

Conversational Hypnosis Training

The Crash Course



Jonathan Groves

WARNING: This eBook is for your personal use only. You may **NOT** Give Away, Share Or Resell This Intellectual Property In Any Way

All Rights Reserved

Copyright © 2013 – The Persuasion Company. All rights are reserved. You may not distribute this report in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

Disclaimer

All information in this ebook is for your personal power. It is not intended to be used for any type of illegal purposes.

Conversational Hypnosis Introduction Conversational hypnosis is without doubt one of the most important skills that a person can acquire in their life because the more you study conversational hypnosis, the better you will get at using words. Not only will you get better at using words in powerful ways that enable you to suggest anything you want to anyone at anytime, but you will also develop the ability to read deeply into the words of other people to the point where you will be able to interpret more meanings out of the things they are telling you than they could. This means that you will be able to understand the conversations of other people better than the people who are participating in those conversations.

It is also an undeniable fact that, “Your words are your life”.

Think about it...everyone we know, what we have learned, and most of what we have lost or gained in our life is somehow connected to the power of words.

Words also empower marketing companies to sell millions of dollars worth of merchandise each and every year, as many of their marketing messages use words in artistic ways so that the people who are exposed to these messages do not consciously understand the full meaning of what these messages are telling them about the products that those messages are marketing.

Unconsciously, however, there is an entirely different learning process happening beneath the surface of the conscious mind, and because a person’s unconscious mind dominates their behavior, marketing companies are able to easily sell the products that they are marketing simply by communicating to a person’s unconscious.

In a way, we are all in the marketing business. We are all marketing our ideas,

personality, social value, and opinions to other people. So, in a figurative sort of way we can say that the more of yourself that you are able to sell, the more happy and the more successful of a person you will become. However, the actual scope of how important words are in your life cannot fully be written about here in detail because only you can decide how much the quality of your life is impacted through your words.

Unfortunately, in spite of how important it is for a person to use words to be more persuasive and influential, there isn't a lot of training in the world that pertains directly to this topic. Sure, there have been plenty of books written about the topic, but most of those books only brush the surface of how the power of words can be used by you to create more of the type of life that you want for yourself. Likewise, many of our workplaces have basic communication trainings that they require their employees to attend in order to equip them how to communicate better within their work environments, but those trainings merely provide the bare essentials that are necessary for the people who work within those organizations to abide by specific protocols that revolve around the social interactions that coexist within those companies.

Conversational hypnosis is different. This conversational hypnosis training is different, because not only has this training been organized by someone who has spent years studying, analyzing, and practicing the artistic use of words, this training is also the result of me having spent countless hours studying under powerful conversational hypnosis and Neuro-Linguistic Programming mentors myself. What makes this training different than some of the other good hypnosis trainings that are out there is that the material in this training is in an extremely condensed format.

This is a very important part of this training that deserves a great deal of appreciation, because whilst it is easy to understand that it isn't a good thing if a conversational hypnosis training is watered down and lacking in content, it may not be as apparent that it also isn't a good thing if a conversational hypnosis

program be too large and extensive. One of the greatest hindrances that people encounter when they are trying to learn a new skill is the lack of the time that is required for them to learn it. For this reason, this conversational hypnosis training has used the exact same techniques of conversational hypnosis to present to you the greatest amount of information in the least amount of time.

Not only does the very language construct of this training provide a fertile environment for an accelerated learning format to take place in the unconscious mind of the person who participates in this training, this training also contains over two hours of videos that strategically suggest the right things at the right times to compound the meaning and the importance of everything that you are about to be studying.

Thus, the goal of this conversational hypnosis training is to lead you to its mastery.

Now, because there is so much information packed into each of the lessons that you are about to encounter, you will want to read the material more than once. In fact, you may want to read the material several times, and you may want to watch the videos more than once too in order to get the most out of this training that you possibly can.

Conversational hypnosis is a vast territory that can be analyzed in a variety of ways. This means that there are many approaches that can be taken to both teach conversational hypnosis and to master it, and some of these approaches are more rigid than others. So, another feature of this conversational hypnosis training is to bypass the more rigid protocols of how conversational hypnosis can be taught because the quickest distance between two points is a straight line.

In other words, because the quickest distance between two points is a straight line, there is no need to get carried off into sophisticated dogmas existing within conversational hypnosis when our goal here is not to master its theory but to master its practice. For example, a somewhat rigid protocol that exists within

conversational hypnosis is known as the ABS formula. The ABS formula stands for: Absorb attention, bypass a person's critical factor, and then stimulate the unconscious through the power of suggestion.

First, let me make it clear that I am not claiming that there is anything wrong with the ABS Formula, nor am I claiming that this formula is irrelevant. However, as I began mastering conversational hypnosis myself, one of the things I became aware of was that each technique of conversational hypnosis automatically had the ABS formula built into it.

A basic example of this can be demonstrated through a brief analysis of the "If=Then" language construct. So, if I were to say to you, "*If cats wink like an animal, then perhaps they can do a few other human things too*", notice how that language construct in and of itself absorbs your attention. Then, notice how it bypasses your critical factor simply through its confusion language. As a person's critical factor gets preoccupied attempting to figure out exactly what I meant by that, it is then that their critical factor is bypassed. Finally, notice the suggestion that is built into the above example of "If=Then" language construct: That cats do some of the same things that humans do. Take sleeping and eating for example, because cats and humans sleep and eat on a daily basis.

Now, I am fully aware that the aforementioned example that I have recently provided you with of "If=Then" language construct-and specifically how this example has the ABS formula built into it-seems extremely basic.

That was the point.

The point is that even the most basic conversational hypnosis techniques automatically have the ABS formula elegantly built into them, thus, we can focus much more on function than on form. Remember, the quickest distance between two points is a straight line. This means that in this conversational hypnosis training, you continually learn, hear, and practice *technique*, because this is the process, that continually rinsed and repeated, will cause you to master

conversational hypnosis in the least amount of time possible.

Furthermore, I am not saying that the ABS formula (or any teaching of conversational hypnosis), will be omitted during this training. Rather, I am simply saying that the ABS formula and many other teachings of conversational hypnosis seem rigid to many practitioners-not in and of themselves-but in how they are usually systematically and dogmatically presented during conversational hypnosis programs in ways where practitioners are forced to master form before they can master function.

The problem with mastering form before mastering function is that many people do not see solid and consistent results as they are mastering form, and this lack of results can either cause them to give up or lose interest in what they were studying. It cannot be emphasized enough how important the concept of *time* is as a person is in the process of mastering a foreign language, and because conversational hypnosis is a language that was created to speak specifically to a person's unconscious mind, we can in every way compare the difficulties and the processes of learning conversational hypnosis to the difficulties and the processes of learning a foreign language.

Now, the first month of this exciting hypnosis training immerses you in conversational hypnosis techniques, provides you with demonstrations of how these techniques can be used in real life conversations, and gives you lots of exercises to do in order to begin conditioning your mind to transform you into a more powerful communicator.

Not only is this training ideal for someone who is a hypnotist, this training is also ideal for someone who wants to become a hypnotist because hypnosis sessions are always designed to use words to solve the problems other people are having. Many hypnotists are well aware of how to induce trance, deepen trance, and bring a person out of trance. In fact, there are many competent hypnotists who know these things. However, one of the most important tools that a

hypnotist needs to be fluent with are words, because it is not only what a hypnotist suggests to their client that is important, it is also how a hypnotist suggest it that is of importance.

The powerful conversational lessons that you are about to encounter in this hypnosis training are only the beginning of a long journey many of you are in the process of taking that will have a very powerful and positive impact on your life. It is my hope that conversational hypnosis enhances the quality of your life in whatever areas of your life that you are seeking improvement in, because it doesn't matter if it is in your relationships, your emails and text messages, your stories and poems, or the places that you have no choice to socially interact within (such as your workplace), conversational hypnosis will improve your life!

Of course, because the language constructs that you are about to learn are universal, you can also apply everything that you are about to learn towards your very own thought processes through self hypnosis so that you can also begin suggesting positive things to yourself and create whatever changes you would like to create deeply within you.

As this conversational hypnosis continues, you will comfortably notice how easily and rapidly new territories of hypnosis are explored in meticulous ways that will continually enhance your comprehension of specifically what hypnosis is and what conversational hypnosis can do for you. This means, that even though there is already tons of information discussed in this first area of your hypnosis training that is being presented here, that we have a lot more ground to cover in the months ahead!

Dr. Jonathan Conrad Groves

My audio hypnosis study course:

<http://www.disguisedhypnosis.com>

My hypnosis and persuasion blog:

<http://www.persuasionmonthly.com>

Lesson One-How Conversational Hypnosis Works

How conversational hypnosis works is basically through the vehicle of simple and interesting stories. Through stories, a hypnotist is able to embed positive suggestions in ways that the suggestions actually communicate with a person's unconscious mind. Of course, this is a simplified description of how conversational hypnosis works, as there are a variety of ways that a person can use conversational hypnosis to enrich their conversations that they happen to be having with other people.

One of the most important things I have learned in life is how to use words. Conversational hypnosis can be integrated seamlessly with poetry, wise quotes, stories, marketing, and normal every day conversations that you have with others. Another benefit to knowing conversational hypnosis is simply the power that comes along with knowing a secret language that is often accidentally spoken by other people. This means that whether people have studied conversational hypnosis or not, that they are often unknowingly practicing it. You will be able to recognize the conversational hypnosis techniques that they are accidentally using and will be able to absorb a lot more meaning from the things other people are telling you.

Imagine if every time a person spoke to you, that you were able to both hear the things that they were saying and the things that they were accidentally saying.

Imagine if you may even be able to understand **more** of the meaning of a person's words **than they did**. This is another one of the benefits that knowing conversational hypnosis will give to you, and this isn't to mention how easily it will soon become for you to be able to understand a single piece of advertisement in perhaps more ways than the advertising agency who created the ad understood it, because even advertising agencies that are trained to communicate with people's conscious and unconscious minds say many things

that they say by accident. Or, they may be saying something knowingly but still not know exactly *how* they are saying it, nor may they understand how to say the same thing again covertly in a different way. Yet, if you should decide to study conversational hypnosis, you will in time almost *effortlessly* be able to understand so much meaning that is embedded into words and conversations that **you may find yourself pleasantly infatuated with the artistic use of words.**

There are few things in life as meaningful as words. In fact, words are part of everything that this life as we know it consist of, and it has even been said that **words are the building blocks of a person's reality**. Therefore, we need not think of “words” or “conversation” as the type of things that a person learns in the basic language classes that we take in school. We also need not think of *conversational hypnosis* as waving a pocket watch in front of a person's face or getting people to quack like ducks on stage. Rather, **we ought to think of conversational hypnosis as a vehicle that is used to artistically communicate words to people in a variety of rich and meaningful ways**...and perhaps...we also ought to think of conversational hypnosis as a linguistic *art and science* that is too far advanced for anyone to truly comprehend not matter how much we study it...because no matter how much we continue to study it, we consistently continue to learn from it, and just when a person may think that they have fully mastered conversational hypnosis, we often find ourselves realizing that we still had so much more to learn.

Summary Lessons:

Conversational hypnosis uses the vehicle of stories to suggest things to other people.

Conversational hypnosis is easily comparable to ***a linguistic art and science*** that consist of a variety of hypnosis techniques that are systematically used to enrich a person's communication and conversation skills.

Conversational hypnosis is accidentally practiced by people all of the time.

One of the benefits of mastering conversational hypnosis is that you will be able to harness its power consistently and not need to rely upon benefiting from conversational hypnosis accidentally.

Conversational hypnosis enriches you in far more ways than just making you an expert at speaking because you also will become an expert at understanding the conversations of other people more than they understand them.

As you learn conversational hypnosis, you will continue to discover the hidden suggestions and messages in other people's conversations that they are not directly saying to you.

Learning conversational hypnosis opens your eyes to an entirely different language that is written all around you by HUGE marketing firms in commercials, billboards, newspapers and magazines, and even public relation firms that do work for celebrities.

Exercises For You To Do:

- For the next week, I want you to pick one conversation that you have with a person per day and pay attention to the meaning of everything they say in order for you to discover any **hidden meanings** embedded in their conversations. If by some chance you do not have many conversations with people during the next week, simply turn on YouTube and listen to the conversations other people are having.
- Then, take a moment to deeply consider any conversation that you had with someone in the past where they told you something in a way that they didn't actually say it to you.
- Next, allow yourself to notice a time when you felt that a person told you something about themselves without coming right out and saying it.
- Allow yourself to fully remember the conversations you had in the past when you felt you should have listened to your emotions (the emotions another person's words elicited within you), but you may not have listened to the message they sent to you emotionally simply because they did not send that message to you verbally.
- Then, imagine a time when you were trying to tell a person something without coming right out and saying it. After you have done that, take the time to deeply consider what conversational hypnosis techniques you may have been using to try to indirectly give that person the message that you were trying to give them. For example, was it your voice tonality, was it an expression on your face, was it a story about another person, or was it a more advanced conversational hypnosis technique that you were using and yet you weren't even aware of it?

Notes:

It cannot be emphasized enough how **conversational hypnosis is THE root skill a person should learn** because this is the one skill that will cause you to be successful in anything you do or want to do! “*How is that true*”, you may ask? It is true because all of your social interactions **at work, at home**, at marketing your product, at learning new skills, **at building your reputation, at getting people to like you**, at demonstrating your skills...**all of those things are completely and consistently empowered through the artistic use of words..**

Think: Words, words, and more words....**words are the dominating factor!**

Lesson Two-An Introduction To The Conscious And Unconscious

Mind

For whatever reason, before I had learned conversational hypnosis, I had no idea that the concept of the unconscious mind was an authentic concept. After all, we often hear of stories where people say they have “*unconsciously*” done things that they did not want to take responsibility for doing. I could try to provide you with excuses as to why I didn’t believe too much in the concept of an unconscious mind, but it’s better for me to just come out and admit that I was simply ignorant of it. I had, perhaps, likened the concept of the unconscious mind to **paranormal activity**. To say the very least, it really did seem a little farfetched to me to be able to actually communicate with a person’s unconscious mind without the person consciously knowing what I was doing. I guess I had figured that if such a skill set were truly possible, then everyone would have it.

Eventually, I decided to study conversational hypnosis anyway (in spite of me not being a big believer in the teachings of being able to communicate with a person’s unconscious mind) because I did notice the potential of conversational hypnosis to improve my speaking and writing abilities. I have always loved words, so to be honest I was simply happy studying an interesting topic that focused upon the use of words.

A lot of conversational hypnosis can be used to speak to a person’s conscious mind too, so I guess for that reason, you could say I was satisfied with it as I first began to learn it. ***When I found a teaching within conversational hypnosis that I didn’t agree with, I just reminded myself that no program is perfect and continued my studies.*** Little did I know *then* that conversational hypnosis would one day change my entire life.

I will not go into detail about those life changing moments or events in this

single post, but let it suffice for now to mention that over the years I have learned the reality of communicating with a person's unconscious mind in exactly the ways conversational hypnosis teaches. When it comes to communicating with a person's unconscious mind, it is necessary to keep in mind that they may not take action immediately. **A suggestion is like a seed planted in the soil of a person's mind, and it takes time for the seed to sprout and grow up into an actual action or behavior.** That is the best way I can put it.

However, even though a lot of the power of conversational hypnosis is in its ability to successfully and easily communicate with a person's unconscious mind, I also like to use it when I am communicating with a person's conscious mind because if a person isn't consciously understanding anything you say, then many of your social interactions would seem dull to say the least. So, you could say that I integrate both direct and indirect hypnosis into the way that I like to practice hypnosis, but it is difficult to come to this resolution until you completely understand the variety of ways you can suggest things to a person. Sometimes if and when you have a person's rapport, there is nothing wrong with suggesting something to their conscious mind.

Yet, it is true that many people will unknowingly resist a lot of positive suggestions you give them. It is for this reason that people who are trying to lose weight or quit smoking are in need of a hypnotist who is able to communicate with their unconscious mind in positive ways that will get through to them. This way they will succeed and not resist their own therapy.

Summary Lessons:

Conversational hypnosis is a language that was created to speak directly to a person's unconscious mind.

Sowing suggestions into a person's unconscious mind is like planting seeds in a garden. The seeds disappear and you don't see any evidence of them anymore. Nevertheless, in the process of time the seeds sprout, grow, and manifest themselves in real life...so also is the process of a person acting upon the suggestions you are giving them.

At times there is nothing wrong with using Logical Persuasion to speak to a person's conscious mind. After all, since the conscious mind exists, we may as well communicate with that too!

Just as I was ignorant to the potential of communicating to a person's unconscious mind, so also are a lot of other people ignorant of the fact that this possibly powerfully exist (Don't be surprised if you encounter people who think hypnosis is weird, unbelievable, or strange...that all goes with the territory).

Conversational hypnosis made so many claims that it could do so many things...that I wasn't able to believe all those things were possible right away, because it seemed too good to be true! *This is excellent hope for all of you*, because if a person as ignorant as I was about how the unconscious mind works can eventually learn conversational hypnosis, then anybody can master conversational hypnosis!

Exercises For You To Do:

- *Imagine* something that you do without even thinking about doing it. For example, right now you may imagine your breathing...and you may not previously have noticed before the way you were breathing (you were unconscious of this bodily process), but now you are fully aware of the way you are breathing (you are now conscious of this bodily process).
- Now take a moment to *remember* a time when you once couldn't remember something. This could be a password or a person's name... anything. No matter how hard you tried, you simply couldn't remember. But then, later on...out of nowhere you effortlessly remembered what you previously had totally forgotten. *Notice* how when you effortlessly remember something like this (without consciously attempting to do so), that it is an unconscious process taking place that causes you to remember.
- Next, *remember* a time in your life when you were studying something... and that which you were studying didn't make too much sense to you (consciously you didn't understand), but you were able to learn and perform that which you were studying "anyway", even though what you were learning didn't make very much sense (this is called **unconscious learning**).
- After you have performed the above exercises, I want you to read an entire book by simply turning the pages after you have looked at them. That's right...pick a book that pertains to ANYTHING you want to learn and just look at the page as much and as long as you feel like it and then turn the page. *Don't worry* about if you don't consciously get to read and understand everything...just fully allow your unconscious mind to take a mental photograph of all the words on each page and sort all of the other things out. That may sound like a little *extra* unconscious mind emphasis, but keep in mind that most people don't remember a lot of what they read and study, whether they consciously read and understood everything or

not. Anyway, this exercise will not take long at all. In fact, this may very well be the fastest book you've ever read.

- Then, after you have practiced unconscious learning through this **speed-reading** exercise, *notice* how much more comfortable you feel about the subject you studied. Allow yourself to also notice the things you effortlessly learned without even trying!

Notes:

Unconscious learning is a FACT, and because this is true, a lot of NLP Coaching is designed in many advanced ways that enable people to learn and master an endless amount of skillsets in ways people could only dream of. This means that your training here was designed powerfully and carefully to cause you to master one of life's most important skills:

Conversation.

Lesson Three-Discussion About Deep Trance And Light Trance

There are a lot of differences between a deep trance and a light trance. For example, deep trance is often used by hypnotists as a form of amnesia to prepare people for surgery in some countries that do not have the necessary medical technology available to put people asleep through medication. Light trance, on the other hand, is often used in the various forms of what is known as waking hypnosis and indirect hypnosis. Perhaps the most famous hypnotist who used light trance a lot was Dr. Milton Erickson.

One of the most important things a person can learn about hypnosis is simply how it operates, because once you understand how hypnosis works, you will know what to look for in a person when they are going into trance. Now, because when many people hear the word, “*trance*” they think of a person who is falling asleep and doesn’t know where they are or what they are doing. However, as stated above, that is only a *type* of hypnotic trance a person may enter that is known as **Deep Trance**.

Thus, it is imperative to keep in mind that “*deep trance*” is not the definition of what trance is, it is only a type of trance a hypnotist may cause a person to enter. This means that a light trance is just as much of a trance as a deep trance is, and that even though a deep trance may appear to be far more powerful than a light hypnotic trance, that nothing could be further from the truth because in many situations it is necessary for the person who is going into trance to remain *fully alert and awake so that they will be able to act upon the suggestions you are giving them*. Furthermore, if a person is asleep, for example, it is not possible for them to give the hypnotist any feedback.

So, for instance, if the hypnotist has a weight loss or stop smoking client and they want to suggest to their client that they access certain memories or experiences to create various emotional states within their clients in order to use

as resources for their induction, the hypnotist cannot establish a **Feedback Loop** with their client if their client is asleep. This means it may become extremely difficult for a hypnotist to lead their client to powerful and enriched resourceful emotional states because the hypnotist will not be able to know where their client is emotionally and mentally at during their client's hypnosis induction.

It is very hard to lead a person when you never first are able to know specifically where the person you are trying to lead is at. So, if the client is not giving the hypnotist any feedback, the hypnotist will not know when their client has arrived at a various emotional state so that the hypnotist could ever know when and how to integrate their client's emotional states within their client's hypnotherapy.

This brings up a very important point about hypnotherapy, because one of the most important components about hypnotherapy is what is known as the **Hypnotist/Client Relationship**. The question I would then leave each of you with is this: How can a hypnotist fully take advantage of the **rapport** they have built with their client if their client is *asleep*?

Summary Lessons:

Deep trance and light trance are two different types of trances that hypnosis induces in a person through the power of hypnosis.

A deep trance is not better than a light trance. This means BOTH types of trance have their appropriate context in hypnosis to operate within.

As far as conversational hypnosis is concerned, for the most part you will want the people whom you are having conversations with to enter a light trance because:

- You don't want people falling to sleep or getting drowsy around you each time they talk with you. If that were to happen, people would begin anchoring the emotional state of fatigue to you, and they may not look forward to their conversations with you.
- If people get tired around you when they are having a conversation with you (as if you were putting them to sleep through a deep trance), they will most likely want to end the conversation they are having with you to go take a nap!
- Conversational hypnosis often gets people excited and charged up about certain things, and many emotions that conversational hypnosis is so excellent at eliciting are the opposite of *sleep emotions*.
- In order for people to listen to the stories you are telling them, they need to be awake. Conversational hypnosis uses stories!

Light trance is unnoticeable. This means the person will not know they are in trance.

Conclusion: Conversational hypnosis is the ***bullet proof mechanism*** of easily putting people into **light hypnotic trances**.

Exercises For You To Do:

- For this first exercise, I want you to take the time to watch each and every commercial that comes on during your favorite movies and television shows. Simply watch each commercial and write down what emotion that commercial elicited within you.
- Then, ask yourself how much more convenient it was for you to remain fully awake and alert during those commercials that you were watching. Ask yourself if you feel that you would have been inspired by any those commercials had you first been put into a deep trance and went to sleep before they came on.
- Next, listen to some relaxation music and notice how much different you feel listening to relaxation music than you did when you were watching the commercials. Allow yourself to fully relax as you listen to this relaxation music.
- Then, take a few moments to consider if how you felt during the relaxation music was the best time to: Have enriched conversations; market your products, or to attempt to suggest important and positive things to a person.
- Ask yourself what state of mind had absorbed your attention the most. For example, did the state of mind that the commercials elicited within you have your full attention more than the relaxation music had your full attention? Or, did they *both* have your full attention...only in a different sort of way?

Notes:

One of the best ways you can learn things and effortlessly push your mind to new heights of understanding is to simply *ask yourself **questions***. It is for this purpose that many of the exercises here were for you to ask yourself questions.

A Feedback Loop is the feedback that a client gives to their hypnotherapist. A quick example of how this happens is below: Hypnotist: “*How do you feel when you see the color red now...?*”

Client: “*I feel happier*”.

Result: The hypnotist knows that the color *red* can be used as a resource during his inductions with this client to elicit the emotional state of happiness.

Hypnotist/Client Relationship involves many factors, particularly trust, rapport, and honesty.

Lesson Four-A Conversational Hypnosis Lesson About Repetition

Repetition is perhaps one of the most well known hypnosis techniques. We often hear hypnosis suggestions like, *“In every day and in every way I’m getting better and better”*, repeated several times and in several different ways. I suppose that even though most of us have heard of repetition being used in ways where the same suggestions are repeated several times, that not many people have taken a moment to turn their attention towards the concept of how hypnosis suggestions are repeated in several different ways. There is a difference between saying something many times from saying it in different ways.

In conversational hypnosis the same suggestions are repeated frequently in different ways a lot. An example of how the same suggestion could be repeated in different ways is below: *So my friend kept writing down this affirmation that said, “In every day and in every way you’re **GETTING BETTER AND BETTER**”.*

Later in the conversation...

*And while we we’re talking he started trying to talk Spanish to me and I couldn’t help but notice that he’s **GETTING BETTER AND BETTER**.*

Later in the conversation...

*So anyway later on his wife comes home and gives him this loving kiss and says to him, “Our marriage is **GETTING BETTER AND BETTER**. It’s so amazing how a good thing can get even better. I love you”.*

Later in the conversation...

*After I got back home from my friend’s house, I was jokingly telling my wife after she asked me where I had been, that, “I just got back from the **GETTING BETTER AND BETTER** family”.*

Now, obviously there would need to be several linguistic transitions between each piece of suggestion construct mentioned above, and the point being made is obvious: The exact same suggestion, “**Getting better and better**”, was repeated *four times in four different ways*. Different people were doing the speaking, different frames were used (notice the “**Humor Frame**” in the last example) to repeat the same hypnotic suggestion, and the same suggestion was successfully marked out each time by simply using an altered voice tonality each time that specific piece of language was repeated (of course here I had to use capital letters as a substitute for an altered voice tonality).

Anyway, notice how this particular style of repetition is as suitable for simple everyday conversations as it is for therapy, because if a hypnotist tried the more conventional style of hypnosis repetition in their everyday conversations, people wouldn't enjoy their conversations with that hypnotist very much. For example, imagine a hypnotist approaching a person and continually saying, “Every day and in every way you're GETTING BETTER AND BETTER”.

“Every day and in every way you're GETTING BETTER AND BETTER”.

“Every day and in every way you're GETTING BETTER AND BETTER”.

Another thing that needs to be said about repetition is that it is *not* a substitute for good, well done pieces of language. One problem that I have observed about conventional hypnosis is that due to the fact a clinical hypnosis session provides the appropriate context for repetition to exist in, that many hypnotist do not pay enough attention to many imperative areas of hypnosis such as bypassing a person's critical faculty in real life conversations. This means that in hypnosis it is better to suggest the right suggestion once than it is to endlessly suggest the right suggestions in the wrong ways.

Summary Lessons:

Repetition is an important conversational hypnosis technique.

It is important for you to understand that it is not only repeating a suggestion that is important, because repeating a suggestion in different ways is just as important as repeating a suggestion.

You can use a different conversational hypnosis technique each time you repeat the same suggestion.

Even though repetition is an extremely important part of conversational hypnosis, repetition should not be used as a substitute for *quality*.

Exercises For You To Do:

- Write down a suggestion that you want to suggest to a person during a conversation.
- Then, write down a few paragraphs where you practice suggesting that suggestion repetitively during that conversation (at least three times).
- Allow yourself to perform this exercise no matter how well it sounds or looks on paper!
- Next, take a moment to analyze the suggestion you had written down. Think of how you could repeat that same suggestion in at least three different ways than you had repeated it before.

So, for example, if your suggestion to a person was, “*Stop smoking*”, what you are doing could look like this below, **Example One:** “So, there was this **STOP SMOKING** sign right in front of the building when we pulled up...”

Example Two: “I got tired so I had to **STOP**, but because that song was **SMOKING**...I got right back on the dance floor after taking a quick breather”.

Notice how much differently I repeated this suggestion the second example.

Notes:

There are an endless variety of ways that you can suggest something to a person.

Repetition adds power to your suggestions.

Mixing up the ways you repeat the same suggestion enables you to repeat it all the more without *overdoing* it.

Lesson Five-How To Practice Conversational Hypnosis In Basic

Ways That Lead You To Its Mastery

Hypnosis techniques involve a lot more detail than a lot of people may think.

It is true that a person can spend a few days at hypnosis training and receive a certification that says they are a hypnotist. However, after it is all said and done, anyone who truly wants to get good at practicing hypnosis will soon realize that it takes a lot more work to be able to master hypnosis than just a few days during a hypnosis training.

Not only is it common for many of us who are hypnotist to continue attending hypnosis trainings as the years go by, it is also common for us to continue reading books about hypnosis. Most importantly, it is important for anyone who wants to master hypnosis to allow themselves to make mistakes as they are in the process of mastery. Then, after you allow yourself to make a mistake, it is equally important for you to allow yourself to learn from each mistake you make.

Furthermore, as you are both in the process of mastering hypnosis and after you have mastered hypnosis, you may notice yourself seeing the principles and techniques of hypnosis and how these techniques are used to communicate with a person's unconscious mind manifest themselves in real life situations through: Marketing companies, public speakers, politicians, world leaders, and ordinary people who you hear having conversations.

And with each observation, your hypnosis skills will invisibly grow inside of you...as you begin to fully realize that hypnosis is not just something that takes place within an office where a person waves a pocket watch in front of a person's face and endlessly begins to repeat the same suggestions over and over.

No, **hypnosis contains each and every communication mechanism that exists within humanity**, and as you begin to discover this powerful secret for yourself, what will happen is that you can-with tremendous consistency-create whatever realities for yourself that you want to coexist within through the power of your words.

Some of you may now be asking, *“But how exactly do you do this? How do you actually learn hypnosis that good to understand so many things...and what specifically does this post have to do with the video exercise?”*

The answer to all of the above questions is this: **It is the little things that make the big things happen for you.**

Not only is this saying true in all areas of life, it is a valid saying that applies to the process of mastery. Because as you are mastering something, it is the little exercises that you do that cause you to master something in its entirety. And this video exercise clearly demonstrates how you can use little building blocks as the material to perform some excellent hypnosis exercises. These hypnosis exercises have the same effect upon a person’s skill set as weight lifting has on a person’s muscles: They build you up and make you that much stronger.

It is for this reason that **you must pay attention to detail as a hypnotist**, and part of paying attention to detail means practicing exercises that focus specifically upon the small details that you are attempting to master.

And as you are mastering hypnosis, you will inevitably master other areas of your life because your skills as a hypnotist are inevitably connected to any area of life that you have social interactions within. *“How is this true”*, you may ask? Because hypnosis uses the power of words and all areas of a person’s life are connected to the words they speak!

Now, notice how in this exercise I simply practiced using one word in a variety of different ways. This exercise really builds up the skill set of being able to speak anything you want in as much of a hypnotic way as you want to say it,

because if you practice saying one word in a bunch of different ways, what will happen is that you can just open up your mouth anytime you want and tell anybody anything anyhow you want to say it.

There are not many more skills in life that are as powerful as this! But keep in mind, that in order to master the big things (being totally fluent with what you say and how elegantly you say it), that you *need* to master the little things first (exercises like the ones we do here).

Summary Lessons:

To master hypnosis as a whole you need to seek mastery of the little building blocks that hypnosis can be simplified into.

Along with the mastery of hypnosis comes the mastery of words, and this mastery will give you tremendous leverage in any area of life that you have social interactions within because a person's social interactions always involve the use of language.

Unforeseen benefits will come surging into your life as a result of the insight you have because of your knowledge as a hypnotist.

Within the mechanisms that hypnosis uses to suggest things to other people are found each and every communication technique known to man, and this shouldn't be a surprise because in order for hypnosis to be able to solve behavior problems and to create positive changes in other people, hypnosis needed to first discover the advanced communication protocols that were necessary to achieve those goals.

Exercises For You To Do:

- Write down any word of your liking that you will be using for the rest of these exercises.
- Then, start associating as much meaning as possible as you can with this word, using three word phrases. So, for instance, if the word you chose was, “Cat”...you may say something like this:

“The cat walk...”

“The cat stance...”

“The cat food...”

“The cat sang..”

“The cat fell...”

- Then, after you have done that for a minute or so, the next thing for you to do is to use the word you have chosen to use for this exercise and integrate it into five pieces of language where the word is almost endlessly used in ways that may or may not make sense. So, for instance, if the word you chose to use was, “Cat”, your exercise may look something like this:

Example One: “The cat fell into the leaves as the wind blew upon the cat’s fur... as the cat couldn’t get out that time and in the end of that incident the cat wept as it rolled upon the cat walk...”

Example Two: “The cat stance is the way that a cat loves to walk on the sand because a cat doesn’t know when to stop being a cat...”

Example Three: “Cat food is so odd because a cat loves to eat cat food but what a cat doesn’t seem to think about is that cat food really has an awful smell...”

Example Four: “A cat sang outside of a window and when the cat lifted up its voice to the point the cat couldn’t sing any louder, what happened next was the

cat jumped on top of a trash can and then the cat began hissing like a cat usually does because the person who the cat was singing to wouldn't open the window..."

Example Five: "Oh how a cat seems to love being a cat! If only a cat would hiss like that...because a cat just knows that dogs cannot fit into the small areas that a cat can fit into. If only a cat could explain to a dog how great it is being a little cat..."

- Next, take five minutes and use the word you have chosen for this exercise and allow whatever thoughts flow into your mind to integrate themselves with the word you've chosen to repeat in as many artistic ways as you possibly can. You will inevitably get stuck and frustrated...as you will most likely have a difficult time thinking of things to say.

THAT is great! Because when you are practicing conversational hypnosis on autopilot, one thing you never have the time or ability to do in the midst of an intricate conversation is to think about everything that you are saying. That is when your unconscious mind takes over and puts the skill set you are now installing into it to go to work.

So, work this exercise out and allow yourself to continue after you get stuck. In fact, when you get stuck...you can add some humor to this exercise and intentionally say things that don't make sense.

Why? Because this is *practice*, and *practice* makes perfect.

Notes:

Some of the most important things that you can do in order to master conversational hypnosis are exercises like this. Practice, practice, and more practice!

By practicing these powerful communication skills, you will actually *become* the living and breathing manifestation of these skills in your conversations and social interactions.

Lesson Six-Important Information About How To Use Your Voice Tonality In Conversational Hypnosis

Perhaps one of the most important tools that you will always have at your disposal to work with as you are practicing conversational hypnosis is your voice tonality. Your voice tonality can be used in lots and lots of ways.

First, you can use your voice tonality to embed suggestions. By altering your voice tonality when you are suggesting something, what happens is that you cause the unconscious mind of the person who you are speaking with to mark this suggestion out. Another thing to remember about how you can use your voice tonality in conversational hypnosis is that you can use your voice tonality in such a way where you can cause anybody to experience any emotion that you want.

This means that if you want someone to experience happiness, that you need to sound happy when you are speaking with them, and if you want somebody to experience excitement, then you need to sound excited when you are speaking to them. The reason why this is true is because when you sound a certain way through your voice tonality, you sub communicate those emotions unto other people during the times when you are having conversations with them.

Another powerful feature about your voice tonality is that you can use it to easily begin conversations with people without having actual conversations with them. For example, let's say that you are at work and are interested in having conversations with one of your co-workers. However, even though you would like to start talking to them, you aren't sure if they are as interested in having conversations with you as you are in having conversations with them.

Now, because you are co-workers, it is almost inevitable that you bump into each other at work. By altering your voice tonality when you simply say the word, "Hello", to them, you can cause them to begin wanting to have

conversations with you. Why? Because as you put yourself into an emotional state of mind of having an interest in speaking with them, what will happen is that when they mentally process that simple word, they will also process the meaning that your voice tonality conveyed when you uttered that simple word to them.

In other words, your voice tonality can be loaded with suggestion even when you utter a single word.

Another thing that needs to be mentioned about the powers that reside in a person's voice tonality is that more often than not people do not fully understand how powerful their voice tonality can be. I suppose it is normal, seeing that not everybody studies conversational hypnosis, for people to not be fully aware of all of the capabilities that their voice tonality has within their conversations.

However, it is also true that many hypnotists also do not fully know the power they have at their disposal through their voice tonality. Or, even though a hypnotist may be aware of the importance of using their voice tonality in powerful ways that they don't fully understand the mechanisms of how their voice tonality actually works in real life conversations.

You see, the powers that you have available to you through your voice tonality are often powers that manifest themselves in *subtle* ways. This means that when you are altering your voice tonality to suggest things, that the changes that you are causing to take place in someone's behavior may not be visible on the surface. They may not be aware of what you suggested, nor the effect your suggestion is having upon them. Nevertheless, there is some mysterious force at work... *anyway*...whether they can detect it or not.

THIS is one of the many reasons why conversational hypnosis and covert hypnosis can be the exact same thing!

Summary Lessons:

Your voice tonality is one of your most important assets in conversational hypnosis.

Your voice tonality can be used to convey any emotion that you want to convey.

You can alter your voice tonality to embed suggestions with ease.

Your voice tonality is so powerful that you can load single words or phrases with suggestions.

Many people do not fully recognize the vast potential that resides in their voice tonality.

Exercises For You To Do:

- Write down any word that you will be using for this voice tonality exercise to suggest things.
- Then, alter your voice tonality in such a way that conveys excitement when you utter the word you've written down.
- Next, using this same word that you wrote down, alter your voice tonality in a way that conveys happiness when you say it.
- After you have done those things, I want you to write down one complete sentence where you use the word you have chosen three times. Also, pick one separate emotion each time you utter the word you have chosen for these voice tonality exercises. Then, simply begin repeating the sentence....making sure that you alter your voice tonality each time in such a way that is congruent with whatever emotions you chose.

So, for example, if the word you chose was, "Hello", and you wrote down a sentence like this below: *"So I walked up to him and said, 'Hello', but it didn't seem like he was paying attention to anything or anybody around him. So I said, 'Hello' a second time to him, and it still didn't seem like that word registered. Anyway, I started to walk away because it seemed like he didn't want to talk to me until he finally said, 'Hello', back to me".*

And the three emotions that you decided to integrate within this voice tonality exercise were: Excitement Curiosity Warmth Then each time you utter the word, "Hello", you would do so in such a way where you alter your voice tonality in a way that reflects the aforementioned emotions listed above.

Notes:

One of the easiest ways to naturally alter your voice tonality without having to try to do so is to simply alter your emotional state of mind *first* in such a way that is congruent with whatever it is you want to suggest through your voice tonality.

Lesson Seven-An Important Lesson About How To Use Confusion

Language In Conversational Hypnosis

Confusion language is one part of conversational hypnosis that is, well, very confusing sometimes. After all, what sense does it make to intentionally confuse a person when you are having a conversational with them?

Part of the reason why people study conversational hypnosis is to be more persuasive and influential, so why would they intentionally confuse the people whom they were trying to persuade? Wouldn't confusing people in the process of having conversations with them be counterproductive? Well, in most cases the answer would be, "Yes".

However, it is important to keep in mind that there is a big difference between recklessly confusing a person and strategically confusing a person. You see, "confusion" activates many emotional processes within a person's brain that can be channeled in many powerful ways towards many powerful decision making processes if the person who induces the emotional state of confusion knows what they are doing.

There are many different conversational hypnosis techniques that can be used to confuse a person when you are having a conversation with them, and one conversational hypnosis techniques is not necessarily better than another conversational hypnosis technique to confuse a person with. However, one thing that always needs to be kept in perspective when you are using conversational hypnosis to confuse a person is technique.

Technique involves strategically employing a skillset that you possess towards an objective. This means that technique isn't something that a person does recklessly. As a conversational hypnotist, you learn what confusion does to a

person's conscious mind and **you will learn how to integrate just the right amounts of confusion into your conversations so that you can use the power of confusion to facilitate the process of suggestion.**

Notice how I said above, "Just the right amounts of confusion...". I'm sure that many of you have heard the saying, "You can always have too much of a good thing", and that is a good saying to keep in mind as you are using confusion language in conversational hypnosis. Because you don't want to confuse a person in ways where it seems like you have absolutely no idea what you are talking about, and you really shouldn't just confuse a person in a conversation for no reason at all.

In other words, when you confuse a person, you should keep in mind that in most cases people will only tolerate being confused for so long until they get frustrated, and frustration is not one of the emotions that you are trying to get people to experience when you are having conversations with them. One reason why it is important for you to know this is because **in many cases what you will be doing after you confuse a person during one of your conversations is bringing them out of confusion after you had confused them.**

So, for example, let's say that you induced a light amount of confusion within a person during one of your conversations. Soon after you induce confusion and are confident that you have overloaded the person's critical factor, and are in the process of successfully suggesting something, that as your conversation with that person continues and you continue to introduce new pieces of language into your conversation with that person that aren't confusing, what will happen is that as their brain continues to process the new pieces of information that you are giving them, that they will be brought out of the emotional state of confusion simply because the new pieces of information you are giving their brain to process make sense.

And this process discussed above is one of the major factors that causes your

suggestion to take root in their unconscious mind, because not only was their critical factor tied up as a result of you confusing them during the conversation you had with them when you suggested what it was you wanted to suggest, they also consciously forget about what you had suggested because the new pieces of information that you introduce into the conversation you are having with them are transformed into a type of distraction language.

Why does the new information become a type of distraction language? The answer is simple: Because their brain stops thinking about why it was confused and what you had suggested as it needs to think about and evaluate the pieces of information that you introduced into the conversation.

Confusion language is a vast territory in conversational hypnosis indeed, and one of the quickest ways for you to understand some of the best ways that confusion language can be used is for you to image confusing a person during a conversation in such a way where they don't fully realize that they are confused.

Summary Lessons:

Confusion language is one of those sophisticated types of things that doesn't seem logical.

Confusion language is best, for the most part, dispersed in small doses.

After you induce confusion in a person, nine times out of ten you will bring them out of the confusion that you led them into.

During a single conversation, you may decide to continue to pop a person in and out of confusion in order to repeat the processes discussed above.

Confusion language is an excellent tool that you can use to help you embed suggestion.

When you decide to use confusion language in conversational hypnosis, do your best not to overdo it.

People usually don't fully know that they are confused when you are using covert confusion language within the conversations that you are having with them.

Exercises For You To Do:

- This first exercise is an easy one. Think of anything that you would like to suggest to a person during a conversation. Think of whom this person is and what types of things you want to tell them during a conversation.
- Then, start having a dialogue with them in your mind about what it is you want to suggest to them, and as you are having this fictitious conversation with them, allow yourself to ramble a few off the wall statements that appear to have nothing to do with what it is that you want to suggest.
- After you have done that, take a moment to consider how those statements that you made when you began to ramble off could be worked into your conversation in such a way that you could suggest something during the point in time you feel that your rambling may have confused the person who you were speaking with.
- Next, repeat the conversation (no need for it to be word for word) in a way where you do a more extensive job at rambling off at a few statements or stories that make absolutely no sense whatsoever. After you have done that...take a few moments to allow yourself to emotionally experience what it will feel like on your end of the conversation to know that you confused the person who you were speaking to. This way you will begin to condition yourself to be able to withstand the discomfort that often comes with using confusion language when you first begin to use it.
- Then, write down another simple suggestion that you would like to suggest, only this time instead of having a fictitious conversation with a person, I want you to use the written word...so that after you have written your suggestion, you write down anything that comes off the top of your head onto the piece of paper that you are writing on. Then, think of a way that you could use that rambling in a way where you integrate it with the suggestion that you have written down. An example of what I mean could be this:

Suggestion: You are getting wealthy.

The Rambling that has nothing to do with suggestion: A tea party isn't very good for kids to have because of all the caffeine that is in tea.

Integration: *“By the way... **YOU**... A tea party isn't very good for kids to have because of all the caffeine that is in tea...**ARE GETTING WEALTHY**”.*

Notice how it doesn't make sense and how it confuses you. Also, during your *practice* of confusion language, there is no need to worry about doing it in small doses. What matters is that you begin conditioning your mind to be able to practice confusion language.

Next, we need to add in some distraction language that will distract the person whom we were speaking to away from any confusion. So, an example of this could be: *“By the way **YOU**... A tea party isn't very good for kids to have because of all the caffeine that is in tea...**ARE GETTING WEALTHY**...and you'd think tea parties were things that children frequently played so much that there wouldn't be anything to worry about if they had one”*

Again, what matters now is that you are conditioning yourself to do these things. During practice you are free from the obligation of making perfect sense!

Notes:

It is perfectly normal, while you are in the process of practicing confusion language, to get confused yourself! That happened a lot to me and the people I worked with at hypnosis trainings!

Lesson Eight-How To Use “Pauses” In Your Conversations, Emails, And Text Messages

The suggestion construct evaluated on the video below was done in a hypothetical stop smoking hypnosis session. The objective was simply to demonstrate how to suggest things in your conversations by simply knowing how to...pause...in ways where you can easily do this.

*It's like you feel... **you're getting wealthy**... before you actually get wealthy, does that make sense?*

Notice the positive suggestion above, “*You're getting wealthy*”. This is something that you can easily do, and many people who have studied hypnosis are familiar with this hypnosis technique of suggesting things. However, there is a more advanced, or less well known, variation of this technique that I will share with you here. What we will be doing is reversing the way that we pause in the sentence to suggest the same thing. This was the way, “*You're getting wealthy*” was suggested last time, *It's like you feel... **you're getting wealthy**... before you actually get wealthy, does that make sense?*

But watch this,

*It's...like...you...feel...**you're getting wealthy**...before...you...actually...get...wealthy...,does...that...make...sense...?*

Now, because I am using the written word in these examples, I cannot place a direct emphasis on the speed of my speech. However notice in the last example that I paused between each word to demonstrate how I was speaking “slower” during the parts of the sentence that were NOT what I was suggesting. But then, when I get to the piece of language that I am suggesting, I simply talk a little faster.

Of course this can be reversed another way, *notice* yet another example of this

below: *It's like you feel... you're... getting... wealthy... before you actually get wealthy, does that make sense?*

In this last example I spoke “slower” when I was sowing my suggestion.

So the idea of pausing in our sentences in ways where you can suggest positive things to others can involve the speed with which you are using in your conversations as much as it can involve what type of rhythms you decide to use.

Finally, if you want to you can integrate all of these variations of this hypnosis into one fluid force during a single conversation that you happen to be having with a person, and in doing so you will be layering your suggestion format with the power of repetition because you will be uttering **the same suggestion**, only **at different speeds and different rhythms** each time you repeat it.

Summary Lessons:

One of the best ways to suggest things during your conversations is to learn how to pause between words and sentences in ways where suggestions are marked out.

You can change the rhythm you use in your voice tonality in order to mark out the same suggestion differently.

You can easily use this conversational hypnosis techniques through the written word, because it is.....**so easy**.....to pause as you are writing **emails or text messages**.

Exercises For You To Do:

- Write down anything that you would like to suggest to a person.
- Then add a sentence or two that establishes the necessary context required for you to actually suggest it in this exercise.
- After you suggest your suggestion through the written word, see to it that it is suggested using the conversational hypnosis technique of pausing in a way where the suggestion is marked out.

This means your suggestion could look like this,

*“You know...**your getting wealthy...**in many ways you may not have fully realized”.*

- Then, reverse the pause during your exercise in a way that marks your suggestion out differently using the same conversational hypnosis technique.

Take a look at how you may do this,

*“You know...**your... getting... wealthy...**in many ways you may not have fully realized”.*

- Next, repeat this out loud at least six times in a way that you practice marking this suggestion out by pausing in your language. Have some fun with this, even make it sound bad if you want to just let yourself go and have some fun!

Because as you practice these conversational hypnosis exercises long enough and faithfully enough, you will *notice **how you begin speaking in powerfully artistic ways naturally*** without even trying to do so!

Notes:

Sometimes you may have a character in one of your stories who is “pretending” like he forgot what they were trying to say, or like they are having a hard time saying it...and this is a perfect opportunity to use this conversational hypnosis technique. You know, like a person is stumbling their words as they are trying to figure out what to say.

An example of this is below,

*“Marcy didn’t want to come right out and tell Bob what her get rich idea was, but because Bob asked her what she was thinking about, she decided to tell him without going into too much detail, ‘Oh, I was just thinking of...you know...a way....to sort of, **make lots of money**.....why do you ask what I’m thinking about?”*

Lesson Nine-How To Use “If=Then” Language Construct To Build Agreement, Create Confusion Language, And To Powerfully Suggest Things

It is extremely important in hypnotherapy to obtain your client’s agreement. One of the reasons why it is so important to obtain a person’s agreement during hypnotherapy is because you will be suggesting positive things to them in order to help them create positive changes. However, sometimes it can be difficult for a hypnotist to suggest positive things to other people because they may resist them.

This means that a lot of people either consciously or unconsciously resist their own therapy, and even though it may not make a lot of sense for a person to resist their own therapy, that sort of thing happens all of the time. I suppose that if people didn’t either intentionally or accidentally resist their own therapy that everyone could be cured of everything, but because people often do resist their therapy, hypnosis has a variety of ways of suggesting positive things to people in ways where they do not consciously understand the positive suggestions you are suggesting to them. And because they do not consciously understand the things you are suggesting, it doesn’t occur to them to resist the suggestions. Their critical faculty simply never gets involved because the hypnotist bypasses it altogether and communicates with the person’s unconscious mind instead of their conscious mind.

“What are some of these ways that we can suggest things to people in ways they are less likely to resist our suggestions?” you may ask. Well, *one* of the most excellent ways to both build agreement with your clients while suggesting positive things to them is through **“If=then” Language Construct**. Then, after

you use various forms of this language construct to build agreement with a person, you will have a fertile opportunity to suggest a lot of things to them without them being aware of it. That way their critical factor will not get in the way of their own self improvement.

Now, as we are practicing conversational hypnosis here, I want to place an emphasis upon our belief as conversational hypnotist that conversational hypnosis can be used in any social interaction that you have a conversation in. This means that **“If=Then” Language Construct** need not be restricted to clinical hypnotherapy use...*at all*. You can use this excellent communication device at work, in sales, and any area of your conversations where you'd like to be more persuasive and influential within.

So, let's have some examples of “If=Then” Language Construct so that you can understand a lot more about the variety of ways this type of language construct can be used and how flexible you can be whilst you're using it.

Now, to demonstrate just how powerful of a language construct this is to easily bypass a person's critical factor, I will be taking two entirely unrelated nouns and making a connection between them as I demonstrate how powerfully this language construct can be used to you.

Example One: “If ants could fly, then birds wouldn't need wings”.

Notice how the above example automatically caused your mind to mentally process confusion...and after you have noticed that, you may realize how interesting it is that confusion isn't disagreement. This means that even though the above sentence isn't true, that you didn't disagree with it when you read it. Instead, you became confused when you read it and tried to make sense of it because it didn't make sense.

Think about how powerful this is within the context of your conversations, because as a person tries to make sense of something that doesn't make sense, their critical factor is tied up doing so, and whilst their critical factor is tied up,

you have the ripe opportunity to suggest things to them that they are not likely to resist because they are too busy trying to understand what you just said.

Now, “If=Then” Language Construct doesn’t need to induce confusion in a person, because the very essence of this language construct has an **Agreement Frame** built into it. Notice how you are telling them “*If*” one thing is true, “*Then*” something else must be true as a result of the first thing being true. This means that sometimes “If=Then” Language Construct can make perfect sense.

Take a look at this example written below of how natural “If=Then” Language Construct can make perfect sense, “***If** you work hard, **then** you will be more successful in what you do*”.

Or,

“***If** you eat healthier, **then** you will feel healthier*”.

Notice how the above examples were true, and because they were true, they didn’t confuse you when you read them. “If=Then” Language Construct Now, let’s build upon the above examples by **Nesting** a confusing “**If=Then**” **Language Construct** in between two of them that actually make sense and see how this looks, “***If** you take the time to study this information, **then** you will soon understand it better, because **if** you study this, **then** you will be rich, as we know that **if** you are wealthy, **then** you have all you needs met and this means the roots of a person’s security are there studies*”.

Notice how I nested one “If=Then” Language Construct that wasn’t necessarily true within two “If=Then” Language Constructs that were true. The “If=Then” Language Construct that wasn’t necessarily true was, “***If** you study this, **then** you will be rich*”.

However, by burying this positive suggestion (***nothing wrong with becoming wealthy!***) within two other suggestions, it slides in unnoticed when you are in the process of having a conversation with someone.

Finally, notice how I am using **Linguistic Bridges** to introduce the new “If=Then” Language Constructs. The linguistic bridges I used were the words: “*Because*” “*As*”, and, “*This Means*”. Linguistic bridges connect pieces of language and build relationships with phrases and words in your conversations that otherwise wouldn’t seem related or connected had you not used the linguistic bridges.

Linguistic bridges will be discussed in more detail as this membership continues.

Summary Lessons:

“If=Then” Language Construct can induce confusion.

“If=Then” Language Construct can be used as confusion language.

“If=Then” Language Construct doesn't *need* to be confusion.

“If=Then” Language Construct can involve linguistic variables that are not necessarily true.

“If=Then” Language Construct pieces can be nested within other “If=Then” Language Construct pieces.

Exercises For You To Do:

- Think of six pairs of nouns that do not seem to have anything in common whatsoever. Examples of what I mean could be: *Cat/Fence*, *Cup/Chalkboard*, and, *Cake/Computer Screen*.
- Then, use the “If=Then” Language Construct to manufacture equalities and/or connections between the nouns in each pair that don’t have anything in common.

Here is an example of what I mean by this,

*“If a cat can jump over that, **then** the fence must not have been very high”.*

*“If the cup was sitting there, **then** your back must have been to the chalkboard when she knocked it over”.*

“If the cake was really that good, then why couldn’t it get you away from that computer screen?”

Notice how in the above examples, I am using this powerful “If=Then” Construct to actually make the two unrelated nouns fit together within the sentences I am using.

- Next, think of six more pairs of nouns, only this time make a list of nouns that have something in common. Examples of what I mean could be: *Cat/Dog*, *Cup/Glass*, and *Cake/Ice-cream*.
- Then, use the “If=Then” Language Construct to manufacture confusion in the sentences that use the nouns in each pair that do have something in common.

Here is an example of what I mean by this,

*“If you knew about cats, **then** you would know why they don’t bark like dogs”.*

*“If you were drinking out of a cup, **then** you couldn’t need to clean so much glass”.*

*“If you had a piece of cake nearby, **then** you could imagine wondering when this was true about ice-cream all the time”.*

Notice how in these last examples, that the information in the sentences that is glued together using the “If=Then” Language Construct really doesn’t make any sense. Yet, in the previous exercise the pairs of nouns *make more sense* in the sentences that were used by causing the **“If=Then” Language Construct** to make sense out of the usage of those nouns. This means that “If=Then” Language Construct is also an excellent conversational hypnosis tool to integrate the power of linguistic comparisons into your conversations with, because... after all, **“If=Then”**.

Notes:

There are more advanced uses of this language construct that will be addressed later in this membership, as this was a detailed introduction into this language construct designed to prepare your conscious and unconscious minds for intermediate and more advanced videos and posts that teach you more about how to use this language construct to suggest things in your conversations.

An **Agreement Frame** is a piece of language used to establish a context of agreement between you and another person.

Lesson Ten-An Introduction To Using Conversational Hypnosis

Techniques In Ways That Supplement Confusion Language

In this conversational hypnosis exercise, one of the main things I was paying a lot of attention to was **The Referential Index**. The referential index involves specifically “whom” I am referring to in my stories. For example, in this exercise you will notice me making references to, “that hypnotist”, “this hypnotist”, and also “those hypnotists”. By doing this in your stories intentionally, you can overload a person’s critical factor because they continually need to keep track of “whom” you are referring to.

Of course, **confusion language** was used in this story, but pay attention to how confusion language was used, because in this story, confusion language is used as a “Frame”. Thus, I am using confusion language to establish Frame Control in this conversational hypnosis story.

Another trick that I used was I was speaking about **Mind Bending Language**, because the first time I mention, “Mind bending language”, I do so normally. But the second time I mention that phrase, I say it like this, “Mine bending language”. So in that instance I am again toying around with the referential index. Only in the aforementioned instance I am doing so in a way that presupposes *my possession* of mind bending language, as if I am referring directly to mind bending language that originated from me. Notice how “Mind”, and “Mine” rhyme. This means when I use the referential index “Mine” instead of “Mind”, in that “Mind bending language” statement, that I am also using an **Ambiguity**.

The linguistic power in that example could be summarized as follows: Ambiguity techniques + Referential index technique = A Compounding Suggestion. **A Compounding Suggestion** is a single suggestion that is integrated and layered

with another suggestion that is used to reinforce the power of the primary suggestion. However, this is only a basic definition of what a compounding suggestion is, but for the sake of this exercise it will suffice.

An important point to make at this point is to direct our attention towards the fact of how even one word in conversational hypnosis can have a *several meanings* integrated into its existence to the point where *numerous suggestions* are suggested **simultaneously**. Obviously, if a single word can be used in such a way where more than one suggestion, or meaning, can be suggested at once, then this can induce trance as it demonstrates confusion language, because when someone hears one word that tells them several things, as the speaker continues to speak to them (causing their brain to process more language whilst it is still processing all of the meanings of your ambiguous suggestion), confusion is induced within the listener.

This may sound somewhat complicated, but the way to simplify these processes through the vehicle of your language is simply to do these types of exercises yourself. Focus upon one linguistic building block at a time, and no matter how the exercise turns out, you will not only have had some fun but you will also be exercising the muscles of your mind so that you can practice and understand conversational hypnosis with ease.

It cannot be overlooked how conversational hypnosis is a language in and of itself. This language, the language of conversational hypnosis, speaks to a person's unconscious mind. So then, as conversational hypnosis is a language, **it must be an accepted fact that it takes time for a person to be able to learn it and fluently speak it!**

Summary Lessons:

The Referential Index is who you are referring to in your conversations or stories.

You can manipulate the referential index in a variety of ways that creates confusion language (this, that, those, these...etc) by overloading a person's conscious mind.

Conversational hypnosis is a complete language that consists of numerous techniques designed to communicate with a person's conscious and unconscious mind simultaneously.

And because conversational hypnosis is such a systematic language, it does take time for anyone to master it.

An Ambiguity is a word used in conversational hypnosis that has more than one meaning, such as the word, "Bank", for instance. Is that a hill that is a *bank* or am I talking about a *bank* with money. Or, even yet still, am I referring to an airplane as it needs to *bank* left?

A Compounding Suggestion is a suggestion that somehow reinforces another suggestion.

Mind Bending Language is a more advanced and unique type of confusion language.

Exercises For You To Do:

- Sit down and quickly write down any paragraph that comes to your mind (*allow your imagination to do the work*).
- Next, rewrite the paragraph in a way where you integrate some type of Referential Index conversational hypnosis technique within it. So, if you said, “*I*”, the first time you wrote the paragraph, the next time you write it, use the referential index, “*She*”. Only change the referential index in one place and leave the previous versions of the referential index the same, so that you can notice how different your language looks switching referential indexes. Below is an example:

First version, “*The dog came inside and jumped on the bed. I couldn’t help but wonder if that bed belonged to the dog more than it did me. Sometimes I think dogs have it better than humans*”.

Second version, “*The cat came inside and jumped on the bed. I couldn’t help but wonder if that bed belonged to the dog more than it did me. Sometimes I think dogs have it better than humans*”.

Notice how the second version doesn’t make complete sense. Then *imagine* the effect this would have on a person who was listening to you. Would they get confused? Congratulations...**you have just successfully switched the referential index in such a way that creates confusion language!**

- After you have done those things described above, next I want you to write the same paragraph, but this time use an *ambiguity* (try as hard as you can to think of how to use one to get your mind conditioned to do this on autopilot!) in the paragraph, and leave everything else the same. Below is an example of this,

First version, “*The dog came inside and jumped on the bed. I couldn’t help but wonder if that bed belonged to the dog more than it did me. Sometimes I think*

dogs have it better than humans”.

Second version, *“The dog came **in sigh** and jumped on the bed. I couldn’t help but wonder if that bed belonged to the dog more than it did me. Sometimes I think dogs have it better than humans”.*

Notice how the phrase, “*In sigh*” sounds like “*Inside*”, and because it sounds almost the same in a *flowing* conversation, this phrase, “*In sigh*” is an ambiguous meaning of “*Inside*”. ..as we know the unconscious mind will try to make sense of the phrase, “*In sigh*”, and attempt to process that piece of language within a context that makes sense.

Do you think that doesn’t make perfect sense? Congratulations! **You have now gotten a firsthand glimpse of how *ambiguous* meanings can be used in conversational hypnosis as *confusion language*.**

- Now, after you have done the aforementioned exercise above, I want you to rewrite the paragraph you came up with again, only this time I want you to throw in a Compounding Suggestion and leave everything else the same. Below is an example of how you may do this,

First version, *“The dog came inside and jumped on the bed. I couldn’t help but wonder if that bed belonged to the dog more than it did me. Sometimes I think dogs have it better than humans”.*

Second version, *“The dog came inside and jumped on the bed **again**. I couldn’t help but wonder if that bed belonged to the dog more than it did me. Sometimes I think dogs have it better than humans”.*

Notice how the compounding suggestion I tossed into the paragraph was the word, “*Again*”. By using the word, “*Again*”, I am compounding the suggestion that my dog jumps on my bed a lot. Not only did I presuppose that my dog always jumped on my bed by saying things like, “*I couldn’t help but wonder if that bed belonged to the dog more than it did me*”, I also used the word,

“Again”, to reinforce the suggestion that my dog habitually gets on my bed.

Notes:

We will be building upon these exercises in later conversational hypnosis lessons so make sure you familiarize yourself with these exercises!

The harder you try to practice these exercises, the easier it will be for you to do these exercises, and the easier it becomes for you to do these exercises, the better your conversations will naturally flow with enriched and meaningful language other people love to listen to!

Because mind bending language is akin to confusion language, there was no separate exercise for you to practice it here. Indeed, using ambiguities like, “*In sigh*”, in the place of “*Inside*”, are not only confusing, but they also have the capacity to be extremely mind bending.

Lesson Eleven-Conversational Hypnosis Exercise Demonstrating Frames, Presuppositions, And Voice Tonality

In this conversational hypnosis exercise, I wanted to demonstrate to you how intricate language can be when you are using conversational hypnosis. To demonstrate this, I have evaluated the exact same exercise for you in two entirely different ways by writing two separate posts about it. First, I will write part one for you, and then there will be the video for you to watch. Next, you will find yet another post that evaluates this exercise from a different angle.

All conversational hypnosis techniques and exercises could have entire books written of them!

Part One: Frames And Voice Tonality Discussion Perhaps the most important skill a hypnotist needs to know about is the power that resides within your voice tonality. Through our voice tonality, we can easily suggest positive things to other people. In fact, not only are we able to suggest other things, we are also easily able to convey *powerful and enriched emotions* to other people. Altering a person's emotions is a very imperative skill a conversational hypnotist has at their disposal, because altering a person's emotions has a domino effect that changes the way they think, and as you change the way a person thinks, you are changing their reality in a positive way because as the wise saying states, "*A person is a product of their thoughts*".

So then, if we are a product of our thoughts and if our reality is shaped by the way we think, why not do our best to cause people to feel better so that they think better? After all, each and every time we have a conversation with a person, we are having an impact upon their emotions, so why not see to it that

we always have a positive impact upon other people?

Seeing then that it is so important for us to use our knowledge of conversational hypnosis in positive ways in order to create positive changes in others, why not integrate the power of your voice tonality into the ways that you do this? Using our voice tonality is perhaps one of the easiest ways that you can alter a person's emotional state, and you can also do this in covert ways so that you bypass a person's critical factor when you do this. "*Why would you need to be covert about this*", you may ask?

The answer to that question is a simple one: Because some people do not want to feel good or happy because they are stuck in a negative state of mind. For example, something bad may have recently happened to them, and even though they cannot change what had happened to them and although the event had passed, they still want to dwell on it and feel angry or unhappy. Well, during a time like that, they may not want to feel excited or happy about anything. This means that it may not do any good to tell them to, "*Cheer up*". So, what you can do is use your voice tonality to convey those emotions to them in covert ways so that they don't resist the emotions you are suggesting to them.

For example, even by telling them, "*Hello*", in a way that suggest that you are excited and happy to see them, by you sub communicating excitement through your voice tonality as an emotional response to being around them, what will happen is this will impact their emotions in a positive way. Another thing to keep in mind is, "*Transitions*", because after you begin to sub communicate excitement to a person, then you can sub communicate happiness. Thus, it is easy to additional, positive emotions within a person after you have first created one positive emotion within a person that you can use as a ***transitional emotional state of mind*** that is a stepping stone to another positive emotional state, and so forth.

Summary Lessons:

Conversational hypnosis easily influences what other people think, and because people are a product of their thoughts, you can easily use conversational hypnosis as a force for good to reshape people's lives in positive and beneficial ways.

One of the easiest ways to sub communicate emotions to a person is through the tonality of your voice.

You can even use simple words that appear unrelated to the emotions you are trying to convey in a person by simply altering the tonality of your voice in a way that is congruent with the emotional states you are suggesting someone to experience through the tonality of your voice.

Conversational hypnosis can actually **suggest** emotions to other people (notice how when this happens it isn't 'instructions' that are being suggested to someone, but 'emotion's alone).

Exercises For You To do:

Take this simple sentence, “There are animals at the zoo”, and alter the tonality of your voice each time you say the word, “There”. Then, alter the tonality of your voice when you say the word, “Are”. Next, do the same thing when you utter the word, “Animal”. Continue doing this with each word of the sentence until you finish this exercise using the word, “Zoo”.

Notice how by altering the tonality of your voice with each word of this basic sentence, that different meanings are communicated when you alter the tonality of your voice.

Let’s take a look at a written example of this.

- “THERE are animals at the zoo”.
- “There are ANIMALS at the zoo”.
- “There are animals at the ZOO”.

Now, after you have done that exercise above, the next thing you need to do is combine any two-word combinations of this same sentence, “There are animals at the zoo”. So, for example, you can use the word combination, “There and zoo” one time, and another time you can use the word combination, “Are and zoo”. Do this with six word combinations, and notice how altering the tonality of your voice when you utter these two word combinations sub communicates a different meaning.

Below is a written example of this particular exercise:

- “THERE are animals AT the zoo”.
- “There are ANIMALS at the ZOO”.

Finally, do the same thing you have been doing with THREE word combinations using the same sentence, “There are animals at the zoo”. I want you to use six, three word combinations, and no matter how it sounds, just do these important

exercises anyway in order to install this powerful skillset within your neurology.

Let's take a quick look at how three word combinations can look:

- “THERE ARE ANIMALS at the zoo”.
- “THERE are ANIMALS at THE zoo”.

Notice how when the example doesn't make sense, that this sort of sounds confusing... and that is also quite alright as this ties into a more advanced conversational hypnosis technique, that is called, “**Confusion language**”.

This means that no matter how it turns out, that conversational hypnosis *always* leads you to powerful communication leverages once you master it!

Part Two: Presuppositions Discussion This is a story that uses a lot of *presuppositions* to suggest things. The conversational hypnosis presuppositions in this story were as follows: **The little boy:** (obviously more meaning is involved than just a little child, and people's unconscious minds mark out the suggestion to identify themselves with the little child because that suggestion is “presupposed”).

The little opening: (this presupposes the suggestion that little things make big things happen, along with other positive and meaningful suggestions like disadvantaged people (the little kids...have advantages that bigger adults-the more advantaged people, don't have or think to look for), such as the little openings that can lead you into big places.

The publishing industry: (this is not only a Frame to tell the rest of the story... it is also a powerful presupposition that encourages everyone who has ever wanted to write a book and yet has not written it, to write the book anyway no matter how hard it may seem to overcome the obstacles of getting the book published.

The idea that the little boy got at the end of the story: (not only is this

theoretically what conversational hypnosis refers to as an “Anticipation Builder”. This hypnosis technique also a powerful presupposition that “*presupposes*”, or suggests, that the adults who are listening to this story and unconsciously identifying with the little boy...that they TOO have just come up with some powerful idea that they are about to take action upon.

The cloud: (*presupposes* wisdom & Knowledge). By using a presupposition like this, I am adding authority to what is being presupposed. By using something in your stories or conversations as a Frame to say certain words (like what the “cloud” said to the little boy), people are less likely to mentally dispute what words were said because you have associated wisdom and knowledge with The Referential Index that said those words. After all, who wants to argue with what a mysterious *cloud* said to a little boy?

Presuppositions are some of the most powerful and safe ways for hypnotists suggest things. One reason why they are so powerful is because a person’s critical factor cannot get as involved as easily with rejecting your suggestions because your suggestions are not consciously available for them to process. This means that whilst the meaning of what you are suggesting is perceived, that the actual mechanism that you used to suggest it not readily perceived.

The main reason why presuppositions are a very neat way of suggesting things is because you can never be blamed for suggesting the things that you are suggesting. After all, all you are doing is “*presupposing*” things. For example, in this story you couldn’t be blamed for suggesting people identify with the little boy. Why? Because all you are doing is telling them a simple story about a little boy...you didn’t say anything about *them*.

This indirect nature of how presuppositions suggest things makes them excellent vehicles to plant positive hypnotic suggestions into people’s minds that will enable them to be more productive and happier human beings.

This is especially true as far as this story is concerned, because how many adults

are there who have always wanted to write a book but never actually did? They often read bestselling books and know deep down inside that they can write just as good as some bestselling authors do, or they know that many people will benefit from the stories that they'd always wanted to write. Yet, just like the little boy in this story, obstacles get in their way. The experienced authors get in the way, and of course those other people in the story who I entitled, "*those greedy little counterfeiters*". And you may find yourself wondering who those greedy little counterfeiters are...to answer this question I will ask each of you a question, "*Who do you feel it is **presupposed** that they are?*".

Anyway, in this conversational hypnosis story, everyone can learn from the powerful idea that the little boy had gotten after the cloud spoke to him, telling him,"

"Cream always rises to the top".

And I also wonder...I really wonder...what powerful idea it was that the little boy received?

Summary Lessons:

Presuppositions are powerful ways of indirectly suggesting things.

By using presuppositions properly, you cannot be blamed for what they suggest because they presuppose meaning instead of coming right out directly and saying it.

You can add power to your presuppositions by using authority figures in your story to suggest things through them (like in this story I used a cloud, but you can also use things like, **wise sayings, well respected philosophers, scientific studies**, etc).

Another powerful way to use presuppositions in conversational hypnosis is to ***presuppose*** that people identify with the characters in your story.

Exercises For You To Do:

- Write down ten meanings that you would like to presuppose to a person through a conversation.
- After you have come up with ten meanings, imagine three different ways to presuppose each meaning (Remember, presuppositions don't come right out and directly suggest things).
- This next exercise will be a little more challenging: Go back to your list of the ten original meanings that you would like to presuppose to a person through a conversation, and this time I want you to directly come right out and say what meanings you would like to suggest...only this time do so in a way that presupposes **another** meaning. For example, let's say I want to suggest that *you are a powerful person*, and because I am being direct in this example in a way that intends to presuppose yet another meaning, this is how I may choose to do this in the example below:
- "You are A POWERFUL PERSON" (Notice the altering voice tonality text in capital letters, "A POWERFUL PERSON"). So, even though I am directly referring to **you**, the way I altered the tonality of my voice, I am also presupposing a non identified person by emphasized the phrase, "A POWERFUL PERSON".
- Again, you need to keep in mind that these are exercises which are all part of *practice!* Continue doing these exercises and notice how your communication skills and your understanding of conversational hypnosis skyrocket!

Notes:

An **Anticipation Builder** is a piece of language that builds anticipation within the listeners that a certain meaning (usually an exciting meaning), is about to manifest itself in a conversation or story.

Lesson Twelve-Using Embedded Commandments As Distraction Language To Embed Entire Stories!

First, allow me to tell you more of the ways I used the conversational hypnosis technique of altering my voice tonality in the exercise I did in this video, along with some of the necessary discipline you need to have as you do your conversational hypnosis exercises in order to allow yourself to isolate various building blocks so that you can, for a moment, focus upon the building blocks themselves and not the actual building that you are using the building blocks to build. Then, towards the end of this post I will reveal to you what everything in this entire exercise is all building up to: A conversational hypnosis secret that involves reverse engineering the process of conversational hypnosis storytelling!

Notice how in this conversational hypnosis exercise, one of the things I did was play around with the words, "*Once upon a time*". You see, in covert hypnosis, one of the major tools that a hypnotist uses to suggest things is our voice tonality. By altering our voice tonality, we have an innumerable amount of ways to suggest things. Furthermore, when we have audio engineering at our disposal, then those of us who practice conversational hypnosis can really have some fun!

Also notice how in the above example, that I intentionally isolated the phrase, "*Once upon a time*". This is very important if any hypnotist wants to get better at using their hypnosis skills, because by isolating certain words to the point where you have nothing else to work with, you are training your unconscious mind to be more creative. Thus, the phrase, "*Once upon a time*" is a building block that I chose to work with to make me discover (or at least attempt to discover) some more creative ways to work with other resources that I may not have otherwise known that I had available to me.

Another thing to keep in mind is that if I had wanted to I could have cleaned everything up and created a nice and elegant conversational hypnosis piece. But

that wasn't my goal here. My goal was to first create a fun hypnosis exercise. The next step was to stick to it and complete it without falling into the temptation of adding to the hypnosis exercise or taking away from it. Sometimes when you do conversational hypnosis exercises like this to build upon your language skills, what will begin to happen is that you realize how incomplete the exercise sounds or how funny some of the words sound. Yet, as you discipline yourself to keep in mind that your initial goal wasn't to complete anything, nor was it your goal to create anything breathtaking or elegant, you can focus fully upon the practice part of conversational hypnosis...as **it is practice that leads you to the mastery of it.**

What happens when a hypnotist forces themselves into corners like this (isolating themselves into language scenarios where they force themselves to work with the same phrase over and over no matter what), and try to make as much sense out of the raw material you decide to work on in your exercise, what will happen is that when you are really in the process of hypnotizing a person or using covert hypnosis in real life, that these skills you have will come almost second nature to you.

I cannot stress how important it is for a hypnotist to be comfortable with their skillset, because if you are not comfortable with your skill set, what will happen is that you will talk to other people in such a way where you are not as accustomed to using conversational hypnosis, and even though you may say things the right way still, your lack of "extra" comfort (I call this a comfort cushion) will be sub communicated in your conversation and you will not be as persuasive. This means if that hypnotist was considered "good", that if they took my advice here and created some of these types of hypnosis exercises for themselves to practice, that this "good" hypnotist will get even "better".

The more challenging you make it for yourself to learn hypnosis when you are behind closed doors, the easier it will be for you to practice hypnosis when you are in the open having conversations with people.

Converstional Hypnosis Secret Embedded In This Exercise:

In this exercise, you were being trained and conditioned to unconsciously understand a very deep secret of conversational hypnosis. The secret is this, “Reverse engineering the storytelling/embedded commandment structure.

You see, stories are often used in conversational hypnosis to embed suggestions. The stories you tell others are usually the vehicle that you use to embed suggestions with. However, you can pick and embedded suggestion that is not the actual suggestion you are trying to embed and continue repeating it in some type of obvious way.

Then, you can ***embed the story*** and *not the embedded suggestion*. You are using what otherwise would be the embedded suggestion as a type of distraction language that causes the listener to pay more conscious attention upon the commandment and not the story.

Notice how in the video above I spoke about a lot of little stories that had to do with healing. **Those stories were the actual suggestions** I wanted to embed... not the embedded suggestion I kept repeating, which was, “*Once upon a time*”.

This is in fact a very rare teaching and practice that you have learned!

Summary Lessons:

Perhaps one of the most important secrets that you need to know about conversational hypnosis is that the exercises that a person needs to work on in order to master conversational hypnosis do not always seem to bear a resemblance to conversational hypnosis.

Along your path to becoming an extremely elegant and persuasive speaker are many exercises and training routines that are not elegant.

Listen to this proverb, “The ingredients bear no resemblance to the finished dish”. So also it is with the mastery of conversational hypnosis: The building blocks of mastering conversational hypnosis in and of themselves do not bear a resemblance to the finished mastery of conversational hypnosis.

Exercises For You To Do:

- First, begin repeating any phrase that doesn't seem to be a very important phrase (this will be the embedded suggestion that you are going to reverse engineer).
- Then, begin repeating this phrase with different voice tonalities so that you elicit different emotions. For example, you can change your facial expression when you repeat it, you can change your body language when you repeat it, and you can think of what emotions you want other people to feel when you repeat this phrase.
- After you have begun conditioning yourself to do this, write down a story that has this phrase located within it at least three times, and make sure your story is LOADED with as many powerful and positive suggestions as possible.
- Then, begin repeating your story in such a way where the embedded suggestions are repeated with a voice tonality that causes them to draw so much attention than the rest of your story.
- After you have done the exercise above, go back to your story and add more positive and powerful suggestions to it, and see to it that your suggestion is repeated three more times in even more of a distracting voice tonality than the last time (so in all you will have your embedded suggestion written six times).
- Now, continue to repeat your story until it becomes comfortable for you to put much more of an emphasis upon the embedded suggestion than the other information in your story.
- Allow yourself to notice how *you yourself begin to sort of block out the information in your story* because you are so focused upon placing various emphasis upon the embedded suggestion through your voice tonality.
- Finally, take a moment to allow yourself to understand the effect this type of language construct would have upon other people during your

conversations with them.

Notes:

When you **reverse engineer the conventional *hypnosis storytelling protocol***, isn't just one phrase that slips in unnoticed, rather, it is the entire story that slips in unnoticed because you used your embedded commandment in such a way where it was transformed into distraction language.

Lesson Thirteen-“JANEY”-A Stop Smoking Hypnosis Exercise

That Also Emphasized Building *Emotional States* In Order To Set And Fire Off *Hypnosis Triggers*

What initially motivated me to create and practice this conversational hypnosis exercise was simply my need to blow off some steam. I had a bad encounter with an extremely judgmental human being who I gave the ambiguous name, “Janey” too and went to town. Hey, we hypnotists have some our days too just like everyone else! So why not make the most of them by transforming the negative behavior of other people that has been directed towards us into positive activities that help us get better at what we really enjoy doing?

Anyway, in this hypnosis exercise I was playing around and having some fun with the name, “Janey”. My main objective was to somehow use language to anchor various emotional states into the word, “Janey” to the point where the name, “Janey” became a hypnosis trigger of some sort. I cannot say that I successfully did what I initially set out to do, but I had a lot of fun toying around with my language like this. In real life scenarios where hypnosis is being used, clarity is important. However, when we are doing are exercises, we don’t need to be ensnared to the endless demands of perfectionism. This means that we must keep in mind that whilst many people say, **“Practice makes perfect”**, that it is important to keep in mind that, **“Practice *isn’t* perfect”**.

Practice can and should be fun, and we should not be afraid to make mistakes while we practice. Practice is THE mechanism that will lead you to mastery, so if you want to master conversational hypnosis, then it is inevitable that you understand the mechanisms behind the ways it can be practiced.

Having said these things, let’s get back to the topic of hypnosis triggers:

Oftentimes, in covert hypnosis, hypnosis triggers are set by anchoring a person's emotional states to our knuckles after we have first created these emotional states within them and caused their emotional states to peak. Then, the hypnotist must break these emotional states and test the hypnosis triggers they have set by touching their knuckles in the areas where the triggers had been set.

Now, I know that sounds like a lot of hard work and it is. It may sound complicated and I think it does sound that way when you first begin to learn these things. Personally, I think there are many variations of any one covert hypnosis technique. So, for example, in this hypnosis exercise, one of the things I did was modify the usual hypnosis trigger protocol by completely relying upon the use of language to attempt to set these triggers (no anchoring to my knuckles).

Notice how I began to anchor various emotions into the word, "Janey" as this conversational hypnosis story continued. For example, notice how I elicited the emotional state of humor by using stories. The two stories I used to build humor were when "Janey" was asking my friend so many excessive questions that he couldn't mentally function right and when "Janey" was writing down the sins of the whole neighborhood. Then, those emotional states were brought to a peak state by me introducing more facts into the stories that had humor involved, as this emotional state of humor was later broken simply by me introducing new pieces of information into the story.

But even though there were many components to conversational hypnosis triggers present in the exercise above, it is also true that other ingredients to the salad mix of hypnosis triggers were missing. For instance in this particular exercise I didn't actually "test" the hypnosis triggers to see if they worked. I didn't remove the variations of my voice tonality and start saying the word, "Janey", to see if hearing that word would fire off any emotions in my neurology. I was more concerned with the other things I was doing described in the above audio, and that is perfectly OK because *this was only a hypnosis*

exercise. It was only a drill and my skill set grew regardless of whether everything turned out perfect or not.

This means the more you practice conversational hypnosis, the better you will get at it.

Summary lessons:

Hypnosis triggers are set in people by first eliciting emotions within them. After you have successfully elicited an emotion within a person, you then bring the emotion to a peak state. After you have brought an emotion in a peak state within a person, you anchor this emotional state to yourself. Then break the emotional state you have created within them. Next, you test the emotional trigger you have set by firing off the trigger. If the trigger was successfully set, you will notice the emotional state you had created within the person coming to life within their words and behavior after you have fired it off.

In conversational hypnosis, you can be VERY indirect. For example, in the audio above I talk about how I had a secret hypnosis technique buried in this exercise that was intended to be a hypnotic suggestion to a stop smoking hypnosis client.

When you are in the process of mastering conversational hypnosis (or anything for that matter), it is of equal importance for you to master ***practicing*** conversational hypnosis...as you keep in mind that practice need not be: Perfect, fancy, or taken too serious.

Exercises For You To Do:

- This exercise will involve **four** stories. Two stories will involve humor and the other two stories will not involve humor. First, think of two stories or situations in your life that had humor involved. Next, you need to come up with the two quick stories of things that happened in your life that were **not** humorous (they can be just drab, everyday events).
- Then, write down a quick summary story of each of those events. Next, pick any word (hint...an indirect word is even more of a challenge...a word in the story that doesn't seem related to your objective here), and begin altering the tonality of your voice in a way that attempts to anchor the emotional state of humor to it. Tell this story to yourself in a variety of ways until you can feel the emotional state of humor building within yourself. After you feel humor within yourself, break this emotional state by talking about one of the stories that were unrelated to the emotional state of humor. As your brain is forced to process new language about new facts and events, you will notice the emotional state of humor subside (tell the unrelated stories in as many ways as you need to until you feel the emotional state of humor break). Next, after you have broken the emotional state of humor...simply utter the word you were using in the first two stories to anchor the emotional state of humor to yourself.

If you feel humor come to life within yourself in quick instant, congratulations... you have successfully set a hypnosis trigger within yourself. And part of the beauty of mastering conversational hypnosis like this is that once you are able to first set hypnosis triggers within yourself...you just know you can set them in other people!

Notes:

Notice how any particular goal you may have during conversational hypnosis may overlap with other objectives. For example, your initial goal may be to cheer a person up (just like this exercise began with me wanting to anchor emotional states to words), but then you may discover that you can work more magic into your conversations as they begin to take shape (as I noticed a perfect opportunity to add a stop smoking hypnosis element to this).

Lesson Fourteen-“ONCE UPON A TIME PART ONE”...Using Frame Control In Conversational Hypnosis As Stepping Stones To Introduce New Realities Into Your Conversations

In this conversational hypnosis exercise, a hypnotic frame is first established through the vehicle of a simple story. In this story, the hypnotist goes on an American idol type of show before the judges. That is the first Frame.

After that Frame is established, then *a Secondary Frame* is slipped into the story, “*The Pink Elephant Principle*”. As hypnotists, many of us are familiar with that story, and it is a good story to use in order to convince a person that you can control their thoughts. Then, that undeniable fact is used to transition into pacing and leading. I am pacing them because I am causing them to be aware of things that they cannot deny (*that they are in fact thinking of pink elephants*), but then I begin to transition them into topics that have absolutely nothing to do with Pink Elephants when I start mentioning “*Once upon a time*”.

At this point it must be pointed out that a third Frame is slipped in here, because when I make reference too, “*That was the hypnotic induction entitled, ‘Once upon a time’*”, I automatically have given the main suggestion of my story (the phrase once upon a time), a frame. Now I have established Frame Control to the point where I can focus as much attention as I’d like upon the suggestion I want to focus on.

Finally, I end this story with *a hard loop*, because the story ends hinting that something else happened after this induction had taken place. But what is it? So that was the hard loop. It should also be pointed out at this time that when a hard loop was inserted into the end of the story like this, that another frame was established. “What is that frame”, you may ask? It is a frame for me to fill a future event with. I now have another Frame set up to continue this conversation anytime I want to resume it.

To summarize the Frame Control strategy here:

1) Frame One 2) Frame two 3) Frame three 4) Frame Four All of these frames are used as stepping stones throughout the induction to create and transition into different realities in the story. This is also done to the extent that nothing appears to be unnatural.

Obviously the main suggestion in this hypnotic induction was for us to heal from the pains and regret from the past because they are all in the past. One may think that conversational hypnosis is not necessary to tell a person, “**Heal from your pain and regret of the past**”, however as most of the hypnotists reading this know, a direct suggestion like this would involve their critical factor to interfere with it because it sounds much easier said than done (and for many of us it is). For this reason, an entire series of frames was established to pave the way for this positive, indirect suggestion to be planted in a person’s unconscious mind.

There were also other conversational hypnosis techniques done in this induction, but the exercise itself was practicing ways to use hypnosis frames.

Summary Lessons:

Frame Control is the artistic mechanism of using topics, situations, memories, or anything else to establish a logical context within your social interactions to speak about the things you want to speak about.

One “Frame” can easily be used as a stepping stone to establish another “Frame”. This means that Frame Control in and of itself is powerful enough to enable you to transition any topic of any conversation into a topic of your choosing.

If Frame Control is a powerful tool to transition conversations, *then* you can also **highjack the Frames other people are using** in their conversations and then use those Frames as stepping stones to transition the conversations you are having into the words that you want to be heard and spoken.

As long as the Frames you establish make sense or seem logical, then everything else you are talking about will seem logical and within the appropriate context too.

Past events are easy ways for you to establish Frame Control , thus the phrase “*Once upon a time*” was continually used in the video illustration.

Exercises For You To Do:

- Create a fictitious story that consist of past events and establish a Frame that will enable you to talk about a completely unrelated topic from the story you came up with.
- In order to come up with the excuse to bring up a past event in the midst of your fictitious conversation, use phrases like this that focus upon past events, “*You know what you just said **reminds me of...***”, or, “*Wow...**once a upon a time...***”, etc.
- Then, after you have set up this first Frame, rinse and repeat this whole process so that you set up another Frame. Then, set up a third Frame that is contingent upon the existence of the second Frame that you came up with. In other words, we are building **Frame Ladders**, where each stepping stone of your conversations is built upon the previous stepping stones that you had previously established.
- Then use the last Frame in your story to create a hard loop that can be used in the future to enable you to pick up the conversation anytime you want.

Here is an example of how the exercises above look thus far:

“A few weeks ago, my friend Bob met this woman who said she knew martial arts. She said that a lot of martial art schools don’t teach real self defense, and that sort of bothered me because I was thinking of joining this martial art school down the street. I have a friend that attends that school, and he goes to the morning classes because he works all night on the computer. You know, he has one of those work at home jobs. Hey, you wouldn’t believe of how easily he make \$78,938 in a single week just working at home...oh my gosh, I need to go or I’ll be late for work”.

Notice how many Frames I set up in just that short paragraph! Notice how many different topics were easily introduced into the conversation by just Frame Control alone! This means you can **effortlessly** have **complete control** over

your speeches and conversations as you are **using conversational hypnosis!**

Now, also notice how I used the past tense as an easy way to set up my Frames, “*A few weeks ago...*”

And notice the hard loop I had established in my story, “*Hey, you wouldn't believe of how easily he makes \$78,938 in a single week just working at home...*” THAT is something that the person I'm speaking to won't mind hearing about the next time we speak, as that is a heap of money!

Notes:

A hard loop is basically an unfinished story, and this unfinished story is like a cliffhanger that we use to continue our conversations with later. This is a basic description of hard loops, and we will get into more sophisticated uses of hard loops as they relate to conversational hypnosis storytelling in later lessons and exercises.

You may feel overwhelmed with this exercise. Welcome to learning conversational hypnosis! But really...don't worry about it, just consciously do your best to carry out these exercises and let your unconscious mind work out all the rest. These exercises will build **tremendous communication skills** within you!

Because there is a lot of work within this exercise, I only want you to do all of the steps in the exercises above once.

Do read this post several times to really soak this information up, and also watch the video enough times until you can easily identify the Frames that were set up (*identifying* Frames is another way you can build your skill set up setting them up yourself!).

Lesson Fifteen-“SMILE AGAIN”-A Stop Smoking Hypnosis

Exercise Along With An Analysis of The Conversational Hypnosis

Techniques That Were Built Into It

Here we *initially* have a Stop Smoking hypnosis exercise. Of course, the overall objective of stop smoking hypnosis is buried in the midst of the story, and this is the intention because I am using conversational hypnosis.

For example, you may recall that I said, “*The vanilla wind blows...*”, and how the color vanilla is white. Well, the smoke the smokers exhale is also like a white wind. Also notice how I said, “*The vanilla wind BLOWS...*” just as when a smoker exhales smoke the wind they exhale also, “*Blows*”.

Then later in this conversational piece you may recall how I said, “*Smoking blue mirror*”, so once again you can notice how the underlying theme in this induction was designed for stop smoking hypnosis all along-thus the references to, “*Smoke*” and “*Vanilla wind*”.

Now, another point I’d like to make is that **Hypnosis Storytelling** was not the only conversational technique that was used here, or rather, that the storytelling used in this induction was **Layered**. In other words there were **Stacked Realities** embedded into *one* hypnosis story. I also distanced myself from the story by introducing a man and a woman in the storyline as main characters. That was, in theory, the use of **Extended Quotes**. The entire poem that the man quoted to the woman is theoretically referred to as an extended quote, because I am quoting the words that he said.

Also, many other conversational hypnosis techniques were intentionally practiced in this exercise that one may not be aware of. For example, I said that

the smoking mirror was a “*Blue*” smoking mirror, yet the face the woman had was a “*Strawberry*” face in the center of the mirror. So we have in theory what conversational hypnosis refers to as an **Agreement Reversal**, and this is demonstrated by the aforementioned use of adjectives: Blue, and Strawberry.

By causing a person to process a contrast in colors like this, I am doing the exact same thing graphic design companies do when they use color schemes to stimulate the unconscious mind of a person. The difference is I am using words.

However, in spite of me toying around (remember this was a simple exercise designed to be a building block) with ways to embed suggestion into a stop smoking hypnosis induction, there was obviously a positive suggestion embedded in the induction: **Smile**. The induction also suggest to people who have stopped smiling (if things weren’t going well for whatever reason), to “*Smile again*”

I’d like to call the suggestion, “*Smile again*”, as a **secondary suggestion**. This sort of fortifies the conversational hypnosis language you are using, because even if it takes their unconscious mind some time to act upon the **primary suggestions** you sow into your conversational hypnosis language pieces, your secondary suggestions may be accepted by their conscious minds instantly because they have the capacity of being more indirect than primary embedded suggestions simply because they are even *less* of a focal point.

It cannot be emphasized enough how important it is to let yourself go when you are doing your conversational hypnosis exercises in order to sharpen your conversational hypnosis skills. In closing, when listening to this induction, notice how I once again used audio processing to mark my hypnosis suggestions out. Voice tonality is a major tool in conversational hypnosis, and there were several voice tonalities demonstrated in this exercise to mark out various pieces of this short induction.

Summary Lessons:

Hypnosis Storytelling is essentially the art of using stories as vehicles to indirectly suggest things to other people.

Layering is when you fortify a single suggestion or conversational technique with other suggestions or conversational hypnosis techniques. In other words, instead of just using one conversational hypnosis technique to do something in a conversation, you are integrating other conversational techniques with the initial conversational hypnosis technique in order to create a more powerful force.

Stacked Realities are when a single story you are telling has multiple realities embedded within it. So, perhaps one reality may be that you are trying to use your story to cheer a person up; whilst another reality may be that you are suggesting something very important to them. Then, another reality within your story may involve a **Post Hypnotic Suggestion** or some type of **Recovery Strategy**, and as post hypnotic suggestions and recovery strategies are more advanced techniques, they will be covered in future conversational hypnosis lessons. But notice how within a single story a variety of realities can be unfolding simultaneously.

Extended Quotes are when you use the words of another person within your story to embed suggestions.

Agreement Reversals are when you are either overtly or covertly disagreeing (or creating a contrast of some sort), with a piece of information that is contained within one of your stories.

Primary Embedded Suggestions are the main suggestions that you are trying to embed within your stories, or they are the embedded suggestions within your story that are repeated more often than the secondary embedded suggestions of your story.

Secondary Embedded Suggestions are embedded suggestions within

your stories that are not marked out as often as your primary embedded suggestions. It must be emphasized that secondary embedded suggestions are of no less importance than primary embedded suggestions. In fact, at times these types of embedded suggestions can be even more indirect because they are emphasized less in your stories.

Exercises For You To Do:

- Write down a quick and simple story of any length.
- Then, add another theme to the story you just told...and then add another theme until you have built your simple story into a story of any length that has three themes instead of just one.

Below is an example of how this may look initially,

“Bob walked into the mall and sat down by a shoe store. He was a little tired because he was recovering from an injury that made it harder for him to walk. Anyway, Bob is able to get around but it isn’t as easy for him to get around as it used to be”.

Then, after you add two more themes to your story, it may look like this,

Additional Theme Two: Bob walked into the mall and sat down by a shoe store, **and he couldn’t help but SMILE within himself.** He was a little tired because he was recovering from an injury that made it harder for him to walk. Anyway, Bob is able to get around but it isn’t as easy for him to get around as it used to be”.

Additional Theme Three: Bob walked into the mall and sat down by a shoe store, **and he couldn’t help but SMILE within himself.** He was a little tired because he was recovering from an injury that made it harder for him to walk, ***because of this back problem that he had.*** Anyway, Bob is able to get around but it isn’t as easy for him to get around as it used to be”.

Notice how we are stacking realities in your story. For example, Bob is smiling within himself because he couldn’t help it. Why? Then, we are told that the *reason* why Bob had a hard time walking was because of a bad back problem.

- Next, after you have your simple story set up with three themes, the next thing you need to do is add an extended quote. Below is an example of

how this can be done as we continue with our example,

“Bob walked into the mall and sat down by a shoe store, and he couldn’t help but smile within himself. He was a little tired because he was recovering from an injury that made it harder for him to walk, because of this back problem that he had. Anyway, Bob is able to get around but it isn’t as easy for him to get around as it used to be. He even turned towards me in the mall while he was sitting by the shoe store and he says, ***“Little kids know more than we adults do sometimes. Notice how fun it is to go to the mall! No wonder why the kids come here so much”***”.

So the extended quote we’ve added to the story is, *“Little kids know more than we adults do sometimes. Notice how fun it is to go to the mall! No wonder why the kids come here so much”*.

- After you have added your extended quote to your story, what you need to do next is add in an agreement reversal.

An example of how this could be done is below,

“Bob walked into the mall and sat down by a shoe store, and he couldn’t help but smile within himself. He was a little tired because he was recovering from an injury that made it harder for him to walk, because of this back problem that he had. Anyway, Bob is able to get around but it isn’t as easy for him to get around as it used to be. He even turned towards me in the mall while he was sitting by the shoe store and he says, *“Little kids know more than we adults do sometimes. Notice how fun it is to go to the mall! No wonder why the kids come here so much”*. **“I don’t see what is so fun about coming here”, I replied to Bob. It’s so crowded here at the mall, that it reminds me of the zoo sometimes”**.

Notice the agreement reversal, *“I don’t see what is so fun about coming here”, I replied to Bob. It’s so crowded here at the mall, that it reminds me of the zoo sometimes”* is an agreement reversal because, you, the storyteller, are causing your listeners to mentally process a disagreement. The person speaking with Bob

doesn't agree with Bob about Bob's opinion of the mall.

- Now that you have successfully added an agreement reversal to your story, the next thing you need to do is add a primary embedded suggestion that will be repeated three times.

Below is an example of adding a primary embedded suggestion to the story,

“Bob walked into the mall and sat down by a shoe store, and he couldn't help but **smile** within himself. He was a little tired because he was recovering from an injury that made it harder for him to walk, because of this back problem that he had. Anyway, Bob is able to get around but it isn't as easy for him to get around as it used to be. He even turned towards me in the mall while he was sitting by the shoe store and he says, “Little kids know more than we adults do sometimes. Notice how fun it is to go to the mall! No wonder why the kids come here so much”. “I don't see what is so fun about coming here”, I replied to Bob. It's so crowded here at the mall, that it reminds me of the zoo sometimes”. And as I waited for Bob to answer me, he kept looking around the mall with this **smile** on his face. I must admit I could tell by his **smile** that he was so delighted with being in the mall that I almost began to enjoy being in the mall myself”.

Notice how I turned the word, “*Smile*” in my story into an embedded suggestion to, SMILE, and that because I already had that word written once, I only needed to add it two more times in order to repeat it three times.

- The last thing we need to do is add a secondary embedded suggestion to the story.

Below is an example of how this may look,

“Bob walked into the mall and sat down by a shoe store, and he couldn't help but **smile** within himself. He was a little tired because he was recovering from an injury that made it harder for him to walk, because of this back problem that he had. Anyway, Bob is able to get around but it isn't as easy for him to get around

as it used to be. He even turned towards me in the mall while he was sitting by the shoe store and he says, “***Little kids know more than we adults do sometimes***. Notice how fun it is to go to the mall! No wonder why the kids come here so much”. “I don’t see what is so fun about coming here”, I replied to Bob. *It’s so crowded here at the mall, that it reminds me of the zoo sometimes*”. And as I waited for Bob to answer me, he kept looking around the mall with this **smile** on his face. I must admit I could tell by his **smile** that he was so delighted with being in the mall that I almost began to enjoy being in the mall myself. In fact, I started to agree with what Bob said earlier about children, because it really does seem like ***little kids know more than we adults do sometimes*** when you really think about it”.

Notice the secondary embedded commandment within this story, “*Little kids know more than we adults do sometimes*”.

Now, these exercises may seem a little overwhelming but I can assure you that they are not. Furthermore, these exercises are a very important part of how you are going to learn and master conversational hypnosis. Remember, anyone that ever gets good at anything needs to practice!

Notes:

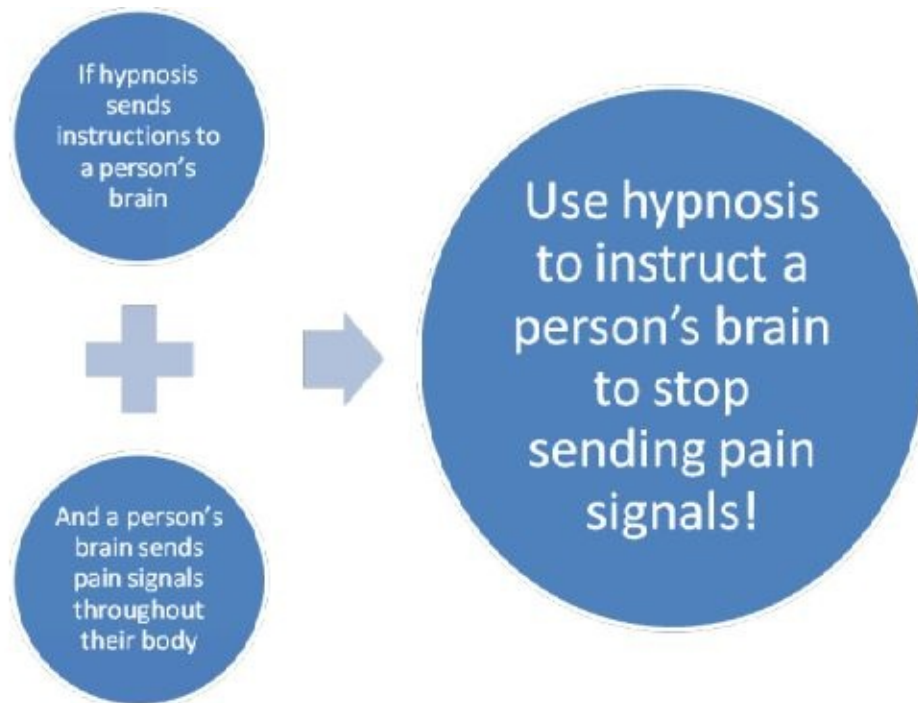
Turn your attention to how even the most simple of stories can continued to be built upon until they are complex mechanisms of suggestion!

Lesson Sixteen-Using Conversational Hypnosis For Pain Control

Part One: An Introduction Into Pain Control Hypnosis Conversational hypnosis can easily be used for Pain Control Hypnosis. “*But specifically how is this*”, you may ask? Well, to answer this question, the first thing that needs to be done is to briefly address specifically why hypnosis can be so good for pain control.

First, keep in mind that it is a FACT that hypnosis has been consistently practiced in countries that lack the benefits that come along with many advances in medical technology (such as amnesia), to put people into deep trances so that surgeries could be performed. This means that hypnosis must also have the ability to control a person’s pain, because if the power of hypnosis could be used to cause someone to go into such a deep trance that they don’t feel the pain of having a surgery performed on them, then hypnosis can certainly be used to control any type of pain imaginable!

The question is how? How does hypnosis control a person’s pain? The answer to these questions is fairly straightforward, because one thing that hypnosis does is communicate with a person’s unconscious mind. Hypnosis sends instructions to a person’s unconscious mind, so if hypnosis sends instructions to a person’s unconscious mind, and if it is also understood that it is a person’s brain that sends pain signals throughout a person’s body, then all we need to do is some basic arithmetic to discover how hypnosis controls a person’s pain:



So then, since hypnosis is a proven mechanism that can be used to communicate to a person's unconscious mind, hypnosis is an excellent tool for pain control- provided hypnosis is used responsibly to achieve pain control. For example, sometimes pain can be an important sensation that a person needs to experience, because their body is sending them pain signals that tell them something important is happening in their body that needs attention.

In those types of circumstances, the last thing hypnosis should be used for is to shut down important messages that a person's brain is sending!

However, chronic pain is often an unnecessary and unwanted messenger from a person's brain. So if, after a person has been properly medically evaluated, they can find a competent hypnotist who is able to communicate to a person's unconscious mind the instructions to stop sending unnecessary pain signals, then why not do so?

You may think that if hypnosis was really able to stop a person from experiencing chronic pain that everyone who has issues with chronic pain would be using hypnosis to feel better, and perhaps you would also think that hypnosis

would be more well known as the excellent pain solution that it should be known for if hypnosis worked so well for helping a person overcome the discomfort of chronic pain.

After all, when you think about it...this idea of using hypnosis to instruct a person's unconscious mind to stop sending pain signals makes perfect sense, because hypnosis is the language that was actually designed to communicate with a person's unconscious mind. So why not use it to tell a person's unconscious to stop sending unwanted pain signals?

Well, many people don't know what hypnosis is, if hypnosis is real, or if hypnosis works, so why would they believe in pain control hypnosis? It's impossible for a person to benefit from something that they don't know exist, and because many people either don't know what hypnosis is or they have misconceptions about hypnosis, the end result is that hypnosis doesn't seem real because most of our society doesn't believe in it or understand it.

Another issue we need to discuss is this: Many hypnotists never fully master hypnosis, and because they do not master hypnosis in enough detail, many of them do not perform very well as they try to practice pain control hypnosis. So, if their clients do not experience pain relief, it looks like **hypnosis** failed.

Yet, there is a big difference between *hypnosis* failing and its *practitioners* failing.

Part Two: What were the pain control instructions given during this video exercise?

During this pain control hypnosis exercise, you will notice how I am continually building a **Frame** to send my pain control hypnosis instructions through. For example, I first use a story about a person who was trying self hypnosis for pain control, and then notice how I quoted them, "*And sometimes...when you feel...*

all alone at night...wondering, how, a single person...could have...this much control”.

Notice the word, “Control”...which ties into the story’s theme of a person using hypnosis for, “**Pain Control**”.

Next, notice how I soon after said, “Wondering why...**it was all lost**...and some things just **never change**”. And then I repeated that, saying, “Because some things just **never change**...”.

What was lost? What was **ALL LOST** in such a way where I wanted to make it clear that would it would be one of those things that would NEVER CHANGE? The answer is simple: The pain was lost. It was the **pain** that was ALL GONE, and when I said, “Some things just never change”, that is an instruction for the pain to never return.

When practicing pain control hypnosis, it is important to send the instructions to the unconscious to make sure that it doesn’t revert back to sending the unwanted pain signals again. In other words, it won’t be just for those hypnosis sessions that the client’s unconscious mind is instructed to stop sending unwanted pain signals, but even after the hypnosis sessions are over.

Summary Lessons:

Pain control hypnosis is real.

A person's unconscious mind is responsible for sending pain signals.

Hypnosis can be used to instruct a person's unconscious mind to stop sending pain signals.

Many people don't know if hypnosis is real, so it is difficult for a lot of people to benefit from pain control hypnosis.

When a hypnotist fails at pain control hypnosis, this doesn't mean that hypnosis failed.

Sometimes pain signals are necessary and therefore pain control hypnosis must be practiced with caution and is therefore not to be interpreted as medical advice that comes from a person's doctor.

Exercises For You To Do:

- Remember a time in your life when you were injured and didn't immediately know it. For example, did you ever receive a paper cut and didn't know it until *after* that injury occur? Did you ever play a sport and receive an injury that you weren't aware of until *after* the game was over?
- Then, deeply consider what must have happened within your brain for such a thing to have transpired. How was it that you didn't know about an injury until *after* it happened?
- Next, familiarize yourself with the reality of how those experiences I've asked you to remember provide you with sample evidence that pain control hypnosis is real. After all, if your unconscious mind didn't send you a pain signal that told you that you had a paper cut until an hour after that cut occurred, then notice how those pain signals were postponed by your unconscious for whatever reasons.
- Then, take about five minutes to consider what all of these things mean. What potential do you believe pain control hypnosis has after reading this post and watching the video example?

Notes:

Unless you are very comfortable with your mastery level of hypnosis, I wouldn't recommend trying to practice pain control hypnosis.

We must first learn to crawl before we learn how to walk.

Lesson Seventeen-The Concept Of Integrating Multiple

Conversational Hypnosis Techniques Into One Fluid Force

Before I discuss with you some interesting thoughts about the *integration* of conversational hypnosis techniques, I'd like to ask you **to imagine conversational hypnosis and a foreign language as being the same thing** because in many ways they are the same. We learn foreign languages to communicate within foreign territories, and people learn conversational hypnosis to communicate within the unconscious.

Integration is a very important conversational hypnosis skill that will inevitably come with time. This means that, as a person begins immersing themselves with hypnosis trainings, books, programs, and exercises, that they will actually be transformed into the person they are immersing themselves with. I suppose that any area of expertise is like this. ***People who train in specialized areas learn specialized skills.***

However, it is still an interesting question to ask: What is the process of mastering hypnosis and becoming a hypnotist like? Because after all, it isn't an easy skill to be able to sit in front of a person and endlessly speak in hypnotic ways that are really the combined and integrated manifestation of an extensive education and hard work. I would also like to point out that *most* of us who are real hypnotist do not use hypnosis scripts, nor do we believe in them.

So, it is important, before this post continues, to point out the difference between a hypnotist who reads scripts and a hypnotist who evaluates each of the areas their client has needs in and almost effortlessly adapts their language construct accordingly to enrich their client's emotions in positive ways to create positive changes.

Although hypnosis mastery comes naturally with time, let's briefly talk about a little bit of the work that is involved with being able to integrate gobs of

hypnosis techniques into little pieces of language without even having to think about it. First, a hypnotist may begin practicing exercises that compose small building blocks of the overall conversational hypnosis picture.

For example, because hypnosis is the artistic use of words in a way where a person can communicate with the unconscious mind, you may decide to create and perform many exercises that train you and condition you to use words in artistic ways. Then, after you have gotten comfortable with one skill, you can move on to creating another exercise and practice it until you get good at it. These exercises are only building blocks and need not be taken seriously. Consider hypnosis exercises like real exercise that athlete's do.

Athletes do a lot of jogging, **but they jog not because they are trying to be joggers but because they are trying to enhance their skills in another sport**, boxing or football as mere examples. Notice how jogging is an exercise that helps train you for another sport. So, an athlete isn't worried about jogging perfectly. In fact, when most people jog, they aren't even worried about how they perform, because as already noted, most people use jogging as a building block to enhance their skills in another area. Even if a person is only jogging for fitness reasons like trying to keep their heart healthy, this same principle applies, because it isn't jogging that most athletes are concerned with.

Likewise, in conversational hypnosis there are many exercises that can be likened to jogging that a person can perform in order to enhance their skills in another area. In this case that area would be hypnosis, because it cannot be emphasized enough that a hypnotist must **master the use of words** in order to become a hypnotist.

Words are used to put a person into trance, deepen trance, suggest things, bring people out of trance, give people post hypnotic suggestions and future memories-and these are only a few hypnosis techniques that have been

mentioned. So, the ability to integrate all of these hypnosis skills into your conversations can be accelerated by training yourself in each specific area of hypnosis until you get good at it. This is no different than learning a foreign language really, because as you continue to learn and master one piece at a time, eventually the time will come when you will be able to speak this language fluently.

When you speak conversational hypnosis fluently, **you are practicing the integration of its techniques.**

Summary Lessons:

In order to master hypnosis, you must master words because words are the tools of hypnosis.

If you integrate your conversational hypnosis exercises, the ability to naturally integrate conversational hypnosis techniques into your conversations will follow.

Integration can be compared to fluently speaking a language.

Conversational hypnosis is comparable to a foreign language that you can learn, master, speak, and write fluently.

Just like athletes use jogging to enhance their skills in other sports, so also you should use exercises to enhance your skills in your overall conversational hypnosis language skills.

Exercises For You To Do:

- Write down one paragraph that integrates three separate conversational hypnosis techniques into it.
- The conversational hypnosis techniques I want you to use in your examples are: **Embedded suggestion, pauses, and a negation pattern** (see the note section of this post for a quick rundown on what a negation pattern is).
- Then, speak this paragraph out loud to the point where you can effortlessly and naturally utter it. Say these words until you become fully comfortable with them.
- Then, write down a second paragraph and repeat the exact same steps as above.
- Finally, write down a third paragraph and repeat the exact same steps as above.

So, in all you will be writing three paragraphs that integrate these techniques in conversational hypnosis: Embedded suggestion, pauses, and a negation pattern.

Notes:

A negation pattern is when you say something in a way where it seems like you weren't trying to say it. Below are some examples of negation patterns, "I'm not asking you to, **GO TO THE STORE RIGHT NOW**, I'm just saying I'm hungry".

"You don't need to **WORK HARD**, but you do need to stay on top of things if you'd like to be successful".

"Jane doesn't **LIKE GOOD FOOD** as much as John likes to **EAT HEALTHY**".

Notice how every time I suggest something, that it seems like I am trying *not* to suggest something. After all, I wasn't telling you to **LIKE GOOD FOOD**, I was telling you that Jane didn't like good food as much as John.

Negation patterns will be covered in more detail in future lessons that focus more specifically upon them.

Conclusion To This Conversational Hypnosis Crash Course

Congratulations, you have now completed the crash course of your conversational hypnosis training membership. I'm sure that by now you've learned quite a lot of things about how hypnosis techniques can easily be used within your everyday conversations, and, I'm sure that even though many of you may have uncovered quite a few answers to many of your questions about conversational hypnosis, that you also have discovered more unanswered questions.

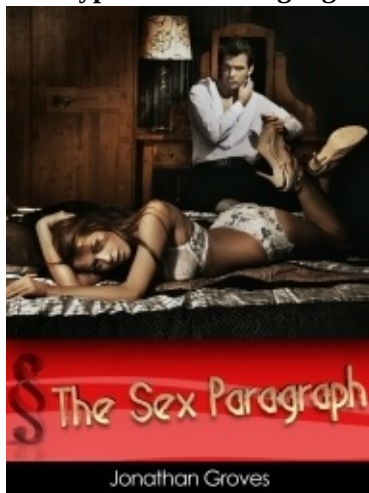
As your membership here continues, many of the new questions that you have discovered will most likely be answered, and those new answers that you find will give birth to more questions. This is part of the way our brains are wired to learn things. Questions, unanswered questions, are an extremely important part of the learning process.

Another important thing to keep in mind about conversational hypnosis is that not only is it happening all around you but also that it really does work when you use it. This means the information that you are studying here is real, and that you really can use this information to enhance the quality of your conversations. Furthermore, it is the power of enhancing your conversations and communication skills that enhances the quality of your life.

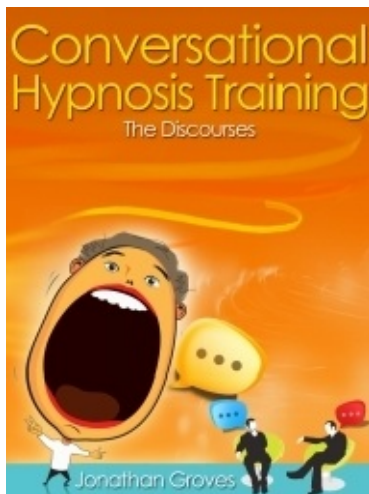
I really hope that you have appreciated the value that has been provided to you here in this crash course section of this conversational hypnosis training, and I look forward to going even deeper into the teachings and techniques of conversational hypnosis with you during the future trainings of your membership!

Dr. Jonathan Conrad Groves

Hypnosis Sex Language



Extensive Hypnosis Training



Master Covert Influence

