

Professional Hypnosis Training

A Self-Guided Course

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Professional Hypnosis

This guide is for professionals and students of modern hypnosis. The technology of hypnosis has changed and expanded so rapidly in the past few decades that printed material can barely keep pace with new discoveries.



For most of its history, hypnosis was mysterious and scary because it was associated with mysticism and mind control. In reality, hypnosis is a natural phenomenon, often used under other names by clergy, therapists, healers, sales professionals, advertisers, doctors, lawyers, teachers, marketers, lecturers and business professionals.

In this book, you will learn about the technology of hypnosis and how to use it effectively. You will discover how hypnosis can help you accomplish goals in your business, social, spiritual, and personal life.

You will learn how hypnosis, when combined with other tools such as Neuro Linguistic Programming (NLP) and traditional therapeutic models, is one of the most dynamic tools for change available today.

Learning hypnosis is an adventure that will take you inside the mind to discover and awaken the highest potential of yourself and others. Enjoy it!

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Hypnosis From the Beginning

Hypnosis, in one form or another, can be traced back 4,000 years to Egyptian sleep temples. Modern hypnosis really began around the 15th century with the realization that humans are physically and emotionally affected by belief and faith. During that era, Catholic Bishops healed the sick using the bones of saints as talismans. It didn't take them long to discover that, if the patient believed the bones were from a saint, the "miracle" cures still happened, even though they were using ordinary human or animal bones. This was a closely guarded secret.

In the 18th century, Franz Antone Mesmer (the father of modern hypnotism) began using his own system of cures—Magnetism. Born in Germany in 1734, Mesmer originally studied to be a Jesuit priest. He eventually realized that he had no calling to priesthood and abandoned it to study medicine. He believed that humans were affected by magnetic energy coming from the stars.



Franz Anton Mesmer

Mesmer believed that when this was out of alignment with the body, it resulted in illness. His evidence was from experiments performed when he placed magnets on a patient's body. Very often, the patient got better after a magnetic treatment. His treatments were so successful that people came to him from all over the world.

Eventually, Mesmer found that he could also perform healings without magnets, using only his hands to channel the magnetic forces. Soon, he discovered

that, if he “magnetized” objects like trees and water, he could also bring about healing. Eureka! He was in business. He bottled and shipped his magnetized water all over the world as a general curative. One of Mesmer’s most bizarre treatments was the Tree Cure. He would “magnetize” a large tree, then tie patients to it and leave them there overnight. In the morning, the patient was often cured.

Whether Mesmer had unknowingly tapped into some sort of universal healing energy modality, like Re Hu Tek™ that modern energy healers use, or he was unwittingly successful at using the power of suggestion, we may never know. In either case, he was successful. His patients recovered quickly from ailments that contemporary doctors were unable to successfully treat. Unfortunately, most physicians of his time were neither interested in Mesmer’s miracles nor pleased by Mesmer’s successful free clinic.

Finally, after a long battle with the prevailing medical model and prejudices, he fled Germany and settled in France, then Switzerland. He eventually moved to Switzerland, where he spent the remainder of his life. He died in 1815 poor and emotionally broken. Fortunately, before he died, he taught many open minded men of medicine his theories of Magnetism.

Today, Mesmer’s techniques would more likely be used by energy healers than hypnotists. But he was the catalyst that brought about the theories of suggestion that are used in modern hypnosis.

An excerpt from the book *The Key to Hypnotism*, by Robert G. Ellsworth, M.D. (published 1902), gives general directions for the practice of Mesmerism:

Lock the door; place a chair in the center of the room; imagine somebody sitting in this chair; stand opposite to it at arm's length with the intention of putting this imaginary person to sleep.

Stretch out both hands at full length with the fingers extended and pointing to the eyes of this imaginary person (at a distance of about three inches), the backs of the hands being naturally upward; bring both hands gradually down to the feet; this is the downward magnetic pass; open the hands, and bring them back, not the same way, but with a circular motion on each side of the chair, until they are raised to the original position.

Mind or energy intention to put your patient to sleep must be put into each downward pass. Remember, downward passes produce sleep, upward passes, wakefulness, so that an upward pass should never be made in front of the body, because it undoes the work of the downward pass. Practice the passes for ten minutes, or even half an hour, or until such time as you feel the tips of your fingers tingle with the sensation of the escaping MESMERIC AURA.

The passes should be made rather slowly, the shorter at a rate of about ten per minute; and the longer from five to seven per minute; when the passes are made rapidly, they occasion a current of air, which has the effect of delaying the mesmeric sleep.