

Tom Faith

Handbook of



INSTANT HYPNOSIS



Become a Reality Bender in 7 Days



EXCERPT

A Step-by-Step Guide with Practical Exercises

Tom Faith

Handbook of Instant Hypnosis

Become a Reality Bender in 7 Days
A Step-by-Step Guide with Practical Exercises

Author's Note

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Introduction

You're holding her hand, looking deep into her eyes. Her name is Sylvie, and she gives you a slightly nervous smile. You're standing in the middle of a city square, surrounded by passersby who have stopped to watch. But Sylvie sees only you. Sylvie—it's a beautiful name. In a moment, though, she'll forget it. Just like that, as if she had never had a name at all. No matter how hard she tries, she won't be able to remember it, simply because you tell her she can't. After a brief moment of silence, you give the command: "Sleep!" Her body jolts and a murmur runs through the crowd as Sylvie's eyes close and her head drops forward. She stands before you, swaying slightly, in a deep hypnotic trance. The whole thing has taken only seconds—because you are The Hypnotist.

Sound unbelievable? By this time next week, you could be doing exactly that—and much more—with passersby in a busy pedestrian district, at a bar, or at your next party. And you'll be doing it within seconds. You don't need a degree in psychology or some extraordinary gift for dealing with people. All you need is this book and a little time to practice. Guaranteed.



Instant hypnosis in a pedestrian zone

Let me make that perfectly clear: if you read this book carefully and complete all the practical exercises, within seven days you'll have the knowledge and skills to hypnotize complete strangers in a matter of seconds. You'll be able to do it anytime, anywhere.

You'll make people feel as if their hands are stuck to their heads or their feet are glued to the floor. You'll make them forget numbers—or even their own names. With a snap of your fingers, you'll make them laugh or cry, and you'll produce many other hypnotic effects with ease and confidence.

This book gives you step-by-step instructions for every skill you need as a hypnotist: carrying yourself with confidence, making first contact, reading nonverbal signals, using psychological influence, and applying advanced induction and suggestion techniques that can transform the experienced reality of your hypnotees—the people you hypnotize—in remarkable ways.

But there's more. This book not only teaches you the techniques you need for successful instant hypnosis; it also explains in detail why they work. With that understanding, you'll be able to develop induction and suggestion techniques of your own and continue expanding your abilities as a hypnotist.

It doesn't matter whether you're a complete beginner or an experienced hypnotist, a hypnotherapist or psychotherapist, a magician or street performer, a life coach, or simply someone looking for a new experience. The techniques in this book can support all of those pursuits, helping you guide people into trance in an instant and completely transform their experienced reality.

This is not a book about therapeutic hypnosis, psychological treatment, or coaching methods. The techniques and experiences presented here are intended primarily for entertainment and education, with an emphasis on instant and stage hypnosis. How you ultimately choose to use them is up to you.

How This Book Works

My goal is to teach you, in just seven days, everything you need to know to hypnotize complete strangers spontaneously, anytime and anywhere.

This book explains how hypnotic inductions and suggestions work. Just as important, it gives you a series of practical exercises that build on one another and move you steadily toward your goal. Think of the book as a personal coach you can hold in your hands, guiding you through a short, intensive journey toward becoming a hypnotist.

The book is divided into seven main chapters, one for each day. That doesn't mean you have to finish one chapter every single day. You'll be taking in a great deal of information in a compact form, and you may feel more comfortable giving yourself extra time for some chapters. Read and practice at your own pace. If you're serious about mastering hypnosis, however, don't try to cover more than one chapter a day. I know how tempting it can be to keep reading and devour a book in one sitting. But you should move on only after you have absorbed the previous chapter and successfully completed its exercises.

Plan on about two hours of practice for each chapter. If you want to reach your goal, make that time for yourself every day.

Your Decision

So you want to join the select few who possess a remarkable skill:

Hypnotizing people in a matter of seconds.

Congratulations. By picking up this book, you've already taken the first step.

Now you have a decision to make. Is this simply interesting bed-time reading—a way to learn more about hypnosis—or do you genuinely want to develop the skill yourself? If you only want to read, feel free to skip the rest of this chapter. I hope you enjoy the book and discover plenty of fascinating things about hypnosis. Perhaps you'll decide to try the practical work later and return to this exact point.

But if you truly want to become a performing hypnotist, and you're ready to devote some time to practical exercises on each of the coming days, this is where a new chapter of your life begins. Read the scene from the opening of the book once more, and picture it as vividly as you can:

You're holding her hand, looking deep into her eyes. Her name is Sylvie, and she gives you a slightly nervous smile. You're standing in the middle of a city square, surrounded by passersby who have stopped to watch. But Sylvie sees only you. Sylvie—it's a beautiful name. In a moment, though, she'll forget it. Just like that, as if she had never had a name at all. No matter how hard she tries, she won't be able to remember it, simply because you tell her she can't. After a brief moment of silence, you give the command: "Sleep!" Her body jolts and a murmur runs through the crowd as Sylvie's eyes close and

her head drops forward. She stands before you, swaying slightly, in a deep hypnotic trance. The whole thing has taken only seconds—because you are The Hypnotist.

Perhaps you've seen a street or stage hypnotist perform feats like these. When I first watched a video of instant hypnosis online many years ago, my reaction was, "That has to be fake. There's no way this is real!" What the hypnotist did seemed impossible to me—and at the same time, utterly fascinating. The more I researched it, the more I began to think that it might actually be possible. From that moment on, I had only one goal: I wanted to be able to do that too.

If that's your goal as well, start picturing it as vividly as possible right now. Allow yourself a brief daydream. Imagine standing in a busy pedestrian district as the hypnotist, surrounded by curious onlookers, with a willing passerby in front of you. See yourself guiding that person into trance within seconds. See the crowd staring in amazement and wondering, "Is this for real?"

Return to this scene again and again over the coming week. In the days ahead, you'll acquire techniques and experiences that allow you to fill in more and more detail. Keep refining the picture. Add what you learn, and do it every day.

Dream Your Goal!

The Week Ahead

Here's what you can expect over the next seven days:

Day 1: The Myth of Hypnosis

On the first day, you'll learn how hypnosis works in general, what induction and suggestion are, and how the hypnotic control loop operates. You'll have your first experiences with self-hypnosis and discover what hypnosis feels like firsthand. You'll also make a few preparations for the end of your hypnosis week, so your "final exam" will be a resounding success.

Day 2: Reading People

One of the keys to successful instant hypnosis is knowing how to find the right candidates and accurately gauge what another person is thinking and feeling. On Day 2, you'll learn to observe people and recognize their nonverbal signals. Your practical exercise will take you somewhere lively, such as a sidewalk café or a pub.

Day 3: You Are The Hypnotist

Day 3 is all about your role as a hypnotist and the way you see yourself. Only when you believe in yourself will you be able to convince other people that you have the ability to hypnotize them. Although you won't use a single hypnosis technique that day, it may be the hardest day of the entire program. You'll have to step outside your comfort zone and summon the courage to

approach people. After that, the rest of the week will feel like a walk in the park.

Day 4: The Truth About Instant Hypnosis

On the fourth day, you'll learn how to influence people subtly in conversation, making them more receptive to the experience of hypnosis and more willing to trust you as the hypnotist. You'll use pacing and leading techniques and prepare the ground for instant hypnosis with skillfully placed convincers.

Day 5: Core Techniques

Now the hypnosis itself begins. On Day 5, you'll combine everything you've learned with your first instant-hypnosis techniques and genuinely alter your hypnotee's experienced reality. At the same time, you'll practice the full hypnosis sequence and learn how to handle a wide range of responses from different hypnotees.

Day 6: Becoming a Hypnosis Pro

The next-to-last day is devoted to intensive practice at home, so every part of the process becomes second nature. We'll also address an important subject: the fear of failure. You'll learn a technique that makes failure in hypnosis absolutely impossible—guaranteed. Armed with that technique, you'll be ready to approach the grand finale with confidence and composure.

Day 7: Health and Safety

Finally, we'll turn to a subject that should never be underestimated: your responsibility as a hypnotist when working with other people. A few essential rules of conduct will complete your training and help ensure that hypnosis remains a fascinating and safe experience for everyone involved.

The Grand Finale

Then the moment arrives. You'll put your skills to the test in a pedestrian district, at a local festival, or in a bar. You'll approach complete strangers, use a brief conversation to prepare them for hypnosis without their realizing it, and guide them into trance within seconds. With carefully crafted suggestions, you'll create a variety of hypnotic effects and leave your audience amazed. You'll have passed your final exam—and earned the right to call yourself The Hypnotist.

The Hypnosis Toolbox

The second part of the book explains all the essential hypnosis techniques in detail. It serves as a reference guide to a wide range of convincers, inductions, and suggestions you can use in your hypnosis work. Choose the techniques that suit you best, or experiment with new ones whenever you want to broaden your range.

As I mentioned earlier, give yourself at least one day for each chapter—and more if you need it. Complete every exercise, even if some of them strike you as too easy, too difficult, or simply too

strange. The exercises build on one another, guiding you step by step toward all the inner resources and practical skills you need to perform street hypnosis successfully.

Ready? Then let's get started!

PART ONE
BENDING REALITY IN
SEVEN DAYS

Day 1: The Myth of Hypnosis

Few words are as controversial as “hypnosis”. The term appears in psychotherapy, psychology, mysticism, and magic, often with very different meanings. Hypnosis has yet to be fully understood or explored scientifically, which may be one reason the subject has attracted so many myths.

To understand what hypnosis is, I’d first like to explain what it is not. That will allow us to clear up the most common misconceptions and prejudices right from the start.

First of all, hypnosis is not sleep, nor is it unconsciousness. Hypnotized people often have their eyes closed—although they certainly don’t have to—and may therefore look as if they’re dozing. In reality, you remain awake during hypnosis and are generally aware of everything happening around you. In fact, people under hypnosis are often far more alert and focused than usual. The command “Sleep!”—so popular in instant hypnosis—doesn’t change that. We’ll return to this later.

Hypnosis is not synonymous with relaxation, either. It’s true that hypnotherapy often uses relaxation to create a good foundation for psychological work. But many hypnosis techniques involve considerable physical tension. In fact, most of the techniques in this book have more to do with tension than relaxation: a hand feels firmly stuck to a table no matter how hard someone tries to lift it, for example, or a person can no longer remember a number despite intense mental effort.

Nor do you lose your will under hypnosis, despite what hypnosis shows and the occasional crime novel may suggest. Hypnotized people sometimes do things they wouldn't do under other circumstances—that is, after all, the basis of most stage-hypnosis shows. But they do those things of their own free will, not because the hypnotist has gained control over their decisions. So if you were hoping this book would give you the power to snap your fingers, control other people, and impose your will on them, I'm afraid I'll have to disappoint you.

Finally, hypnosis is not a magic trick. It is neither mystical nor paranormal. But what do words such as paranormal, supernatural, and extrasensory actually mean? In essence, they all describe the same thing: phenomena that science cannot explain and that therefore seem to point to a force beyond ordinary perception. Let's take a closer look.

Something Science Cannot Explain

Go back a few hundred years and the world contained far more “supernatural” phenomena than it does today. People might have believed a thunderstorm was the wrath of the gods or that illness was caused by bad karma. Science keeps advancing, allowing it to explain more and more things that once appeared supernatural.

A Force Beyond Ordinary Perception

What does that really mean? Different people perceive different things. Some experts, for example, can detect the tiniest facial microexpressions or unconscious gestures—signals that remain completely invisible to the untrained eye. Those signals can be

interpreted to draw conclusions about a person's thoughts and feelings. Is that mind reading? Absolutely. Is it supernatural? No. But it is certainly an ability well beyond the average, making it "paranormal" in the literal sense: outside the norm. So after this week, once you've become skilled in hypnosis, you may indeed be able to claim paranormal abilities. Not bad, is it?

A Definition

But what exactly is hypnosis? There are many different views, and every hypnotist has their own perspective. Here is my definition, without any claim to completeness or correctness. It is simply the description that best fits my understanding of hypnotic processes:

Hypnosis is the changing of experienced reality by creating a trance and offering an alternative truth.

Let us go through this definition word by word:

"Hypnosis is the changing ..."

Even though people commonly say that someone is "in hypnosis," what they really mean is that the person is in a hypnotic trance. Hypnosis is therefore not a state that can simply be switched on and off, but a process. This will become very important as the book progresses, because as the hypnotist, your task is to guide this hypnosis process.

You hold her hand and look deep into her eyes. You're standing in the middle of the city, surrounded by curious onlookers. But Sylvie sees only you. Sylvie—a beautiful name. In a moment, she'll forget it. Just like that. Simply because you tell her to. After a brief moment of silence, you give the command: "Sleep!" Her body jolts, and within seconds she is in a deep hypnotic trance. Because you are the hypnotist.

Sounds unbelievable? By this time next week, you could be doing exactly that—and much more—with complete strangers on a busy street, in a bar, or at your next party. Anytime, anywhere. You'll make people feel as if their hands are stuck to their heads or their feet are glued to the floor. You'll make them forget numbers—or even their own names. All you need is this book and a little time to practice. Guaranteed.



Tom Faith is an NLP and hypnosis master trainer, mentalist and acclaimed author with more than thirty years of experience in entertainment and hypnosis. His passion is instant street hypnosis, an art in which he has few equals.

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