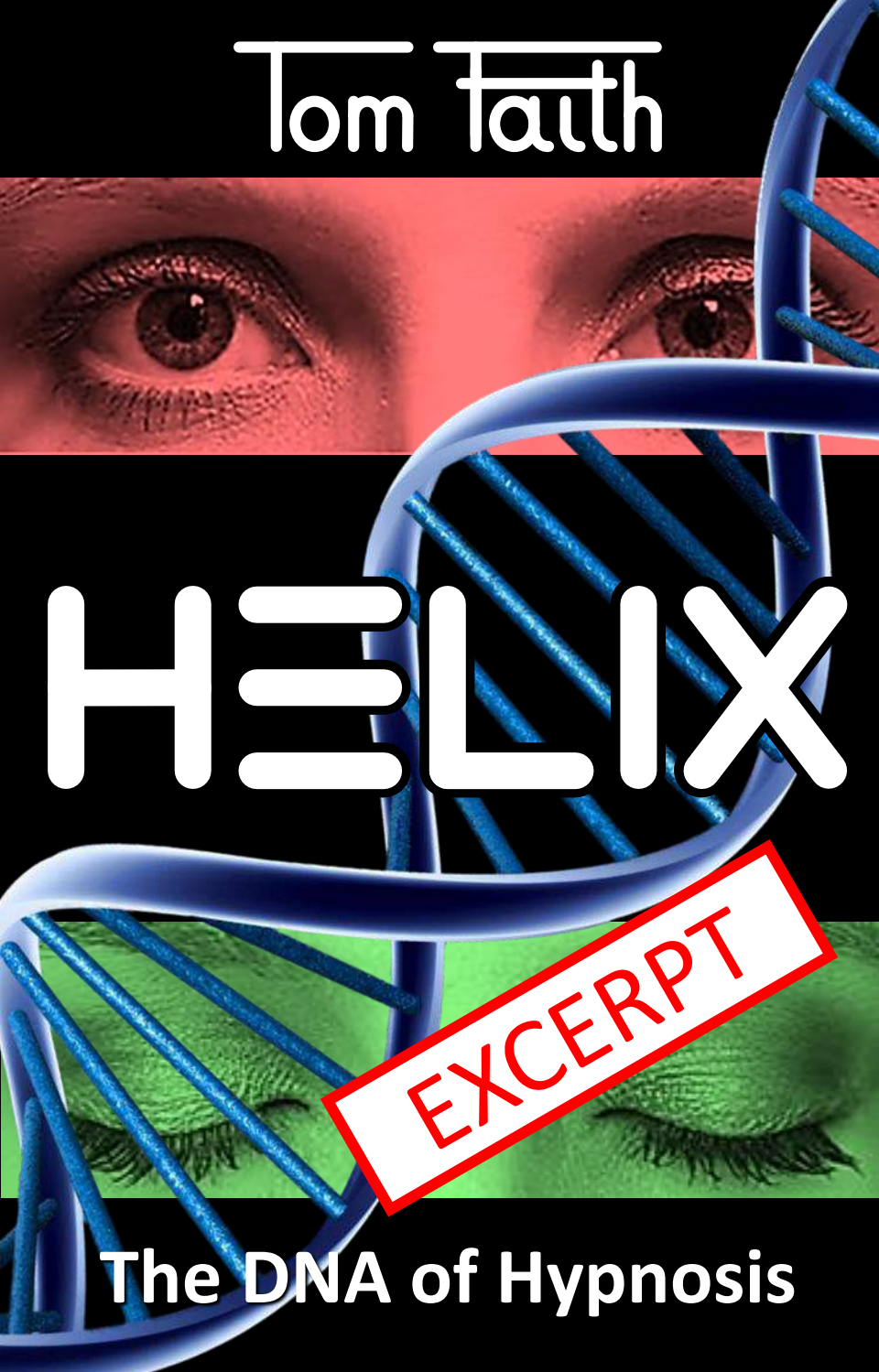




Tom Faith

HELIx

EXCERPT

The DNA of Hypnosis

Tom Faith

HELIX

The DNA of Hypnosis

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Georg-Fröba-Straße 48, 64665 Alsbach-Hähnlein, Germany
tom@hypnomentalist.de
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Introduction

What if you were able to spontaneously hypnotize a stranger so that her hand sticks to the table, she forgets her own name, or suddenly bursts into laughter? What if you could change her beliefs without any prior hypnosis induction so that she easily adopts desired habits, achieves goals faster, or experiences a new reality? If you could generate heat or cold purely by the power of your mind? If you were able to knock someone over from a distance of several meters with a simple gesture?

Many people would probably describe this as supernatural powers or even magic. Being able to do things known from fantasy novels or science fiction movies actually sounds almost unbelievable.

And yet you'll soon be able to achieve similar effects and even more, without the use of magic wands or Jedi powers.

You may already be familiar with classical hypnosis techniques like those used in coaching or therapy, or you have already experienced instant or rapid hypnosis, which can produce incredible effects in a matter of seconds. The techniques and concepts I will present in this book are based on both therapeutic and entertainment hypnosis and are well applicable to both areas. But I want to go one step further

and provide you with a whole new perspective that will make you a better hypnotist.

For over twenty years now, I have been involved in psychology, neurolinguistics, hypnosis, and coaching, and I am still fascinated by the amazing abilities of the human mind. Leading people into a deep trance within seconds and changing their reality with only a few words still amazes me every time I do instant hypnosis. I have refined these techniques throughout the years and learned various new aspects of inductions and suggestions. My focus was mostly on the classical approach, creating a trance and using subsequent suggestions to enable the hypnotee to experience a changed reality.

I already summarized all these experiences in my *Handbook of Instant Hypnosis* (Faith 2016), a guide to hypnosis phenomena which are easy to elicit.

For some time now I have been concerned with the question to what extent such suggestions are also possible without a classical induction or even completely without trance. Of course, some effects can be achieved by post-hypnotic or »eyes-open« suggestions during a hypnosis, which in itself is quite impressive. However, it is also possible to achieve the same effects without the usual hypnosis procedures, which is exactly what this book is about.

Many hypnotists who have conducted sessions that don't work out as planned want to learn more about the »why« of hypnosis. Simply using the right techniques is no guarantee for a successful hypnosis. Only those who understand the functionalities and mechanisms behind the methods applied can adapt them to the respective situation if necessary. I'm sure you've often wondered why certain induction and suggestion techniques sometimes work well and sometimes do not.

After years of research, numerous discussions with colleagues, and a lot of trial and error, this led to the model I call »Helix«.

Helix — a New Perspective

With this book I would like to share my point of view on hypnosis, which may be somewhat new and unusual to you. It's a perspective that redefines the interaction of hypnotic inductions, trance and suggestions and simplifies their practical implementation. A concept that enables you to elicit rapid and profound changes in experienced reality, beliefs and actions. It can be used both in therapeutic work and for entertainment purposes.

The core of Helix is the question of »why«: why exactly does hypnosis work — and why sometimes not? Why do hypnotists do the things they do? And which of these procedures make sense for a successful hypnosis? I have attended countless seminars, read books, watched DVDs, and most of them have brought me forward in terms of technique, processes, and patterns of action. But none of the hypnosis experts could explain to me how hypnosis really works. How does a hypnotic trance actually function? Why is a person in trance more suggestible than without? What exactly causes the change of experienced reality and beliefs? Experts often refer to »bypassing the critical faculty« or similar. Concepts of trance depth are presented and linked with categories of suggestions. But why exactly does a hypnotee accept suggestions and why does he do things he wouldn't do otherwise? Until now, none of the numerous experts and books could give me a sufficient answer to these questions.

Structure of This Book

With this book, I would like to change that. In addition to explaining very practical techniques, instructions, and tips, I also want to address the question of why and how all this works. This book is divided into two large sections. In *Part One: The DNA of Hypnosis*, starting on page 17, I explain

Helix as a new model for hypnosis, its elements and how everything is connected.

Chapter 1 deals with the basics of hypnosis: what is hypnosis, how did it develop historically, and what role do sub-consciousness, trance and suggestions play?

Chapter 2 deals with Helix as an overall concept and how you can use it to make your hypnosis more successful.

In Chapter 3, I describe examples of how Helix can be used in both therapeutic and entertainment hypnosis and how you can utilize this model to develop your own scripts and procedures.

Chapter 4 is devoted to the question of what you can do if something doesn't work out as desired. The »No Fail Protocol« also helps you to minimize the risk of failure right from the start.

Part Two: Application Examples, starting on page 98, explains in detail all the steps needed for several hypnotic experiences and how you can combine them to build an overall hypnosis sequence. With this, you can easily create your own little »show« for the next party, street hypnosis or other occasions.

I intentionally do not explain any therapeutic examples and

procedures. In my opinion, these belong to a well-founded hypnotherapy training and not in a self-study book. However, if you are an active hypnosis coach, you will still find tips and explanations throughout the book that will help you in your therapeutic work.

From time to time you will read contents that are already described in a similar way in my Handbook of Instant Hypnosis (Faith 2016). I avoided repetitions as much as possible or added additional explanations and perspectives in the sense of Helix.

At the end of this book there is a list of references where you will surely find one or the other book worth reading.

PART ONE: THE DNA OF HYPNOSIS

1. What is Hypnosis?

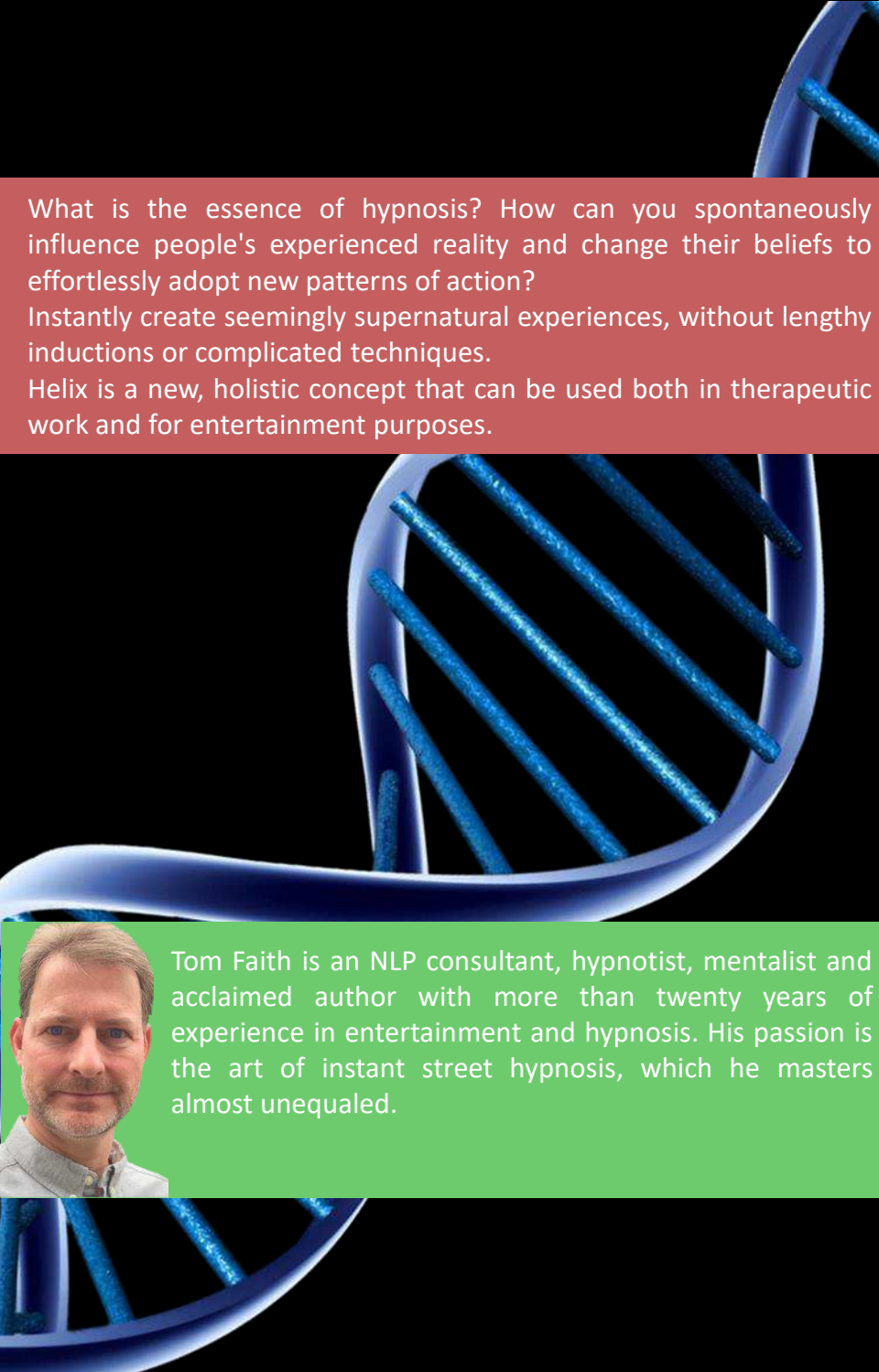
»If you ask ten experts for a definition of hypnosis, you get eleven answers.«

I'm not going to add a twelfth definition. Unlike most explanatory approaches, Helix rather relies on the commonalities of existing hypnosis definitions and offers a new, direct and practical view on relationships and functions of known hypnotic elements. Whether in therapy or show, the approach presented will help you better understand and practice hypnotic processes.

Before we further examine the question »What is hypnosis?«, I would like to explain a few important basics.

The Subconscious

First, I would like to focus on an important player, without whom mental influence would not be possible at all: the subconscious mind. It is our best friend, an ally in all situa-



What is the essence of hypnosis? How can you spontaneously influence people's experienced reality and change their beliefs to effortlessly adopt new patterns of action?

Instantly create seemingly supernatural experiences, without lengthy inductions or complicated techniques.

Helix is a new, holistic concept that can be used both in therapeutic work and for entertainment purposes.



Tom Faith is an NLP consultant, hypnotist, mentalist and acclaimed author with more than twenty years of experience in entertainment and hypnosis. His passion is the art of instant street hypnosis, which he masters almost unequaled.

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