting backward in sevens). The combination of focused visual strain and mental distraction quiets the critical mind and promotes depth.

Practical sequencing and safety

- Begin with a reliable, gentle induction (progressive relaxation or imagery).
 - Monitor breathing, color, and responsiveness; deepen gradually.
 - Use suggestive anchors (words, numbers, imagery) you can later reuse as post-hypnotic cues.
 - Avoid physical techniques that present risk (e.g., carotid pressure).
 - Stop deepening if the subject becomes distressed, disoriented, or medically unstable.
 - Debrief after deep sessions—allow time to reorient and consolidate.
-

Final guidance

Deepening is not an end in itself—it is a tool to make therapeutic work safer and more effective. Learn one core method thoroughly, then add complementary techniques to form your own adaptable deepening repertoire. Always prioritize safety, consent, and the client's comfort when pursuing deeper trance states.

Aims of Graded Testing

Graded tests serve several important purposes in the hypnotic process:

- A. To **condition the subject** for future sessions and increase responsiveness.
- B. To **progressively deepen** the state of hypnosis in a safe and measurable way.
- C. To **build rapport** and confidence between the hypnotist and the subject.

These tests not only assess the level of trance but also **reinforce hypnotic conditioning**, allowing the subject to move naturally toward deeper levels of receptivity.

1. Eye Catalepsy Test

Purpose: To determine initial depth of trance.

Procedure:

The hypnotist suggests that the eyelids are becoming *heavier, more relaxed, and impossible to open*.

“Your eyelids are now so heavy and relaxed that they simply will not open, even if you try.”

Interpretation:

- Inability to open eyes = positive response (light trance established).
- Effortful or partial movement = light suggestibility.
- Full movement = subject not yet in trance.

Therapeutic Note: Eye catalepsy also serves as a **deepening anchor**—once achieved, it can be used in later sessions as a cue for instant relaxation.

2. Hand Clasp Test

Purpose: To test motor control and suggestibility.

Procedure:

The subject clasps both hands tightly together in front of the chest or above the head. Suggest that the fingers are locked as if fused together.

“Your fingers are locking tighter and tighter, as though they are welded together... You cannot separate them until I say so.”

Interpretation:

- Inability to separate = medium trance level or strong responsiveness.
- Easy separation = mild trance or resistance.

This test also builds **trust** and reinforces the belief that suggestions can influence physical responses.

3. Automatic Movement / Arm Catalepsy Test

Purpose: To assess automatic response potential.

Procedure:

Suggest that the subject’s arm is becoming light and rising on its own:

“Your arm feels lighter... rising slowly... lifting as if a string is pulling it upward.”

If the arm floats or moves involuntarily, it indicates a **deeper trance** and strong subconscious involvement.

You can further test by suggesting:

“The arm will stay there until I tell you to lower it.”

Interpretation:

Automatic movement = spontaneous motor response, confirming increased hypnotic depth.

4. Number Block Test

Purpose: To assess mental dissociation and concentration.

Procedure:

Ask the subject to count backward from 10 (or 100) while suggesting that numbers are fading away:

“With each number, you go deeper, and the next number will begin to fade... until the numbers disappear completely.”

Interpretation:

- Loss of ability to recall or continue counting = **strong trance indicator**.
- Smooth counting = lighter level of hypnosis.

This test measures the subconscious mind’s dominance over conscious processes.

5. Analgesia Test (Loss of Pain Sensation)

Purpose: To test sensory control through suggestion.

Procedure:

Suggest that a small area of the body—often a hand—feels numb and insensitive:

“This hand is becoming warm, then cool, then completely without feeling... as if made of wood.”

Then lightly pinch or prick the area (with full consent).

Interpretation:

- No sensation or only mild pressure = **deep trance** (somnambulistic level).
- Normal pain reaction = lighter trance.

Use: Foundational test for hypno-anaesthesia used in dentistry, childbirth, and minor surgery.

6. Ammonia / Coffee Smelling Test

Purpose: To test sensory suggestion and imagination.

Procedure:

Without presenting any real substance, suggest:

“You will soon smell something strong... it may be coffee, or something sharp like ammonia.”

Interpretation:

- Subject reports a smell = positive sensory hallucination (medium-deep trance).
- No response = light trance or limited sensory suggestibility.

This test shows how vividly the mind can generate sensory experiences.

7. Hearing the Music Test

Purpose: To assess auditory hallucination potential.

Procedure:

Suggest:

“In a moment, you’ll begin to hear soft music playing in the distance... perhaps a familiar tune.”

Interpretation:

- Subject hears or describes the music = **deep trance**.

- Hesitation or denial = partial response.

This test is a precursor to **auditory visualization** used in advanced hypnotherapy and creative visualization work.

8. Colour Change Test

Purpose: To test visual suggestion and imagery depth.

Procedure:

Ask the subject to visualize an object (e.g., a ball or flower) and suggest:

“See it turning from red... to blue... now to green.”

Interpretation:

- Ability to perceive color change clearly = strong visual imagination and deep trance.
- Vague or no imagery = lighter trance.

This test helps identify **visual-dominant subjects** for future visualization-based therapies.

9. Walking Test

Purpose: To verify deep trance through motor dissociation.

Procedure:

In a controlled environment, suggest that the subject can stand and walk slowly while remaining in hypnosis.

Observe balance, coordination, and awareness.

If the subject walks smoothly while remaining responsive to suggestions, they are likely in a **somnambulistic state**.

Safety Note: Always ensure physical support and supervision during movement tests.

10. Negative Hallucination Test

Purpose: To test for deep hypnotic phenomena — the ability to ignore or "not perceive" something present.

Procedure:

Suggest:

“When you open your eyes, you will no longer see anyone else in this room. The room will appear completely empty.”

Interpretation:

- Subject genuinely fails to perceive others = **deep hypnosis** (true somnambulism).
- Partial awareness = medium depth.

Negative hallucination demonstrates full subconscious control over sensory input and perception.

Conclusion

Graded testing is a structured way to:

- Assess the depth of hypnosis objectively,
- Strengthen the hypnotic relationship, and
- Gradually condition the subject for deeper, more effective sessions.

Through consistent testing and positive reinforcement, both hypnotist and subject develop **confidence, trust, and mastery** over the hypnotic process — leading to more profound and lasting therapeutic results.

AWAKENING PROCEDURE

(Dehypnosis or Ending the Trance)

As the psychologist **Clark Hull** once remarked, “*The difficulty in hypnosis lies not in awakening the subject, but in keeping him in trance.*”

In practice, awakening is simple — but it must be done **gently, deliberately, and with care** to ensure that all therapeutic suggestions are integrated smoothly and the subject returns to normal waking awareness feeling refreshed and balanced.

Objectives of Awakening

The process of dehypnosis has five essential goals:

1. **To reinforce therapeutic work** through post-hypnotic suggestions.
2. **To remove any irrelevant or experimental suggestions** that could interfere with normal functioning.
3. **To instill positive after-effects** — calmness, vitality, and mental clarity.
4. **To reorient the subject gradually** from trance to full waking consciousness.
5. **To maintain trust and rapport** through kindness, respect, and reassurance.

Standard Awakening Procedure

Step 1: Deliver Post-Hypnotic Suggestions and Future Signals

Before awakening, reinforce the therapeutic purpose of the session.

For example:

“From this moment onward, you will continue to feel calm, confident, and in control. Whenever you take a deep breath and quietly say the word *Relax*, this same peaceful state will return instantly and naturally.”

This step strengthens the continuity between trance and daily life.

Step 2: Remove Unnecessary or Experimental Suggestions

Withdraw any temporary or extraneous suggestions used during the session, such as analgesia, catalepsy, or altered sensory responses.

“In a moment, your arm will feel normal again, fully flexible and comfortable. Every part of your body and mind now functions naturally.”

This ensures the subject returns with complete normal sensation and control.

Step 3: Emphasize Well-being and Integration

Reaffirm positive expectations for the post-hypnotic period.

“As you awaken, you’ll feel refreshed, clear-headed, and full of pleasant energy. Your mind will remain calm and balanced, and every part of you will feel at peace.”

Such reinforcement prevents disorientation and enhances therapeutic results.

Step 4: Gradual Termination of Trance

Avoid abruptly “snapping” the subject out of hypnosis. Instead, bring them back progressively using counting or deepening reversal:

“In a moment, I will count from **1 to 10**. With each number, you will become more alert and aware of your surroundings...

At 1, you begin to feel gentle energy returning to your body.

At 5, your breathing becomes deeper and steadier.

At 8, you start to feel fully refreshed and awake.

At 10 — eyes open, feeling bright, rested, and completely alert.”

This gradual emergence prevents post-session fatigue or dizziness.

Step 5: Maintain Kindness, Respect, and Consideration

Throughout the awakening phase, speak softly, calmly, and with genuine regard for the subject.

Never rush or treat the process mechanically. A considerate and respectful approach reassures the subject that the experience was safe and positive — reinforcing their willingness to enter trance easily in future sessions.

Additional Notes

- If the subject remains very relaxed or slow to respond, repeat the counting with firmer tone and clearer cues (“Now open your eyes... stretch your hands... take a deep breath”).
- Always check physical and mental orientation before allowing the subject to stand or leave.

- After dehypnosis, encourage a brief discussion of sensations or experiences to help integrate the session.

Summary

Step		Purpose		Example
1.	Post-hypnotic suggestions	Reinforce goals	therapeutic	"You will continue to feel calm and confident."
2.	Remove extraneous suggestions	Restore functioning	normal	"Your arm now feels normal and flexible."
3.	Emphasize well-being	Promote after-effects	positive	"You will awaken feeling light and refreshed."
4.	Gradual awakening	Prevent fatigue	shock or	Counting from 1 to 10 to reorient.
5.	Respectful closure	Maintain rapport		Kind tone, gentle guidance, discussion.

In essence:

Dehypnosis is not merely the act of "waking up" the subject — it is the **final therapeutic moment** of every session, where suggestions are sealed, confidence is restored, and the subconscious mind harmoniously transitions back to waking awareness.

POSSIBLE PROBLEMS DURING AWAKENING

- 1. Bodily Discomfort or Headache:**
Re-hypnotize briefly and give soothing suggestions for comfort and well-being.
- 2. Failure to Awaken:**
Stay calm. Reiterate awakening suggestions firmly and clearly.
- 3. Abrupt or Premature Awakening:**
Re-induce trance and then terminate it gradually.
- 4. Carry-over of Phenomena into Waking State:**
Re-hypnotize and cancel any residual or unintended suggestions.

MANAGEMENT OF FAILURE TO AWAKEN

1. Ensure the subject understands what “awakening” means and what to do.
2. Allow sufficient time — some remain relaxed even with eyes open.
3. If still unresponsive:
 - a. Repeat the awakening suggestions.
 - b. Ask the subject (if semi-alert) what feels incomplete.
 - c. Check if they’ve slipped into natural sleep.
 - d. Lightly joke or remind them of practical cues (e.g., “*It’s time for payment*”) to re-engage alertness.

Note: Stay calm, patient, and reassuring — the subject always awakens naturally.

DANGERS OF HYPNOSIS

While hypnosis is a powerful and scientifically supported therapeutic tool, **its misuse or careless application** can lead to complications — both for the **hypnotist** and the **subject**. Proper training, ethics, and professionalism are therefore essential before attempting to induce hypnosis in others.

A. Dangers to the Hypnotist

Although hypnosis appears easy to learn, it demands **deep understanding and responsibility**. Mishandling it can create psychological and ethical issues for the hypnotist.

1. **Sense of Power:**

The hypnotist may develop an inflated sense of control or superiority, leading to ethical lapses or misuse of influence.
2. **Emotional Instability:**

Constant involvement with the subconscious mind can, in rare cases, lead to emotional exhaustion or neurotic tendencies if not balanced with self-care.
3. **Overuse or Obsession:**

Using hypnosis for every condition or every individual—without assessing need or

suitability—can reduce its effectiveness and credibility.

4. **Personal Motives:**

An unethical hypnotist may feel tempted to hypnotize attractive individuals or use hypnosis for personal gain. This is a serious violation of professional ethics.

5. **Dealing with Female Subjects:**

When treating women, especially for issues like sexual dysfunction or emotional trauma, **a third person (nurse, assistant, or husband)** should always be present. Alternatively, the session can be **audio- or video-recorded** to ensure transparency and prevent false accusations or misunderstandings.

B. Dangers to the Subject

Improper use of hypnosis can have **psychological, emotional, or even physical risks** for the subject, especially under unqualified or inexperienced practitioners.

1. **Treating Organic or Medical Conditions:**

Hypnosis should **not** replace medical treatment for physical diseases such as typhoid, pneumonia, or jaundice.

2. **Unsuitable for Certain Psychiatric Disorders:**

Patients with **schizophrenia, severe depression, or borderline psychosis** may worsen under hypnosis.

3. **Unsafe Induction Techniques:**

Avoid physical methods such as **carotid artery pressure, sudden surprise inductions, or bright light fixation** which may cause panic, fainting, or eye strain.

4. **Improper Cue Words:**

Using inconsistent or poorly chosen triggers (e.g., clapping, tapping, or loud music) can cause unintended reactions or confusion in future sessions.

5. **Age Regression Complications:**

Deep regression can lead to emotional outbursts, crying, or temporary disorientation. Always ensure the subject returns to the present state calmly.

6. **Faulty Suggestions:**

The subconscious mind takes words **literally**. Poorly phrased suggestions (e.g., “Your right hand feels all the pain in the world”) can lead to unnecessary discomfort or distress.

7. **Incomplete Removal of Suggestions:**

Failing to neutralize earlier suggestions may cause post-hypnotic effects such as hallucinations, confusion, or anxiety after the session.

8. **Physical Risks:**

Avoid inducing hypnosis in individuals with **heart disease, seizures, or extreme emotional instability** without medical supervision.

9. **Untrained Practitioners:**

The most serious danger lies in exposure to **inexperienced or unqualified operators**, who may cause harm through ignorance or misuse.

Conclusion

When practiced with **skill, ethics, and care**, hypnosis is entirely safe and immensely beneficial. However, both hypnotist and subject must approach it with **mutual trust, responsibility, and respect for professional boundaries**.

“The power of hypnosis lies not in control, but in understanding.”

THE USES OF HYPNOSIS

Hypnotherapy has emerged as one of the most **powerful, natural, and versatile tools** for transforming the mind and improving well-being. When practiced by a **qualified and experienced hypnotherapist**, hypnosis can bring lasting results — often faster and more effectively than conventional methods.

Hypnosis works by accessing the **subconscious mind**, where habits, emotions, and belief systems are rooted. Through focused suggestion and deep relaxation, it helps reprogram unwanted patterns and enhance desired behaviors.

Clinical and Practical Applications

Hypnotherapy has been successfully used in a wide variety of psychological, emotional, and behavioral areas, including:

- **Developing confidence and willpower**
Strengthens self-belief, inner courage, and determination.

- **Enhancing self-esteem**
Helps individuals recognize their worth and dissolve self-doubt.
- **Improving performance**
Boosts focus and efficiency in academics, sports, art, or professional fields.
- **Controlling habits, obsessions, and compulsions**
Assists in breaking addictions such as smoking, overeating, nail-biting, or substance use.
- **Relieving stress and anxiety**
Promotes calmness, inner peace, and emotional balance.
- **Overcoming depression and negative emotions**
Encourages positive thinking and restores mental vitality.
- **Treating psychosomatic disorders**
Reduces ailments caused or aggravated by stress — such as ulcers, asthma, migraines, or irritable bowel syndrome.
- **Eliminating fears and phobias**
Resolves irrational fears (heights, darkness, crowds, etc.) through safe subconscious desensitization.
- **Pain management**
Hypnosis helps manage or reduce chronic pain, labor pain, and post-operative discomfort.
- **Correcting speech disorders**
Effective in treating stammering, nervous speech, or performance-related communication blocks.
- **Addressing eating disorders**
Aids in achieving a healthy relationship with food, improving body image and discipline.
- **Resolving sexual difficulties**
Supports treatment of frigidity, impotence, performance anxiety, or psychosomatic sexual blocks.

Important Considerations

While hypnosis can bring **rapid and remarkable improvement**, the duration of therapy depends on:

- The **depth and duration** of the problem.
- The **receptivity** and **cooperation** of the subject.
- The **skill and experience** of the therapist.

⚠ Caution:

When using hypnosis for **pain control**, always confirm the **underlying medical cause** of pain.

Masking pain without addressing its root cause can conceal serious physical illness and delay proper treatment.

In Summary

Hypnotherapy is not a miracle—it is a **scientific and therapeutic process** that aligns the conscious and subconscious minds to bring about healing, confidence, and transformation. When used wisely, it becomes a bridge between the mind’s potential and a person’s true well-being.

THE RULES OF HYPNOSIS

Practicing hypnosis—whether on others or on oneself—requires **discipline, sensitivity, and ethical awareness**. These simple yet essential rules form the foundation of safe and effective hypnotherapy.

(In self-hypnosis, consider yourself as both the hypnotist and the subject, and follow the same principles.)

1. Understand Your Subject Thoroughly

Before beginning, take time to know your subject’s background, mindset, and real expectations. A clear understanding of their goal helps you tailor your suggestions effectively.

2. Be Confident, Not Arrogant

Confidence inspires trust; conceit creates resistance. Speak with calm assurance, not superiority.

3. Maintain Politeness and Warmth

A friendly, respectful tone puts the subject at ease and builds rapport—essential for successful hypnosis.

4. Avoid Appearing Inexperienced

Even if you are a beginner, project quiet competence. Hesitation or self-doubt may weaken the subject's confidence in you.

5. Create Trust and Safety

Ensure the subject feels completely safe in your presence. A relaxed and trusting mind responds more readily to hypnosis.

6. Eliminate Fear and Misconceptions

Explain hypnosis simply and truthfully. Remove any fears of “losing control” or “being dominated.” Reassure that hypnosis is a natural and cooperative state.

7. Stay Calm and Neutral

Do not react emotionally to anything the subject says or does. Excitement, surprise, or judgment can break the trance and harm rapport.

8. Practice Discretion

Avoid boasting about your hypnotic abilities, even among friends. True professionals let their results speak for themselves.

9. Be Patient in Early Practice

Your first few attempts may not bring instant success—this is natural. Stay persistent and remember: *If others can do it, so can you.*

10. Do Not Expect 100% Response in Groups

When conducting group hypnosis, recognize that not everyone will enter trance to the same degree. Focus on those who respond well without losing confidence in the process.

11. Maintain Ethical Boundaries

When working with minors, individuals of the opposite sex, or those holding rigid or orthodox beliefs about hypnosis, always have a **third person present**—such as a family member, nurse, or assistant.

12. Avoid Unsuitable Subjects

Never attempt hypnosis on individuals with **epilepsy, serious heart disease, or severe psychiatric conditions**. While hypnosis itself is not dangerous, any unrelated episode (e.g., a fit or medical emergency) could wrongly be attributed to it due to public misunderstanding.

Summary

Hypnosis is a science of the mind that thrives on **trust, skill, and integrity**.

When practiced responsibly—with empathy, ethics, and awareness—it becomes a safe and transformative tool for healing and growth.

HYPNOSIS & HYPNOTHERAPY — FREQUENTLY ASKED QUESTIONS

Here are clear, simplified answers to some of the most common questions about hypnosis and hypnotherapy — written to help you understand this fascinating and effective healing art.

What is Hypnosis?

Hypnosis is a method of gently guiding a person into a **state of focused awareness and deep relaxation**, known as the *hypnotic trance*.

In this state, the mind becomes more open to positive suggestions and inner change, enabling psychological and physical improvements that may be difficult to achieve in normal consciousness.

Remember:

- Hypnosis is a **safe, natural, and harmless** therapeutic state.
 - You remain **conscious and in control** at all times.
 - It is **not sleep** but a calm, alert awareness.
 - Hypnotism is officially recognized by the **British Medical Association (BMA)**.
-

What Does It Feel Like?

The experience of hypnosis varies from person to person, but most describe it as a **pleasant state of inner peace and physical relaxation** — similar to deep meditation or yogic trance.

You are aware of your surroundings, yet detached from distractions.

Remember:

- Anyone can be hypnotized if they can relax and follow simple instructions.
 - Scientific studies confirm measurable physical and psychological changes during hypnosis.
-

Where Did Hypnosis Come From?

Modern hypnosis was developed in **1843** by **Dr. James Braid**, a Scottish physician.

Its earlier roots trace back to *Mesmerism* — a healing method introduced in the 18th century by **Franz Anton Mesmer** of Austria.

What is Hypnotherapy?

Hypnotherapy refers to the therapeutic use of hypnosis to resolve emotional, mental, or behavioral issues.

It is a form of **psychological therapy**, often integrated with other methods such as counseling or psychotherapy.

When hypnosis is used by a trained psychotherapist alongside traditional techniques, it is called **Hypno-Psychotherapy**.

Remember:

- Hypnosis is **not magic or occult practice** — it is a **scientifically proven psychological discipline**.
 - It allows access to the subconscious mind where deep healing and change can occur.
-

Does Hypnosis Really Work?

Yes. Hypnosis has been studied extensively for over a century and is proven effective in numerous clinical and psychological trials.

It enjoys a strong reputation among both the **medical community** and the **general public** for producing lasting results.

Is Hypnosis Officially Recognized?

Yes. In the UK, *Hypnotism* is legally defined under the **Hypnotism Act of 1952**.

As early as 1892, the **British Medical Association (BMA)** recognized hypnosis as a genuine phenomenon and reported it as *“frequently effective in relieving pain, procuring sleep, and alleviating many functional ailments.”*

Is Hypnotherapy the Same as Stage Hypnosis?

No. **Stage hypnosis** is designed for entertainment and showmanship, while **clinical hypnotherapy** is used for healing and personal growth.

Although both use genuine hypnotic principles, clinical hypnotherapy is **ethical, private, and therapeutic** — never embarrassing or manipulative.

Is Hypnosis Safe?

Absolutely. Hypnosis is **completely safe** when practiced by a trained professional.

There are **no known cases** of anyone being physically or mentally harmed through hypnosis itself.

Remember:

- You cannot get “stuck” in hypnosis.
 - You awaken naturally whenever you wish.
-

What Benefits Can Be Achieved Through Hypnotherapy?

1. Breaking Habits

- Quit smoking or alcohol
- Overcome drug dependency
- Control overeating or sugar addiction
- Replace destructive habits with healthy behaviors

2. Managing Stress and Anxiety

- Prevent panic attacks
- Resolve fears and phobias
- Overcome fear of public speaking
- Relieve insomnia, headaches, or fatigue
- Manage stress-related conditions (IBS, skin issues, hypertension, etc.)

3. Emotional and Psychological Well-being

- Overcome depression, grief, or emotional trauma
- Build confidence and self-esteem
- Manage anger, guilt, or embarrassment

4. Physical Health

- Reduce or control unnecessary pain
- Improve recovery and healing through mind-body connection

5. Personal Development

- Enhance creativity, memory, and learning
- Improve sports performance and focus
- Overcome writer's block or creative stagnation
- Explore childhood or past-life memories
- Learn **self-hypnosis** for personal growth, meditation, and self-healing

In Summary

Hypnosis is not about losing control — it is about **regaining it**.

It is a **scientific and empowering therapy** that helps you unlock your inner potential, resolve inner conflicts, and create lasting positive change in your life.

“Hypnosis doesn’t make you someone new — it helps you become more completely yourself.”

INDUCTIONS

Inductions are the various methods used to relax subjects and help them become open to suggestions.

There are many ways to achieve this state, limited only by the hypnotist’s imagination.

The following pages describe several styles of **non-analytical inductions** that may be used.

Some techniques focus on relaxing each part of the body and helping the subject to let go, while others involve tightening the muscles first and then releasing them.

Be creative and develop your own style of induction based on these principles.

Non–Analytical Inductions

The following are several **non–analytical inductions** designed to progressively relax clients into a hypnotic state.

Many of these inductions can also be applied to both **analytical** and **non–analytical** subjects. The key point to remember is — if it relaxes the subject, it is suitable for a non–analytical subject.

For analytical minds, an induction becomes more effective when it keeps the **mind occupied** and engaged in simple, repetitive tasks.

Example Script:

“Close your eyes and relax.

Take a deep breath... and now take a second deep breath...

On your third deep breath, hold it for about three seconds...

and then exhale... and relax completely.”

Progressive Relaxation (Non–Analytical)

“I’m going to have you relax every part of your body — starting from the top of your head all the way down to the bottom of your feet.

As you relax each part of your body, use your imagination... visualize... and even feel each part of your body letting go completely.

Start with the top of your head... your scalp and your forehead...

Your eyebrows and eyelids...

Feel that relaxation flowing down through your cheeks and your nose...

Relax your mouth, and especially all those muscles around your mouth and lips...

Make sure your teeth are not clenched together... just relax.

Relax your chin and your jaw... allow all the muscles in your face to let go completely.

Now your neck relaxes — starting with the front part of your neck, and then the back part — all the way down to your shoulders.

Feel your shoulders relax completely, releasing all the tension in that area... it feels good to do that.

Your arms relax... starting with your upper arms, moving down to your elbows...

Relax your wrists, your hands, and even your fingers — just let them go.

Notice how deep and regular your breathing has become — so much more than just a few moments ago when we began.

Feel the rhythm of your breathing... the contraction and expansion of your chest and diaphragm.

Allow those muscles to relax completely... all the way down to your stomach.

Feel your stomach muscles relax and let go, releasing all tension in that area.

Your back muscles relax — the larger muscles in the upper part of your back, all the way down your spine into your lower back.

Allow all the smaller muscles there to relax as well.

Your hips relax... and especially your legs — starting with your thighs, your knees, down into your calves, your ankles, your feet... and even your toes.

Let them relax completely as you drift into a deep, peaceful state of relaxation... letting your mind and body become one... just feeling so good.”

“In just a moment, I’m going to count from **20 down to 1**.

As I do, you can allow yourself to relax at your own pace.

But before that, I’d like you to use your imagination once again.

Imagine a soft, gentle cloud forming in the shape of a chair — your personal cloud.

It’s warm, soft, and comfortable, with arms that gently support you.

Feel how it snuggles up to your body, holding you safely and securely.

This cloud is going to take you to a very beautiful place — your special place — a place where you are happy, peaceful, and completely relaxed.

As I begin counting, allow yourself to drift deeper into that comfort, letting the cloud carry you there.”

“20... just let yourself go completely.
19... 18... drifting down deeper.
17... 16... deeper and deeper.
15... 14... just let yourself go.
13... 12... give yourself permission to relax — this is what you want.
11... 10... letting go completely.
9... 8... deeper and deeper.
7... 6... all the way down deep.
5... 4... tired and drowsy.
3... 2... so very relaxed.
And finally... 1... **deep relaxation.**”

Simple Body Scan (Non–Analytical)

“Close your eyes... take a deep breath...
take a second deep breath, as deep as you can...
and on your third deep breath, hold it for about three seconds...
then exhale... and relax.

With each breath you take, allow yourself to relax deeper and deeper.
I’m going to have you relax each part of your body — starting from the top of your head,
all the way down to the bottom of your feet.
As I mention each part, just allow everything to let go completely.

Start with the top of your head... your scalp and your forehead...
release any tension or stress.
Relax your eyebrows... your eyelids...
Feel that relaxation flowing down through your cheeks and your nose.
Relax all the muscles around your mouth and lips...
relax your chin and jaw... and let all the muscles in your face soften and let go completely.

Feel that relaxation moving down into your neck and shoulders...
release any tension in your shoulders — it feels so good to let that go.
Relax your arms... all the way down to your hands and fingertips... just let go completely.

Notice how deep and calm your breathing has become...
deeper now than just a few moments ago.
As you breathe in deeply and exhale slowly,
allow all the muscles in your chest to relax...

all the way down to your stomach —
release any tension that might be in that area.

Now let the relaxation flow down to your hips... and just let go completely.
Your legs relax now... your thighs... your knees...
your calves... your ankles...
feel that relaxation flowing into your feet... and even your toes.

Just relax completely...
as you drift deeper and deeper into a very calm, peaceful, and relaxed state.”

Analytical Inductions

On the next page, you'll find information for working with the **analytical mind**.

When reading the *analytical body scan*, it may seem a bit confusing or as though you are jumping back and forth between different areas — this is intentional.

The design of analytical inductions keeps the client's **mind occupied** more than an ordinary body scan or progressive relaxation would.

The purpose of using these analytical inductions is to **temporarily bypass conscious interference** with hypnosis.

When a subject tries too hard to follow instructions or focus on what you are saying, they are using their **conscious mind**, which limits their ability to accept suggestions.

By giving the conscious mind a **task to perform**, it stays busy — allowing the **suggestions to pass directly to the subconscious mind**, where true change and responsiveness occur.

Analytical Body Scan

“Close your eyes... take a deep breath...
take a second deep breath as deep as you can...
and on your third deep breath, hold it for about three seconds... then exhale... and relax.

With each breath that you take, allow yourself to relax deeper and deeper.
I'd like you to begin relaxing all the muscles in your head —
your forehead, your eyes, your eyelids, your cheeks, your mouth, and your jaw.
Relax all those muscles in your head...

And while you're thinking about relaxing all the muscles in your head,
begin to think about relaxing all the muscles in your neck and shoulders.
That's right — relax all those muscles in your neck and shoulders.

And while you are thinking about relaxing all of those muscles in your neck and shoulders,

your arms are becoming more and more relaxed.
Now notice your body — realize how your head, neck, and shoulders have begun to relax even more
now that your arms are relaxing... all the way down to your fingertips.

And while you are thinking about relaxing your arms more and more, think about how relaxed your chest and stomach are becoming.
Allow your chest and your stomach to relax and just let go, releasing any tension that might be in those areas, while your arms are becoming very, very heavy and free from stress and tension.

Now think about removing the tension from the rest of your body.
Feel that relaxation moving downward,
and with every breath that you take, allow that relaxation to grow stronger and deeper.
Feel it moving down through your hips... through your thighs... all the way down through your legs... and to the tips of your toes.

You're relaxing more and more now.
Feel that relaxation once again moving downward — starting at the top of your head, moving through your neck, down through your back, and into your hips.

As you feel that wave of relaxation flowing down through your hips, notice how the stress, tension, and worry are leaving your body — moving out of your legs, down through your feet, and right out through your toes...

You are now totally relaxed... completely at ease.”

Active Muscular Relaxation

(Analytical or Non-Analytical)

“Close your eyes... take a deep breath...
take a second deep breath as deep as you can...
and on your third deep breath, hold it for about three seconds...
then exhale... and relax.
With each breath that you take, allow yourself to relax deeper and deeper.

I'm going to have you relax each part of your body, starting from the top of your head

all the way down to the bottom of your feet.

As I mention each part, place all of your focus there —

and **tense or tighten** that specific muscle as much as you can...

hold for a few seconds... then **let go completely** and allow that part of your body to relax.

Let's begin with the top of your head.

Tighten all the muscles around your forehead, your eyes, your cheeks, and your nose.

Hold for a moment... and let go completely... relax.

Now tighten all the muscles around your mouth, your chin, and your jaw.

Hold it... and let them relax completely. You're doing wonderfully.

Tighten all the muscles in your neck for a few seconds... and let go.

Now move to your shoulders — tighten your shoulders and upper arms as much as you can...

and let them go completely... feel them droop down, heavy and relaxed.

Next, tighten all the muscles from your elbows down to your hands —

clench your fists tightly... hold... and let go.

Allow your hands and arms to become totally relaxed and still.

Continue to breathe slowly and comfortably.

Tighten all the muscles in your chest... hold it... and let go now.

Tighten the muscles in your stomach... hold for a few seconds...

and as you let go, feel all the stress and tension leaving your body completely.

Now tighten the muscles around your hips and thighs... hold... and let go.

Allow yourself to relax more and more.

Finally, tighten your calves, ankles, feet, and toes —

make them tight and clenched as much as you can... hold... and now let go.

From the top of your head to the bottom of your feet,

allow your entire body to relax completely and deeply.

Feel the pleasant heaviness and calm flowing through every muscle...

and let yourself drift into a state of deep, total relaxation."

Eye Strain Method

(Analytical or Non-Analytical)

“Close your eyes... and relax.
Take a deep breath...
take a second deep breath...
and on your third deep breath, hold it for about three seconds... and exhale... and relax.

Now, open your eyes while keeping your head facing straight ahead.
I'd like you to focus on a spot on the wall in front of you — slightly above eye level.
Keep your head still, and let your eyes gaze upward toward that spot.
Don't strain too much... just look at it in a lazy, relaxed way.

In a moment, I'm going to count from **20 down to 1**.
With each number I say, you'll close your eyes for a brief moment... and then open them again,
continuing to gaze at that same spot.
As you keep opening and closing your eyes, your eyelids will begin to feel heavier and heavier.
Soon, they'll grow tired — perhaps at **17**, or maybe **15**, or even **10** —
and when that happens, you'll simply allow your eyes to stay closed.
You'll find it unnecessary to open them again... it will feel much easier to just let them rest.
When that happens, keep your eyes closed and allow yourself to drift deeper into relaxation.

Let's begin...

20... (*pause briefly*)
19... 18... your eyelids feeling heavier now...
17... 16... so very tired and drowsy...
15... 14... it's perfectly fine to let your eyes remain closed whenever you wish...
13... 12... deeper and deeper relaxed...
11... 10... 9... your eyelids growing heavier and heavier...
8... 7... 6... so tired now...
5... 4... 3... your eyes are wanting to remain shut completely...
2... and finally... 1...

That's good. Now close your eyes all the way... and keep them closed.
Allow yourself to relax deeper and deeper...
letting go completely with every breath you take...
drifting peacefully into a calm, comfortable state of deep relaxation.”

Pain Management

One of the most effective ways to manage and heal pain through hypnosis is by using the **power of imagination**.

Once you understand this simple principle, you can easily create your own customized scripts to help relieve pain naturally and safely.

The Principle

Pain can be influenced by how the **mind perceives and interprets it**.

By using guided visualization, you can help the subject reshape and transform their pain — turning it from an uncontrollable sensation into something that can be observed, altered, and released.

Step-by-Step Process

1. Visualize the Pain as an Object

Ask the client to use their imagination and give their pain a *shape or form*.

It can be **any object** — a football, balloon, rock, animal, or even a glowing light.

Encourage them to describe it vividly:

- What shape is it?
- What color does it have?
- What is its texture — smooth, rough, soft, hard?
- How large is it?

2. Example: “Let’s imagine your pain as a balloon. Notice its color, its size, and how it feels. See it clearly in your mind.”

2. Create a Connection Between Size and Sensation

Once the image is clear, tell them they have **complete control** over that object.

They can make it **larger or smaller** — and as they do, the pain changes in intensity.

“Now, slowly make the balloon larger... and notice how, just slightly, your pain increases. Not too much, just a little. Good.

Now, bring the balloon back to its original size... and notice the pain subsiding.”

This step teaches the subconscious that if the mind can **increase** the pain, it can also **decrease** it.

3. **Reduce the Pain Intensity**

Next, have them shrink the object.

As they make it smaller, the pain begins to fade.

“Now begin to make the balloon smaller and smaller...

Feel the pain reducing with it — easing, fading, softening.

You can let all the air out of that balloon... or simply watch it float away into the sky, disappearing completely.

And as it goes... so does the pain.”

The key realization is:

If you can make the pain stronger, you can also make it weaker — even make it disappear.

Alternate Visualization Example — The Tunnel

Another effective method is to visualize the pain as a **tunnel through a mountain**.

“Imagine your pain as a long tunnel through a mountain.

As you begin to walk or drive into the tunnel, the pain may slightly increase.

But as you continue, you see the light at the other end — the exit.

With every step closer to that opening, the pain diminishes more and more.

The closer you move toward the light, the better you feel, the healthier you become.

And as you finally step out of the tunnel, into the light — the pain is gone completely. You feel calm, free, and whole.”

This visualization not only **reduces pain** but also encourages the mind to **promote healing and recovery**.

Self-Use Reinforcement

At the end of the session, instruct the client that any time they feel discomfort returning, they can **close their eyes, imagine the same image** — the balloon, the tunnel, or any chosen symbol — and **repeat the process** to ease their pain.

“Each time you do this, your mind will remember how easily you can relax and release discomfort.

With every breath, the pain fades faster, and your body restores balance and comfort.”

Key Principle to Remember

What the mind creates, it can also change.

Pain, when seen as energy or form, can be shaped, reduced, and released through the power of visualization and suggestion.

Healing

One of the most powerful and comforting techniques in hypnotherapy is the **Healing White Light Visualization**.

This method uses the subject’s imagination to awaken the body’s **natural self-healing ability** and dissolve pain or imbalance with gentle, soothing imagery.

1. The Healing White Light (Scanning Method)

“Now, imagine a beautiful, pure **white light** shining just above your head...

This is a healing light — a light of warmth, comfort, and perfect health.

It has the power to remove all discomfort, all pain, and all negative energy from your body.

In your mind’s eye, see this light begin to **descend slowly**...

like the gentle scanner of a photocopier, moving down over the top of your head...

Feel it washing through your scalp... your forehead... your eyes... and your cheeks.

Everywhere the light touches, **all pain and tension melt away**.

As it continues to move down through your neck, shoulders, and chest, you feel lighter, freer, and more at peace.

The light continues to descend — through your arms and hands, through your back and stomach — releasing every bit of strain and stress.

Moving down your hips, thighs, and legs... until it reaches your feet.
Every muscle, every cell, every part of you now glows with perfect health.

The healing white light has scanned through your entire body...
and wherever it went, pain disappeared — replaced with calm, comfort, and peace.”

2. The Inner Light (Containment and Healing Method)

“Now imagine that your entire body is **filled with this same healing white light**.
It’s warm, soothing, and radiant — a light that represents perfect health,
happiness, and vitality.

Visualize this light shining brightly from within — filling every cell,
every muscle, every nerve with healing energy.

Now, take a gentle inner scan of your body.
Look for any places where the light might seem to be **leaking or dimming** —
these are areas that need care and healing.

As you notice those areas, simply **imagine repairing them** —
sealing them with love and intention —
until the light is **contained completely within you**, glowing stronger and stronger.

As each leak is sealed, you feel lighter, healthier, and freer from pain.
The light now fills your entire being — steady, powerful, and whole.
You are surrounded and protected by healing energy,
balanced in mind, body, and spirit.”

Purpose and Benefits

- Promotes deep relaxation and comfort.
 - Reduces or eliminates pain through visualization.
 - Encourages the subconscious to activate the body’s natural healing response.
 - Strengthens feelings of wholeness, harmony, and emotional well-being.
-

Key Affirmation:

“This healing white light within me restores my body to perfect balance.
Everywhere it shines, I feel healthy, calm, and at peace.”

Wash the Pain Away

“Imagine now... that you are taking a gentle, peaceful shower.
It is calm, quiet, and safe... and you feel completely at ease.
Feel the warm water as it touches your skin — soothing, comforting, relaxing you deeply.

But this isn't ordinary water — this is **healing water**...
water that has the power to **cleanse pain, release tension, and restore balance**
to your body.

Allow this warm, healing water to flow over the part of your body where you feel discomfort.

Notice how, the moment the water touches that area, you begin to feel relief.
You realize that pain gives off energy — a warm, heavy energy.
And as the water runs over it, it gently **clings to that energy**...
lifting it away, washing it down the drain, never to return again.

Feel that happening now — the water washing, cleansing, purifying...
taking with it every trace of pain, discomfort, and unease.
With each moment that passes, you feel lighter... calmer... freer.

Continue to imagine this process for a few moments.
The water pours over your body...
soothing you, healing you...
carrying away all that no longer serves you...
until only peace and comfort remain.

*(Pause for a minute or two — allowing the subject time to imagine and experience the process.
If they nod before then, continue. If not, gently prompt them:)*

“If you can feel the pain being washed away now, just nod your head for me...”

“Now, I'd like you to think of some **happy thoughts** —
moments, people, or experiences that bring you real joy.
You don't have to say them out loud — just think of them clearly in your mind.
Let those happy feelings fill your heart and body.
When you feel that happiness inside, simply nod your head again...”

(Wait for acknowledgment.)

“Good.

As the healing water continues to flow, it fills the space where the pain once was with this **happiness**, this **warmth**, this **lightness of being**.

The disorder of the past has been completely washed away — replaced now with **order, joy, and renewal**.

Feel yourself whole again...

calm, content, and strong.

The water has done its work — it has cleansed your body and refreshed your spirit.

You feel **healed, happy, and renewed.**”

Anxiety Control

(Non-Analytical Technique)

“You are now going to learn the art of **controlling anxiety**.

As a result of this session, you will feel wonderful, relaxed, and in control at all times.

You will feel happy and confident — completely at peace with yourself and your surroundings.

Now, I’d like you to use your **imagination**...

Imagine a **place completely free of anxiety** — a calm, beautiful, and safe place.

It could be somewhere you’ve been before... or you can create it in your mind.

It might be a real place — or even a fantasy place.

Just imagine it now... create it as vividly as you can.

Maybe you can see it clearly in your mind — or maybe you can simply sense it.

Either way, it’s perfect.

Surround yourself with things and activities that bring you **peace and contentment**.

Feel what it’s like to be there — the sights, sounds, smells, and feelings of calm.

Take a few moments to create this scene in your mind now.

When you can see or feel it clearly, **nod your head** for me.”

(Pause for the nod before continuing.)

“Now, in just a few words, tell me about this place you are imagining...”

(Wait for their response — or gently encourage them to describe it.)

“Good... now see that place clearly.

It’s peaceful, isn’t it?

You feel comfortable, safe, and happy there.

Take a **deep breath in**... and as you exhale, feel yourself becoming twice as calm.
Take a **second deep breath**... and as you breathe out, relax even more deeply.
On your **third deep breath**, exhale and allow yourself to feel **wonderful**, realizing that you are in a place where only positivity exists.

This place is **your sanctuary** — your personal space of safety and relaxation.
Commit this place to memory, every detail — the light, the sounds, the sensations.
Because in the future, whenever you need peace or calm, all you need to do is take **three deep breaths**, and you will return here instantly — to your beautiful, anxiety-free place.”

(Pause gently.)

“Let’s try that right now.
Pretend that at this very moment, you need to visit your special, relaxing place.
Take a deep breath... let the **positive energy** flow through you.
Take a second deep breath... feel yourself returning to your peaceful space.
And on your third deep breath... feel yourself relaxing completely, surrounded by calm, comfort, and safety.
You are now **completely anxiety-free**.
It feels wonderful, doesn’t it?”

Appointment On-Time

(For developing punctuality and time discipline)

“You have come to this deep, relaxed state because you have decided to **take control of your life** —
to change old habits and create new, successful ones.
From now on, you are **always on time** — for every appointment, engagement, and function.

You value your commitments and respect your time.
You have changed your thinking — from this moment forward, you will treat every appointment as important and meaningful.
You feel an **inner urgency** to arrive not just on time, but **early** — at least 15 minutes before every meeting or event.

You plan ahead and manage your time wisely.
Even if unexpected things occur — traffic, delays, or distractions — you always arrive calm, prepared, and on time.

And if you arrive early, you use that time productively.

You might read something uplifting, review your plans, or simply relax and prepare mentally.

From now on, you give **importance to every commitment**.

You are professional, responsible, and reliable.

People notice this about you — they respect you more, they see you as successful, courteous, and dependable.

Each time you arrive early, your confidence grows.

You feel proud of yourself, knowing you are in control of your time, your actions, and your life.

From this moment onward, you manage your time **efficiently, confidently, and successfully.**”

Assertiveness

“You are an **important person** — your ideas and views are valuable and respected.

People like you, and they like your ideas, because they recognize that you are **innovative, confident**, and always **on the cutting edge**.

You **believe in yourself**, in your abilities, and in your creative thinking.

You feel comfortable and confident when you **speak up** and **share your ideas**.

Even when something is new to you, you know within yourself that you will succeed —

because you can do anything as well as anyone else, and often even better.

You always give your **best effort** — one hundred percent — in everything that you do.

You take pride in showing your abilities and in being assertive, calm, and confident.

You naturally go the extra mile, putting in the energy and focus that lead to success.

When you have a **good idea or concept**, you are eager and excited to share it with others.

You express yourself clearly, and others listen with interest and appreciation.

You **enjoy trying new things**, exploring new opportunities, and volunteering your ideas.

Each time you do, people notice — they are **impressed** by your confidence and enthusiasm.

In situations that require **leadership or direction**, you naturally take charge.

You guide others with clarity, purpose, and strength.

You are a **natural-born leader** — calm, inspiring, and capable.
People love to follow you, learn from you, and be around you.

You **trust your intuition**, your wisdom, and your voice.
Every day, you become more confident, more assertive, and more in control of your life.
You speak with conviction, act with courage, and lead with integrity.
You are confident, capable, and powerful — and people admire and respect you for it.”

Body Image

“From this very moment onward, you have a **positive, loving, and accepting image** of your body.

Whether your body is already where you want it to be, or still transforming, you now look at yourself — and think about yourself — in a **positive, empowering way**.

Each time you see your reflection, you appreciate the beauty, strength, and uniqueness of your body.

You realize that your body is your **temple**, your sacred and private property.

You are its **caretaker**, its **healer**, and its **friend** — and you always want the very best for it.

From now on, you think **only good thoughts** and speak **only kind words** about your body.

You feel **grateful, confident, and happy** in your own skin.

You are constantly progressing toward the ideal body image that you hold in your mind —
strong, healthy, radiant, and vibrant.

Now, imagine that you are standing before a full-length mirror...
gazing at yourself with love and appreciation.

See your body exactly as you wish it to be — your perfect shape, posture, and expression.

Imagine yourself wearing the clothes you love most — the style, the size, the colors that make you feel beautiful and confident.

And realize now — **this person you see is you**.

You are this person, and this person is you.

Feel the joy and pride within as you look at your reflection —
your confident smile, your glowing energy, your healthy, strong body.
You are already on the journey toward this ideal version of yourself —
and every step you take brings you closer to it.

Remember, every step in your journey is important —
each healthy choice, each positive thought, each act of self-care.

From this moment on, you move forward with **confidence, enthusiasm, and self-love.**

You are **in control** — of your thoughts, your body, and your progress.

You feel **good** about yourself, proud of who you are, and inspired by who you are becoming.

You are confident, radiant, and at peace with your body and your image.

You love yourself completely — body, mind, and soul.”

Concentration & Memory

“You are calm, relaxed, and completely in control.

Your mind is clear and focused — able to **concentrate infinitely better** than ever before.

Whatever task you are doing, you now give it **100% of your attention**, and because of that, you find it more interesting, enjoyable, and fulfilling.

You focus easily, naturally, and deeply.

You stay absorbed in your work — time flows smoothly, and distractions fade away.

Your concentration brings clarity, and your clarity brings confidence.

Your **memory is powerful and precise.**

Everything you study or learn is stored clearly in your mind.

You can recall information instantly and effortlessly whenever you need it.

Your mind is the **most perfect computer in existence**, and it now works at its highest efficiency.

You enjoy learning and understanding new things.

The more you focus, the more your interest grows, and the more you remember.

This new ability to **concentrate, comprehend, and recall** remains with you permanently.

Feel the deep **confidence** that comes with this control —

the confidence that you can attain any goal, master any subject, and achieve success in all you do.

Feel that confidence spreading throughout your body —
filling you with power, energy, and purpose.

You are focused, sharp, and successful in every way.”

Confidence

“You are a **confident person** — calm, capable, and in full control of your life.
You believe in yourself and your abilities completely.
Whatever you choose to do, you give it your full attention and effort,
and because of that, you always succeed.

You think positively and move forward with courage and faith in yourself.
Whenever a new challenge appears, your first thought is, *‘I can do it!’*
You know that what the mind can conceive, the mind can achieve.

You are well-prepared and knowledgeable in everything you take on.
Preparation brings you strength; knowledge brings you calm assurance.
You are quick-thinking, adaptable, and flexible,
able to change direction smoothly whenever needed — always with grace and
confidence.

You move forward boldly, knowing you are unique and powerful.
You are the best version of yourself — a winner, a leader, and an inspiration.
You are confident, in control, and unstoppable.”

Creativity

“You are a **creative person**, and each day your creativity grows stronger and freer.
Your mind is open, expansive, and filled with new ideas and possibilities.
You easily tap into your **subconscious wisdom**,
where all your knowledge, experiences, and imagination reside.

As you relax, your creativity blossoms.
Inspiration flows through you effortlessly — ideas come naturally, beautifully, and
continuously.
You are open to new concepts, new solutions, and new ways of seeing the world.

Every day, your awareness expands.
You notice details, patterns, and connections that others miss.
Ideas come so quickly that you often find yourself pausing to write them down.
You are always learning, always evolving, always expanding.

You can reach deep into your subconscious mind anytime you wish
to draw out creative thoughts, brilliant ideas, and inspired visions.
Each day, you become **more imaginative, more original, and more inventive**.
You are creative, confident, and unlimited in your potential.”

Developing Happiness

(Non-analytical only)

“As you continue to relax deeper and deeper, begin to focus on these words — and quietly repeat them to yourself in your mind...

I am growing more open-minded and good-humoured.
Happiness, peace, and cheerfulness are now my natural state of mind.
Every day, I am becoming more and more happy, cheerful, and understanding.

People are naturally drawn to me because of my happiness and cheerfulness — both of which flow easily and effortlessly from within.
Happiness, peace, and cheerfulness are what I *am* — they are natural for me now.

I am grateful for this feeling of joy and harmony.
I am happy for who I am and for what I have become.
I am thankful for my new attitude of happiness, peace, and cheerfulness.

I see the good in everyone and everything around me.
I choose to focus only on the good and positive things in life.
I am happy. I am peaceful. I am cheerful — in all that I do, and in all that I am.”

Developing Peace in Life

(Non-analytical only)

“You now have a deep desire to develop and maintain **peace** in your life.
You are creating peace in your relationships — with your family, friends, co-workers,
and even with strangers. You understand now that peace takes a **conscious effort**.

People are all different — and that’s what makes life interesting and beautiful.
Everyone comes from unique backgrounds, beliefs, and experiences,
and each one is perfect in their own special way — just as *you* are perfect being you.
All of us are unique pieces of a larger puzzle called life,
and every piece is exactly as it should be.

You now allow people and situations to simply **be as they are**.
None are right or wrong — they just *are*.
You no longer impose expectations or judgments.
You remember that your beliefs and truths are yours —
others have their own truths that guide their lives.

You rise above petty things easily.

You no longer need to win — your goal is peace.

You are **bigger than your challenges**, and when a problem arises, you grow larger than it and calmly bring it down to size.

Whenever something feels overwhelming, you remind yourself:

'Mini-me, mini-me.'

And instantly, you rise above, calm and composed.

In relationships, you now understand that **opposites attract** — and that differences create balance and completion, not conflict.

You and others are not meant to compete — you are meant to complete each other.

Your differences are your greatest strengths.

Now, as you go deeper into peace,

you begin to develop new **qualities** that nurture harmony in your life.

As I name each quality, repeat it quietly in your mind,

and take a moment to feel and absorb it within you...

Maturity — to be calm, wise, and accepting. *(pause)*

Acceptance — to let others and life be as they are. *(pause)*

Forgiveness — to release all that no longer serves you. *(pause)*

Mercy — to respond to others with compassion. *(pause)*

Sensitivity — to be kind and understanding in your words and actions. *(pause)*

Love — to let your heart guide you in every moment. *(pause)*

Gratitude — to cherish everything that you have and all that you are. *(pause)*

Take a deep breath now... and exhale slowly...

Allow all of these beautiful qualities to sink deeply into your subconscious mind.

They are now a part of who you are — effortlessly, naturally, permanently.

From this moment onward, you easily follow your intuition — that still, small voice inside that guides you toward peace.

You are now peaceful in all things — calm, centered, and wise.

You accept, you forgive, you rise above.

You understand that challenges will always come —

but true mastery is not avoiding them; it is facing them with **grace and calm**.

Your reward for this awareness is *peace itself* —

along with happiness, strength, and radiant health.

You are peaceful. You are happy. You are whole.”

Energy

“Take a deep breath... hold it for a moment... and exhale slowly.

Now again, take another deep breath — and this time, imagine that you are breathing in **pure energy from the universe**.

See this energy as a **bright white, healing, fluffy light** — soothing, vibrant, and alive.

Each time you inhale, you draw in more of this pure, positive energy.

Each time you exhale, you release negativity, tension, or discomfort.

With every breath, you become lighter, clearer, and stronger.

The energy continues to fill you — completely — until you are glowing with vitality.

Now, imagine scanning your entire body as though looking into a mirror.

Look closely and see if there are any **leaks** — places where this beautiful white energy might be escaping.

If you find any, imagine yourself **repairing them easily** — patching them up with light, love, and care.

Take a few moments to complete this repairing process now. (*pause*)

Now that your energy is whole and contained, feel it circulating through your body —

in with each breath, out with each exhale — creating a powerful flow of renewal.

This energy fills every cell, every nerve, every muscle, every organ, until it forms a **protective shield** all around you.

This shield keeps out all negativity and strengthens you from within.

You are now **completely energized, balanced, and protected**.

From this moment onward, you remain in control — powerful, centered, and full of radiant universal energy.”

Exam Anxiety

“You are calm, relaxed, and clear-minded.

You are focused, confident, and fully in control.

You understand that the purpose of a test is simply to show what you already know —

and because you have studied and prepared well, you actually **look forward to taking tests**.

You enjoy proving your knowledge.

Every fact, formula, or concept you have studied is stored perfectly in your **subconscious mind**,

and as you read each question, the correct answer immediately rises to the surface

—
clearly, easily, and naturally.

You are calm and focused throughout the exam.

You read each question carefully and understand exactly what is being asked.

You write your answers with confidence and clarity.

You are fully prepared, and you do well — every single time.

If ever you feel unsure, you simply **close your eyes**, take a **deep breath**, and **exhale slowly**.

Instantly, your mind relaxes and opens up completely,
allowing the right answers to flow naturally to you.

You are confident, calm, and in control.

Exams are now an enjoyable opportunity for you to express your knowledge and success.”

No More Excuses

(Auto-suggestion / Repeat-after-me format)

“From this point forward, I **take full responsibility** for my own actions.

I am truthful with myself, especially in the area of my actions.

I own them.

I alone am responsible for what I do and for what I experience — happiness or otherwise.

I realize that everything begins with me.

I am in control.

I now look inside — beyond the surface —
and I see the truth about myself clearly.

I understand that **excuses, blame, and rationalizing** are simply games used by victims to escape responsibility.

But I am no longer a victim.

I take **100% responsibility** for all the occurrences in my life.

I know that in order to change anything, **change begins with me**.

I accept that who I am today is the result of yesterday’s decisions —
and who I will be tomorrow depends on the decisions I make today.

I take time to examine my life,

to recognize what I wish to change,

and once I find those things, I change them with confidence and integrity.

From this moment forward,
I embrace these new, life-changing steps — willingly and joyfully.
I face the truth about myself.
I take full responsibility for my thoughts, actions, and results.
I am in control.
I am responsible for my destiny.”

Procrastination Script

“As you drift deeper into relaxation, calm and peaceful,
your subconscious mind begins to absorb new, positive suggestions —
suggestions that are natural, reasonable, and in your best interest.

You are beginning to notice a new and wonderful feeling of **motivation and purpose**
rising from within you.
It feels natural — comfortable — as if it has always been there.

Whenever you think of tasks or goals, you now feel **happy and inspired** to
complete them.
It feels good to have purpose and direction each day.
Work, study, or chores now feel enjoyable, meaningful, and fulfilling.

You are relaxed and organized when tasks appear.
You approach them with calm enthusiasm, knowing that you have the focus and
energy to complete them easily.
You now see assignments as **fun challenges** — opportunities to succeed and
grow.

You prioritize your tasks naturally, completing the most important first.
You value your time and balance work, family, and enjoyment effortlessly.
Each completed task gives you a sense of accomplishment and joy.

From now on, whenever something needs to be done,
you simply do it — efficiently, confidently, and with ease.
You no longer delay or avoid.
You act immediately, enjoy the process, and move forward with satisfaction.

You have become a person who **gets things done easily and on time**.
You feel great about yourself and your achievements.
You are motivated, productive, and successful — because that is who you are
now.”

Public Speaking

“Now imagine yourself standing at a podium, giving a speech on one of your **favorite topics** — a topic you feel passionate about and deeply connected to.

You are excited to share your message.

Picture your audience — it’s just **one close friend**, someone who truly understands and supports you.

No one else is in the room. It’s just the two of you.

As you speak, you feel calm, relaxed, and confident — because you’re simply talking to your friend.

Your words flow easily and naturally.

You finish your short, three-minute talk feeling proud, accomplished, and uplifted — because you’ve shared your truth with clarity and warmth.

Now, imagine giving the same speech — but this time to **two friends** sitting in the audience.

The room is still empty except for you three.

Your friends are sitting farther back, so you speak up clearly and project your voice with power.

You’re comfortable and composed.

You do a wonderful job — you feel the excitement of sharing your ideas and the satisfaction of a job well done.

Next, see yourself speaking to **three acquaintances** — people you know fairly well.

They are interested, attentive, and engaged with your words.

You are breathing fully and slowly, your voice steady and confident.

You’re completely focused on your message, not on what others might think.

You are centered within yourself — calm, clear, and in control.

You are doing beautifully. Feel the satisfaction and the confidence that comes with it.

From now on, whenever you speak — whether to one person or twenty — you remain calm, confident, and self-assured.

You focus inwardly on your message, not outwardly on others’ reactions.

You could even speak with your eyes closed and be just as powerful.

You **enjoy public speaking**, and you look forward to every opportunity to share your voice, your truth, and your message with others.”

Self-Sabotage

“You are a **self-confident, successful winner** who achieves your goals with ease.

You are your own best friend and your strongest supporter.

There are **no limits** to what you can accomplish —
your only boundary is your imagination, and now, your imagination is free.

From this moment onward, **nothing stands in your way**.

You are a winner — your life is a continuous series of successes.

Only positive, empowering thoughts flow through your mind.

You have a strong inner drive to succeed, to follow through, and to complete every task you begin.

You finish everything you start — efficiently, confidently, and joyfully.

You know that success is your natural state of being.

Each day, you become more **success-oriented**, more **focused**, and more **motivated**.

You learn, grow, and take inspired action toward your goals.

You feel a sense of enthusiasm, confidence, and urgency to accomplish what matters.

Your new motto is: *“Do it now.”*

You experience deep satisfaction as you accomplish more each day.

Tasks that once seemed difficult now feel easy and fulfilling.

You are becoming a **doer** — active, decisive, and self-assured.

When you face something new or unfamiliar, you simply do your best —
and your best keeps getting better.

Procrastination is gone; action is effortless.

You have more free time, more control, and more joy in everything you do.

You are **highly motivated** and radiate confidence.

Self-doubt and fear are things of the past.

You now act with **conviction, clarity, and courage**.

You trust your abilities and know, without a doubt, that you can do anything you set your mind to.

You are successful in all that you do.

Others admire and enjoy being around you because of your confidence and positivity.

You have an open mind and a creative spirit.

You are self-assured, capable, and unstoppable —
a shining example of success, strength, and self-belief.”

Smoking Cessation (Healthy Person Script)

(Before beginning the session, explain to the client that the word “non-smoker” is being replaced with “healthy person” — to focus only on positive reinforcement and identity.)

“You have decided to transform your life today...
and the way you are doing it is beautifully simple — by relaxing deeply.
That’s right... just slowing down, letting go, and allowing yourself to feel calm and
completely at ease.

You have nowhere else to be right now... nothing else to do.
This time is **your time** — to relax, to recharge, and to restore your body to perfect
health.

The more you allow yourself to relax, the closer you come to becoming a truly
healthy person.

You are here because you **want** to be healthy — not because anyone else asked
you to.

You’ve made this choice for yourself, right here, right now.

Today is your day — the day you take complete control.

No little piece of paper wrapped around tobacco can ever control you again.

Because **you** are now in control.

You have taken the first and most important step — to become a healthy person,
once and for all.

In just a few moments, as this session completes, you will have reached your goal
—

you will walk out of this room a **healthy person**, free from all unhealthy habits of
the past.

From this moment onward, you will breathe easily, feel lighter, stronger, and freer.

You have left the old habit behind forever.

You are now beginning a new, vibrant, healthy life.

From this point forward, think of yourself in these words:

I am a healthy person.

As a healthy person, I can be around others who may still smoke and feel
completely comfortable.

As a healthy person, everything I do — at home, at work, alone or with others —
becomes more enjoyable, more peaceful, and more fulfilling.

Whether you’re driving, relaxing, having dinner, or taking a break —
every activity feels so much **better** now, because you are healthy.

You breathe more deeply, you feel more alive, your body feels renewed.

Feel that confidence building within you now —
the powerful realization that you are a **healthy person**.

You’ve reached your goal, and it feels wonderful.

Let that feeling of strength and confidence flow through you now — filling you completely.

Remember — to achieve anything worthwhile, you give it your **100% effort**.

And to remain a healthy person, you continue giving it your all.

You have made a commitment to your own health, and you are winning — right now.

Each new day, your desire to remain healthy grows stronger and stronger.

And now, in addition to being a healthy person,
you are developing a new **positive habit** —
one that nurtures your vitality and keeps you energized.

From this moment forward, water will taste better than ever before.

That crisp, refreshing water will quench your thirst and revitalize every cell of your body.

Even now, as you imagine drinking it, your mouth may feel a little dry —
your body is already calling for that **life-giving water**.

Each time you drink it, you'll feel refreshed, clear, and strong.

You now have abundant energy — energy that you naturally put to good use.

You move with ease, feel lighter, and enjoy every healthy moment.

You may find yourself taking short morning walks,
parking a little farther away to get extra steps,
or simply choosing healthier foods because it feels right.

These small choices come naturally now — because you are **living as a healthy person**.

Congratulations — you have done it.

You are **a healthy person now** —
strong, free, confident, and in control.”

Stress Reduction

“Take a deep breath now... hold it for a few seconds... and exhale... letting go completely.

Take a second deep breath, as deep as you can... and as you exhale, allow any stress or tension you might have been holding to just melt away.

And one more time — take a third deep breath... hold it gently... and as you exhale, say to yourself in your mind:

‘Relax now.’

This is your new solution for stress.

From this moment forward, whenever you feel tension or pressure, you'll simply take **three deep breaths**,

and on the third one, as you exhale, you'll automatically say to yourself:

'Relax now.'

And instantly, your body and mind will respond — releasing stress and returning to calm balance.

You are now developing a **new way to relax**.

From now on, you **choose to be relaxed**.

You **choose to be calm**.

You **choose to be in control** in everything that you do — because your health and peace of mind are important to you.

You are replacing old reactions with new, positive, powerful habits.

From this day onward, you'll find yourself calm and composed in situations that might once have made you anxious.

You'll notice that you naturally feel **happier, more balanced, and more positive-minded** —

fully enjoying whatever you're doing in the moment.

The first new technique you'll use is very simple:

Whenever you catch yourself having negative or unproductive thoughts, you'll immediately say to yourself —

'STOP!'

Let me repeat that — whenever a negative or unhelpful thought begins, you'll instantly say the word **'STOP!'** in your mind.

The moment you do, those old thoughts will simply disappear.

You'll feel a sense of freedom and clarity — the space to replace them with new, positive, productive thoughts.

The next technique is **acceptance** — accepting things as they are.

From this moment on, any time you feel stress beginning to rise because of something happening around you,

you'll simply pause... breathe... and accept the situation exactly as it is.

You'll then calmly think it through,

using your clear and rational mind to see what **realistic, healthy outcomes** might exist.

Worry becomes unnecessary — because worry is now a thing of the past.

It is replaced completely with calm acceptance and relaxation.

You are **in control** — of your thoughts, your feelings, and your emotions.

You are no longer a re-actor. You are an **actor** — someone who chooses how to

respond.

In every situation, **you choose** how you wish to think, feel, and act.
And your choice is always calm... positive... and in control.

Now, just for a moment, focus on your breathing again.

Take a breath in... and exhale...

As the breath leaves your body, count silently to yourself: **25**.

Take another natural breath... exhale... and quietly count **24**.

Another breath in... and out... and count **23**.

Continue this gentle rhythm — breathing in... exhaling... and counting down slowly with each breath —

22... 21... 20... drifting deeper into peace with every number.

As you continue breathing and counting, you feel calmness flowing through your entire body.

With every breath, you go deeper — feeling more peaceful, more centered, more serene.

By the time you reach the number **one**, you will feel wonderfully refreshed, calm, and relaxed —

more at peace than you have felt in a very long time.

Continue counting down, even as I speak,
following the natural rhythm of your breath...

inhaling calm... exhaling tension...

deeper and deeper... until you reach **one**.

When you do, you will gently open your eyes —
calm, relaxed, and refreshed in every way.”

(Note: Awakening is not required in this session. If the client remains still after completion, softly ask them to nod if they can hear you to ensure they haven't drifted into sleep.)

Study Habits

“You have continued to study in the same way since you were a child.

Over the years, many things in your life have changed — but your old study patterns have remained the same.

Now, you are ready to create a **new, more effective, and enjoyable way of studying**.

Setting a new habit is easy, and you are now forming a **powerful new study habit** that brings you focus, clarity, and confidence.

From this moment onward, you find your studies **deeply interesting** — every subject, every topic draws your curiosity.

Because you find learning enjoyable, it becomes easy for you to **concentrate** fully on your studies.

You genuinely enjoy gaining new information and understanding new ideas.

Your mind is the most **perfect computer ever created**.

Your powerful subconscious mind stores every bit of knowledge you have ever learned.

Every new fact, every concept, every detail you study is stored perfectly in your memory —

and you can recall that information easily and accurately whenever you need it.

You now **retain everything you learn** — naturally and effortlessly.

As you study, you absorb the information completely and store it clearly in your mind.

When you need it — during exams, discussions, or practical work — it comes back to you instantly and accurately.

You complete your studies early because you find them so enjoyable.

You no longer procrastinate — instead, you feel motivated to start your studies right away.

You organize your time well, and you finish your tasks quickly and effectively.

By completing your studies early, you free up more time for yourself —

and now, your **free time is truly free time**.

You enjoy it completely, knowing that your work is done and that you are well prepared.

Each time you finish your studies, you feel a strong sense of **satisfaction, pride, and confidence**.

You know you are in control of your learning.

You are disciplined, organized, and focused —

and from this moment on, you continue to study easily, efficiently, and successfully in every way.”

Success

(Non-Analytical – Autosuggestion Script)

I am successful.

I am thankful for my success.

I am positive-minded, and I influence everyone around me in uplifting, powerful ways.

I am happy. I smile often.

Each morning, I begin my day peaceful, happy, and with a smile.

I greet people with warmth, enthusiasm, and genuine interest.

I encourage and inspire others through my attitude and my actions.

I am successful.

I remain positive at all times and completely in control.

My mind is filled only with good thoughts and good feelings — thoughts that help me feel happy, confident, and fulfilled.

I accept things as they are and handle every situation calmly and wisely.

I practice awareness — staying open and alert to my surroundings, recognizing opportunities as they appear in my life.

I am successful.

I welcome success with joy, happiness, and open arms.

Everything is working out beautifully for me.

Good things naturally find their way to me.

I attract positive people, positive energy, and lasting success into my life.

I enjoy being around confident, inspiring, and successful people.

I network easily and connect meaningfully with others.

I am a **magnet for success**, constantly attracting abundance and growth in all forms.

I am successful.

I think, feel, and act like a successful person.

Positive opportunities are drawn to me every day.

I deserve success — it is my natural and divine right.

I have earned it, and **now is my time**.

It is safe and right for me to be successful.

I am fully prepared for all the wonderful success flowing into my life.

Good times are here now.

I am physically, emotionally, and financially secure.

I walk with confidence, with my head held high, proud of my achievements.

My success radiates naturally and inspires others.

I am successful.

I am calm, relaxed, and completely at peace.

I rejuvenate easily and remain balanced in all situations.

It is natural for me to feel good.

It is natural for me to be healthy, strong, and happy.
I feel terrific — physically, mentally, and emotionally.
My mind is sharp, clear, and creative.
My memory improves every day.
I am open to new experiences, and I learn and grow continually.

I am successful — in every way, in every moment, and in every area of my life.

Wealth & Prosperity

(Non-Analytical – Visualization & Autosuggestion Script)

I'd like you to use your imagination now...

Imagine your mind as a **beautiful garden** — peaceful, fertile, and ready to grow anything you desire.

You are the **gardener** of this mind, and every thought you think is a **seed**.

All day long, you are planting these seeds in your subconscious mind.

Whatever thoughts you plant — whether positive or negative — grow and become your reality.

The way you think, the way you feel, and the way you imagine determines the kind of harvest you will enjoy in your life.

So from this moment forward, you begin to **plant new seeds** — seeds of **peace, happiness, prosperity, and wealth**.

Think quietly now about the qualities you want to grow in the garden of your mind...

See them clearly — **success, abundance, confidence, and joy**.

Accept them completely, planting them deeply in your conscious and subconscious mind.

As you continue to plant these **positive seeds**, you will soon begin to **reap the benefits** of your deepest desires.

Every day, your mind becomes more fertile, more creative, and more abundant.

From now on, you **change the way you think**.

You no longer finish negative sentences or dwell on limitations.

Whenever a negative thought arises, you stop immediately — and turn it into something positive.

Each **positive statement** you make is another seed planted in your garden.

You say to yourself:

“I can do this.”

“I can afford it.”

“I deserve it.”

“I am capable.”

Your subconscious mind listens carefully to every word you say — and takes it literally.

So you now fill your mind only with the language of abundance, health, success, and happiness.

You understand that **the law of life is the law of belief.**

A belief is simply a thought you have accepted as true.

So you now believe deeply in the **power of your subconscious mind** to create health, wealth, strength, and success.

You know that **what the mind can conceive and believe, the mind can achieve.**

You are always on the lookout for new and positive opportunities.

They come to you **easily and frequently.**

You recognize them instantly — and act upon them wisely.

You are always at the **right place at the right time.**

Good fortune and prosperity flow to you naturally.

Change your thoughts — and you change your destiny.

Right now, **see yourself as the prosperous person you truly are.**

Imagine this clearly in your mind:

You are healthy, happy, confident, and financially free.

You feel relaxed and abundant.

You have more than enough — enough to pay bills, to invest, to travel, and to give freely.

Visualize the details — what are you wearing?

What are you doing?

How does it feel to live with this freedom and success?

Feel that sense of joy and gratitude rising in you.

This **prosperous, successful person** you see — is **you.**

Accept it fully. Allow it to become part of you.

Commit this image to memory — how you look, how you move, how you feel.
Each time you recall this image, it grows stronger in your subconscious mind.
And what you vividly imagine, your subconscious begins to create as reality.

From this moment onward, you keep moving forward —
always **positive**, always **open-minded**, always **expecting success**.
You continue to plant thoughts of wealth, gratitude, and opportunity every day.

You are **healthy, happy, and prosperous**.

You are **the gardener of your mind**,
and your garden is now filled with **abundance, beauty, and limitless success**.

Weight Loss

(Non-Analytical – Subconscious Reprogramming Script)

You are here to develop the healthy, vibrant body you desire — and the way you are going to accomplish this, beginning right now, is simply by **relaxing deeply**...

That's right — just sit back, relax, and allow yourself to accept every suggestion I give you.

If you can accept these suggestions fully, without questioning or analyzing them, and simply follow them exactly as given, you **will** attain your goal — the healthy, energetic, and beautiful body you desire.

Your mind is now open and receptive. In this relaxed state, your **subconscious mind** is listening carefully — and it will follow your new, positive instructions with complete cooperation.

From this moment forward, you begin to enjoy **healthy, well-balanced meals**.

These meals more than satisfy your appetite.

The taste, texture, and aroma of wholesome foods now appeal to you deeply — they are rich, delicious, and fulfilling.

Fresh fruits, vegetables, and natural foods now taste better than ever before.

You feel full and content with **smaller portions**.

You now eat slowly and mindfully.

You chew your food thoroughly, enjoying every bite.

You put your fork down between bites — and only pick it up once you've finished the one in your mouth.

This helps your body digest perfectly, and you find that you naturally feel satisfied with less food.

Now imagine yourself standing in front of you — at your **ideal weight**, your **goal body**.

Notice how you look... how you feel... the confidence in your posture, the lightness in your movements.

See yourself clearly — what you are wearing, how your body feels, the energy flowing through you.

This version of you — **this healthy, confident, radiant person** — is the real you.

Fix this image clearly in your mind — this is the “goal you,” and you are already becoming this person now.

The weight you have in mind is your **comfortable, natural weight** — a healthy number that you can easily maintain.

Every day, you move steadily and surely toward that goal.

You now drink **more water** than ever before.

Before every meal, you enjoy a full glass of crisp, clear, refreshing water.

This water tastes wonderful and helps your body burn fat, flush toxins, and stay energized.

You actually crave water — it feels cleansing, cooling, and rejuvenating.

When you snack, you automatically reach for **healthy options** — fresh fruits, vegetables, or light, natural foods.

You no longer crave junk food or sugary items; they simply no longer appeal to you.

Your body now prefers foods that nourish and energize you.

You are losing weight in a **steady, consistent, natural way**.

With each passing day, you feel lighter, stronger, and more energetic.

You move with ease, grace, and confidence.

You find yourself wanting to walk more, move more, and enjoy physical activity.

Exercise feels refreshing and invigorating — it's something you look forward to.

You now **eat to live**, not live to eat.

You view food as **fuel** — clean, healthy energy that powers your body.

You find pleasure and enjoyment in many things besides food — spending time outdoors, connecting with loved ones, feeling your strength grow.

From now on, you naturally **leave a small portion of food** on your plate after every meal.

You no longer feel the need to finish everything — instead, you enjoy the satisfaction of knowing you've eaten just enough.

With each meal, this habit grows stronger and easier.

When you eat at home, you serve yourself a single plate and leave the rest of the food away from the table.

You notice that one plate is more than enough — it completely satisfies you.

You feel proud and confident knowing that **you are in control of your eating habits**.

Every day, your confidence grows stronger.

You are relaxed, calm, and in complete control of your health and your body.

You now love the way your body looks, feels, and moves.

You are motivated, disciplined, and proud of your progress.

From this moment forward, you eat mindfully, live energetically, and enjoy being the best version of yourself —

healthy, confident, radiant, and free.

SELF HYPNOSIS

Affirmation Technique

(Conscious Command to the Subconscious for Success & Transformation)

The **Affirmation Technique** has been used by countless successful people throughout history.

It is a simple yet powerful tool to **turn failures into success, transform negative thoughts into positive ones,**

and **reprogram your subconscious mind** to work in your favor.

Your **subconscious mind** is the creative force that governs your habits, beliefs, emotions, and results.

Whatever command it receives from the **conscious mind**, it accepts as truth and begins to turn it into **reality**.

By repeating affirmations with faith, emotion, and consistency, you can change your behavior, boost confidence, and achieve extraordinary results.

Affirmations for Memory

My subconscious mind is developing a **mega memory** in me.
Day by day, my memory is getting stronger and sharper.
Every moment, my memory improves naturally and effortlessly.

Whatever I see, hear, or study — I remember it immediately.
I remember everything I read and study with clarity and ease.
I remember everything I need to remember.

I have a **fantastic memory**, and it is getting better and better every day.
My memory is vivid, powerful, and limitless.
I trust my memory power completely.

I have a **perfect memory** — I recall information easily and quickly.
I remember anything I want to, anytime I wish to.

I have an **amazing memory** —
I remember everything I see, hear, or experience with perfect clarity.

Day by day, my subconscious mind is developing **photographic memory** in me.
I have a photographic memory.
The more I use my memory, the stronger it becomes.

My mind is sharp, focused, and full of clarity.
I easily store, retain, and recall information whenever needed.
My memory is a magnificent tool, and it works perfectly for me.

Affirmations for Self-Esteem

I am a **lovable person**.
I love and accept myself unconditionally.
I approve of myself and feel great about who I am.

I am **worthy of love and friendship**.
I radiate love and respect, and in return, I receive love and respect.
I am a well-loved and respected person.

I accept myself completely — just as I am.
I deserve love, care, and kindness — from myself and from others.

It doesn't matter what others think about me.
What truly matters is what I think and feel about myself.

I am a kind, caring, and decent person.

I am a **valuable human being**.

I am always loved, guided, and protected by the Divine.

I am neither above nor below anyone — **we are all equal**.

I am an interesting, unique, and wonderful person.

I love and accept **all parts of myself**.

Today, I give myself permission to be greater than my fears.

I love and approve of myself completely.

I have **positive self-esteem**.

I honor and value myself as I am.

I am filled with **light, love, and peace**.

I stand firmly in my **powerful, positive self-esteem**.

I feel total peace and confidence within myself.

I am filled with **energy, vitality, and self-respect**.

I take good care of myself — body, mind, and soul.

My mind is filled with **positive thoughts and emotions**.

I am a wonderful person.

I deserve **respect, love, happiness, and success**.

Affirmations for Psychic Power, Study Habits & Accelerated Learning

(Autosuggestion Practice for Mental Expansion & Subconscious Programming)



Affirmations for Psychic Power

My psychic power is growing more and more every day.

My psychic power is expanding over and over.

My psychic power is multiplying continuously.

My psychic power is doubling over and over again.

Every day, my inner intuition is becoming clearer and sharper.

I easily sense energy and vibrations around me.

**My sixth sense is powerful and accurate.
I trust my inner guidance completely.**

**My subconscious mind connects effortlessly with universal intelligence.
My intuition always leads me toward truth, clarity, and right action.**

**I am open, calm, and receptive to divine insight.
My psychic power grows stronger with every breath I take.**

Affirmations for Study Habits

From now on, whenever I sit down to study, my entire focus is on my studies only.

Whenever I study, my subconscious mind brings my 100% attention to my books and learning.

**I love studying.
I enjoy learning new things.**

Day by day, my subconscious mind is developing more and more interest in my studies.

**Now, studying is enjoyable and exciting for me.
Each and every subject is easy to understand.
My subconscious mind makes all subjects interesting and clear.**

**I love every subject I study.
I find new joy in learning every day.
My mind is alert, focused, and full of curiosity.**

**Studying is now effortless and fun for me.
I am calm, confident, and focused every time I study.**

Affirmations for Accelerated Learning

Day by day, my subconscious mind is increasing my speed in learning and understanding.

**My subconscious mind is developing great learning abilities in me.
I learn very quickly and easily.**

I understand and remember everything I study.
I have a great memory — a photographic memory.

I am a super learner.
Information comes to me effortlessly.
I grasp new ideas instantly and retain them permanently.

My mind is sharp, clear, and powerful.
I focus with complete attention on what I'm learning.

I have incredible learning power.
I am a genius.

Every day, I use more and more of my brain's potential.
My subconscious mind works perfectly to help me learn faster and better.

I am smart.
I am intelligent.
I am wise.

I have developed the habit of learning quickly and effectively.
Every day, I am getting faster, smarter, and more capable.
Learning comes naturally and easily to me.

Affirmations for Good Health & Ideal Weight

(Subconscious Reprogramming for Physical Vitality and Body Harmony)

Affirmations for Good Health

Now, I choose **perfect health** for my body.
I am completely **fit, strong, and healthy**.

Day by day, my **energy levels are increasing**.
My subconscious mind created my body — it knows exactly how to heal it.

Right now, my subconscious mind is healing every part of my body.
I am open to **receiving healing energy**.
I am getting stronger, healthier, and more vibrant every single day.

My body heals quickly and easily.
I am strong.

I am powerful.

I am **physically powerful and mentally powerful**.

I love myself.

I love my body.

I enjoy doing physical exercise — I love feeling my body move, stretch, and grow stronger.

I enjoy exercising daily; it fills me with energy and happiness.

My subconscious mind is healing each and every **cell of my body**.

Every cell of my body **vibrates with health, vitality, and strength**.

I am healthy.

I am complete.

I enjoy **perfect health all day long**.

I naturally avoid unhealthy food — my body craves what is right and nourishing for me.

I have full control over my eating habits.

My entire body works **systematically and perfectly**.

Every organ, gland, and cell functions in harmony.

I sleep deeply, peacefully, and restfully every night.

I wake up refreshed, full of life and energy.

I am thankful to **nature and the universe** for my perfect health.

My health is a gift, and I cherish it with gratitude and love.



Affirmations for Perfect Weight

My subconscious mind knows the **perfect weight** for me.

Now, my subconscious mind is taking complete charge of my body and bringing it to its **ideal weight naturally**.

I enjoy exercising more and more every day.

I choose to eat only **healthy, nourishing foods** that support my body's natural balance.

I am getting slimmer and fitter day by day.

My body is automatically and effortlessly releasing excess weight.

Losing weight is easy and natural for me.

I am at my **perfect weight** now — balanced, strong, and confident.

I deserve a **trim, beautiful, fit, and healthy body**.

I love my body fully, deeply, and joyfully.

My body responds lovingly to my positive thoughts and healthy choices.

My body is completely under my control — it listens to my subconscious commands perfectly.

I am thin.

I feel thin.

I move with grace, lightness, and confidence.

I am in my perfect size and perfect shape.

I maintain my ideal weight **effortlessly and joyfully**.

It feels good to be me — healthy, confident, radiant, and full of life.

✨ **Affirmations for a Powerful Personality, Happiness & Positivity**

(Subconscious Empowerment for Confidence, Charisma & Emotional Wellbeing)

🌟 **Affirmations for a Powerful Personality**

I look beautiful.

I look handsome.

I am attractive and radiant.

I have a magnetic personality — people are naturally drawn to me.

My presence commands attention and respect.

I have a powerful and dynamic personality.

My energy inspires others and fills the room with confidence and strength.

I have a great personality — charming, confident, and full of positive energy.

I influence people effortlessly through my calm strength and self-assurance.

I project authority naturally while remaining kind and respectful.

I love myself.

I believe in myself completely.

**I am lovable, confident, and charismatic.
I have a charming, energetic, and magnetic aura.**

**People enjoy my company.
They feel uplifted, inspired, and motivated around me.**

**Every day, my personality becomes more powerful, attractive, and radiant.
I am the best version of myself — confident, centered, and full of grace.**

Affirmations for Happiness and Positivity

**My subconscious mind keeps me happy and positive 24 hours a day.
I am naturally cheerful, optimistic, and peaceful.**

**My subconscious mind is developing a positive attitude toward every aspect
of my life.**

I think only positive thoughts.

**My subconscious mind transforms every negative thought into a positive
one.**

**In every situation, I feel calm, balanced, and happy.
Day by day, positive energy is increasing in me.**

**I now only allow happiness, love, and peace into my life.
I enjoy each and every moment of my life deeply.**

**I love my life.
I love myself.**

**Happiness is the secret of my success.
I forgive everybody — I forgive myself completely.**

**I feel happy about everything and everyone.
I accept people and situations exactly as they are.
Everything in my life is good, and everything is going beautifully.**

I feel happy the entire day and I attract even more happiness into my life.

My subconscious mind has become a magnet for happiness and positivity.

**I always feel safe, loved, and protected.
Everything in my life is getting better and better every day.**

**I am surrounded by love and kindness.
My thoughts are under my complete control.**

I radiate love, happiness, and positive energy wherever I go.

Affirmations for Daily Living & Spiritual Growth

(To Cultivate Balance, Abundance, and Inner Peace)

Affirmations for Daily Living

I love my life.
I love myself.

Today is a **wonderful day**.
My whole life is beautiful, peaceful, and fulfilling.

I am completely **fit, healthy, and strong**.
I enjoy perfect health in body, mind, and spirit.

Money flows to me easily and effortlessly.
Day by day, my income is increasing naturally and steadily.

I am a **magnet for prosperity**.
Abundance flows to me from expected and unexpected sources.

I am so happy and grateful for my life.
I appreciate every blessing, big and small.

I have a **powerful, peaceful, and calm mind**.
My thoughts are clear, positive, and focused.

I enjoy a peaceful life.
I am satisfied and content with all that I have.

I am successful in everything I do.
Everything I want comes to me **easily, naturally, and effortlessly**.

I love myself and I love the entire world.
I enjoy good, harmonious relationships.

I generate love and compassion for others.
I am calm and relaxed in every situation.

I walk my talk — I live in integrity and authenticity.

I choose to **release all fears** and live with courage and faith.

I take all the necessary actions toward fulfilling my goals.

I am confident, capable, and consistent.

Every day, in every way, my life is becoming more joyful, abundant, and peaceful.



Affirmations for Spiritual Growth

My **subconscious mind** is developing more and more **spiritual power** in me every day.

Day by day, my **mind power and awareness** are increasing.

My mind is powerful, calm, and full of light.

My **energy levels** are rising each day — I feel vibrant, centered, and alive.

I am mentally powerful and emotionally balanced.

I have full control over my mind and thoughts.

I love myself deeply.

I love everyone unconditionally.

I radiate peace, love, and understanding.

I forgive everybody — I let go of the past and move forward with lightness and joy.

I am **fully connected with the Divine Power**.

The universe guides, supports, and protects me at all times.

I trust my inner guidance completely.

I am aligned with my higher purpose.

Divine light flows through me and fills me with peace, wisdom, and love.

I am one with the universe — calm, compassionate, and eternally blessed.



Affirmations for Public Speaking, Smoking Cessation & Wealth Attraction

(For Confidence, Health, and Prosperity)



Affirmations for a Good Public Speaker

I am confident on stage.

I am fearless on stage.

I speak with clarity, confidence, and power.

I can speak confidently and clearly in front of anyone.

I am comfortable and relaxed with any audience.

A large audience makes me feel energized and happy.

I enjoy public speaking — it comes to me naturally and easily.

I am calm, composed, and centered in front of my audience.

The audience enjoys listening to me.

My words inspire, influence, and uplift people.

I am a successful and dynamic public speaker.

I make my audience listen — they connect deeply with my message.

I speak from my heart with authenticity and passion.

My voice carries confidence and conviction.

Every time I speak, I grow more confident, more skilled, and more influential.

I am born to communicate and lead with my words.



Affirmations to Stop Smoking

I am a non-smoker — completely free from smoking.

I feel healthy, energetic, and alive as a non-smoker.

I look wonderful, vibrant, and attractive as a non-smoker.

I smell fresh and clean as a non-smoker.

People around me appreciate my freshness and self-control.

My breath is pure, clean, and refreshing.

I control my thoughts — and my thoughts now tell me:

“I don’t touch cigarettes.”

I choose to spend my money on positive, healthy, and joyful things in life.

My life is full of freedom and happiness — being smoke-free is my natural state.

**I feel proud, strong, and peaceful as a non-smoker.
I enjoy every moment of my healthy, smoke-free life.**



Affirmations for Wealth & Prosperity

It is very easy for me to attract money.

My subconscious mind is constantly attracting wealth and abundance.

It is very easy for me to earn money — opportunities flow effortlessly.

Money makes my life more beautiful, abundant, and free.

My subconscious mind has become a magnet for money.

I am a money magnet — wealth flows to me continuously.

Day by day, my income is increasing in wonderful ways.

I respect people with money and success — I learn and grow with them.

Money comes to me easily, naturally, and effortlessly.

I love money, and money loves me.

My bank balance is always healthy and growing.

Day by day, I receive more and more money from multiple sources.

I have more than enough money for everything I need and desire.

I am constantly increasing my income and my prosperity.

Everything I touch turns to gold.

I am a magnet for abundance and opportunities.

I deserve wealth, prosperity, and success — and I welcome them with gratitude.

✓ Practice Tip:

Repeat these affirmations twice daily — morning and night — while feeling the truth of every statement.

Visualize yourself already living these affirmations — confident on stage, free from smoking, and surrounded by wealth and joy.

☀️ *Your subconscious mind is listening — and it always obeys your dominant thoughts. Speak abundance, live confidence, and embody success.*

🌀 Arons Depth Scale

(Stages of Hypnotic Depth and Their Characteristics)

1. Eye Catalepsy – Very Light Trance

- Subject feels **wide awake**, yet relaxed.
 - **Eyelids become heavy or immobile** by suggestion.
 - **Hypno-Dial**: Simple muscle control.
 - **Depth use**: Deep enough for sessions such as **smoking cessation, weight loss**, and for most suggestibility tests.
-

2. Arm Catalepsy – Light to Medium Trance

- **Critical reasoning is impaired.**
 - **Larger muscle groups** can be manipulated easily.
 - Subject responds automatically to simple suggestions.
 - **Depth use**: Slightly deeper than level 1 — suitable for **most therapeutic sessions.**
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3. Number Block – Medium Trance

- Almost **complete control of the muscular system.**
- Subject is **unable to articulate** a word but can still **remember it mentally.**

- Excellent control of mind–body coordination.
 - **Depth use:** Often used for **deeper therapeutic suggestions** and regression preparation.
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4. Glove Analgesia / Anaesthesia – Deep Trance

- The **beginning of amnesia**.
 - Subject may **forget numbers, names, or addresses**.
 - **Analgesia:** Can feel **pressure but no pain**.
 - **Depth use:** Ideal for **dental work, childbirth, and pain management**.
-

5. Anaesthesia – Very Deep Trance

- **No sensation of pressure or pain**.
 - **Complete anaesthesia** — body is totally relaxed and unresponsive to physical stimuli.
 - Marks the **beginning of somnambulism**.
 - **Depth use:** Suitable for **minor to moderate surgical procedures**.
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6. Positive Hallucinations – Profound Somnambulism

- Subject experiences **altered sensory perception** — can **see, hear, or feel things** that aren't actually present (positive hallucinations).
 - Profound **control over sensory and cognitive systems**.
 - **Depth use:** Deepest stage — ideal for **complex hypnotic phenomena** and advanced hypnotherapy work.
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✔ Summary:

Level	Name	Key Feature	Typical Use
1	Eye Catalepsy	Light trance; eyelids fixed	Smoking cessation, relaxation
2	Arm Catalepsy	Muscular control, reduced logic	General therapy
3	Number Block	Full muscle control, no speech	Deep suggestion work
4	Glove Analgesia	Partial amnesia, pain reduction	Dental / childbirth
5	Anaesthesia	No pain or pressure	Medical hypnosis
6	Positive Hallucinations	Profound somnambulism	Deep hypnotic phenomena

🧠 *Arons Depth Scale helps the hypnotist identify how deep the client is in trance and determine which level is most effective for the intended therapeutic goal.*