



WHAT YOU NEED TO KNOW
ABOUT HYPNOSIS

HYPNOSIS IS A
HUGE FIELD.

Example, it's used in advertising. If your mind slips into hypnosis, you will probably buy.

It is used in politics, same reason.

THERE IS NO
MAGIC. THERE
ARE 5 LEVELS
OF MIND
BASED ON
HOW FAST
ELECTRICITY IS
SNAPPING



1. If hooked up to bio feedback equipment, 5 speeds are measured.



2. Fastest, too much coffee or at a pun contest



3. Next, you are at work sorting paper clips by size and color. (or whatever you do for a living)



4. The next two are named hypnosis. (Alpha then Theta)



5. And the slowest is where you're asleep (Delta)

WHAT GIVES HYPNOSIS ITS MAGICAL QUALITY?



If you make a decision in these two levels of mind it tends to stick.



Alpha and Theta

HOW DOES THAT
WORK WITH
DECISIONS?
WELL,
DECIDE TO HELP
SOMEONE MOVE.

Fastest speed - you won't

Next speed – very unlikely

Next 2 speeds (Hypnosis) – you will show up Saturday morning to help move or have a strong desire to.

Slowest speed – You're asleep.

So... if you make a decision in either of the two levels of mind called hypnosis it will tend to stick

WHENEVER
SOMETHING
NEW HAPPENS,
OUR MIND MAY
AUTOMATICALLY
GO TO THE
BRAIN-WAVE
SPEED OF
HYPNOSIS



Example: a few days ago they were working on the roof air conditioning system. If the chain had slipped by 3 inches (CRASH!!!) Technically we may have all have been instantly hypnotized. What just happened?!?!?



Whatever emotion you just happened to have; the mind leaves emotional imprints behind. It will actually change your personality and your decision-making process if this or something similar happens in the future.



More Examples?

FIRST TIME YOU
SLID ON THE ICE
IN THE CAR.

YOUR UNCLE IS
DRIVING!...

Woo-Hoo Uncle!!! Do it again!

And He does! And he takes us over
there and does it again.

And now, out to hot cocoa!

You had a great day!

The background is a dark teal gradient. In the corners, there are decorative white line-art elements resembling circuit boards or neural networks, with lines connecting to small circles.

It was really fun...

In Your mind, you decide, “When I’m old,
I’m going to have FUN driving in the snow.”

20 YEARS
LATER...

NO THOUGHT
ABOUT IT SINCE.

THE CAR
SLIDES...

Whoa! Check it out! We're sliding!

Or... Hey! they're sliding!

WITHOUT ANY PRE-THOUGHT OR
PRACTICE

Your entire mood went from normal, boring
drive to **HAPPY, EXCITED, and ANIMATED**
with the sliding of a car...

YOUR DECISION PROCESS IS DIFFERENT!



You see an empty parking lot. Hey, let's go play.
YOU SPIN AROUND A FEW TIMES....



High fiving each other about how clever you are, and
you finish your trip to Spokane.



By the sliding of a car, with no practice your mood
went from normal to excited.



By the sliding of a car, you went from mature-
careful, to spinning around in an empty parking lot.



That is 'Manchurian Candidate' level hypnosis.

- 
- The background is a dark blue gradient. In the corners, there are decorative white and light blue circuit-like patterns consisting of lines and small circles, resembling a network or data flow diagram.
- WE THINK WE DID ALL THAT!!!!!!
 - NOPE!
 - ALL OF THAT HAPPENED AUTOMATICALLY..... BECAUSE...
 - WE ACTUALLY DID ALL OF THAT 20 YEARS AGO WHEN WE MADE A DECISION IN THAT SPECIFIC FRAME OR LEVEL OF MIND.

WHAT IF THE FIRST
TIME YOU SLID ON
THE ICE IN THE
CAR...

YOUR OTHER UNCLE
IS DRIVING!...

The car slides... and he hits a mailbox!

Oh No!...

No one's hurt. So you dig out.

Everything's ok. BUT... someone called
the Sheriff

The whole day is ruined!

The background is a dark teal gradient. In the corners, there are decorative white line-art elements resembling circuit traces or neural network connections, with small circles at the end of the lines.

It was NO FUN AT ALL.

In Your mind, you decide, “When I’m old,
I’m going to BE CAUTIOUS and NEVER
SLIDE when driving in the snow.”

20 YEARS
LATER...

NO THOUGHT
ABOUT IT SINCE.

THE CAR
SLIDES...



OH NO!! We're sliding!



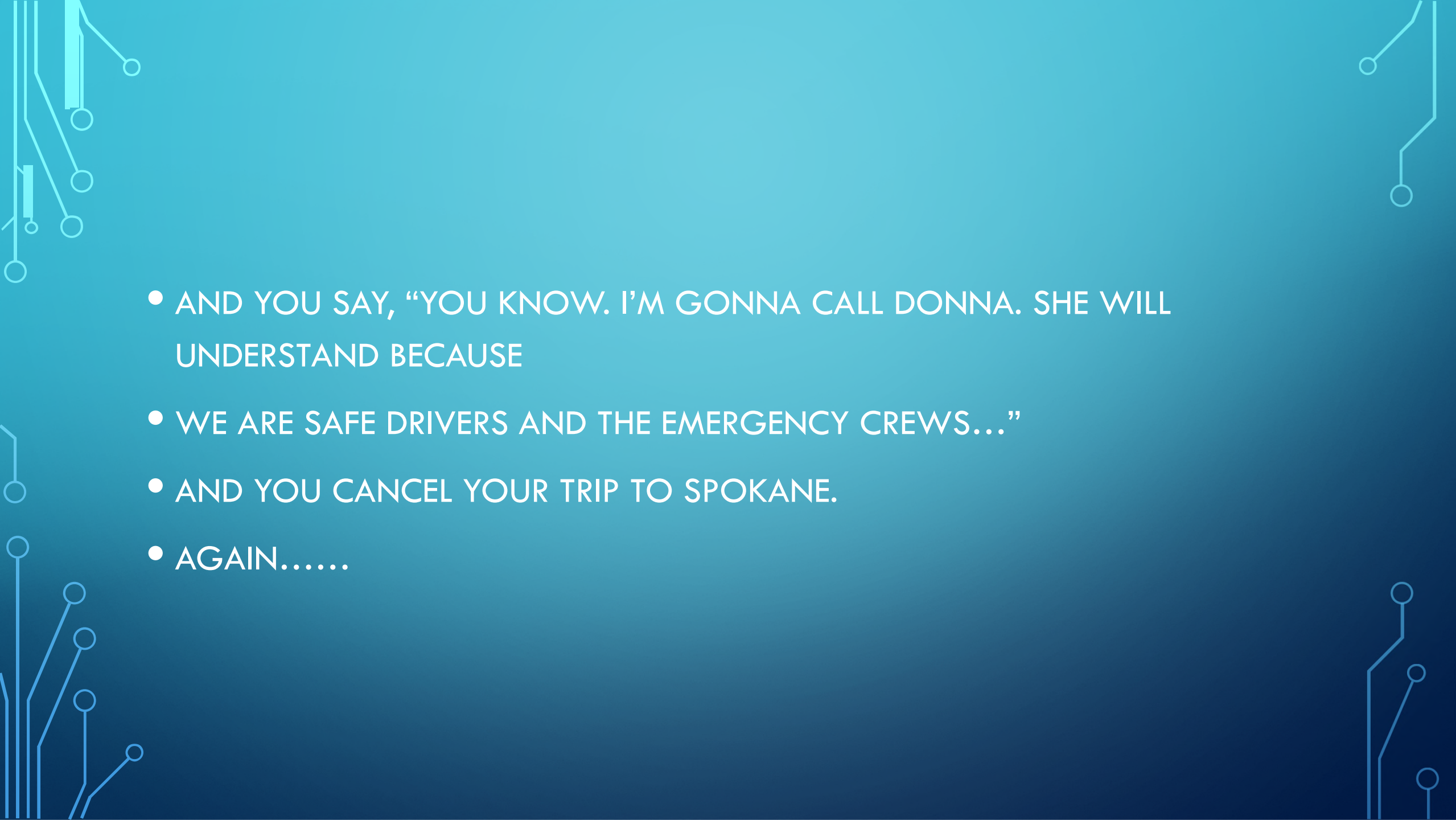
Or... Hey! they're sliding! I HOPE THEY
ARE OK!!!

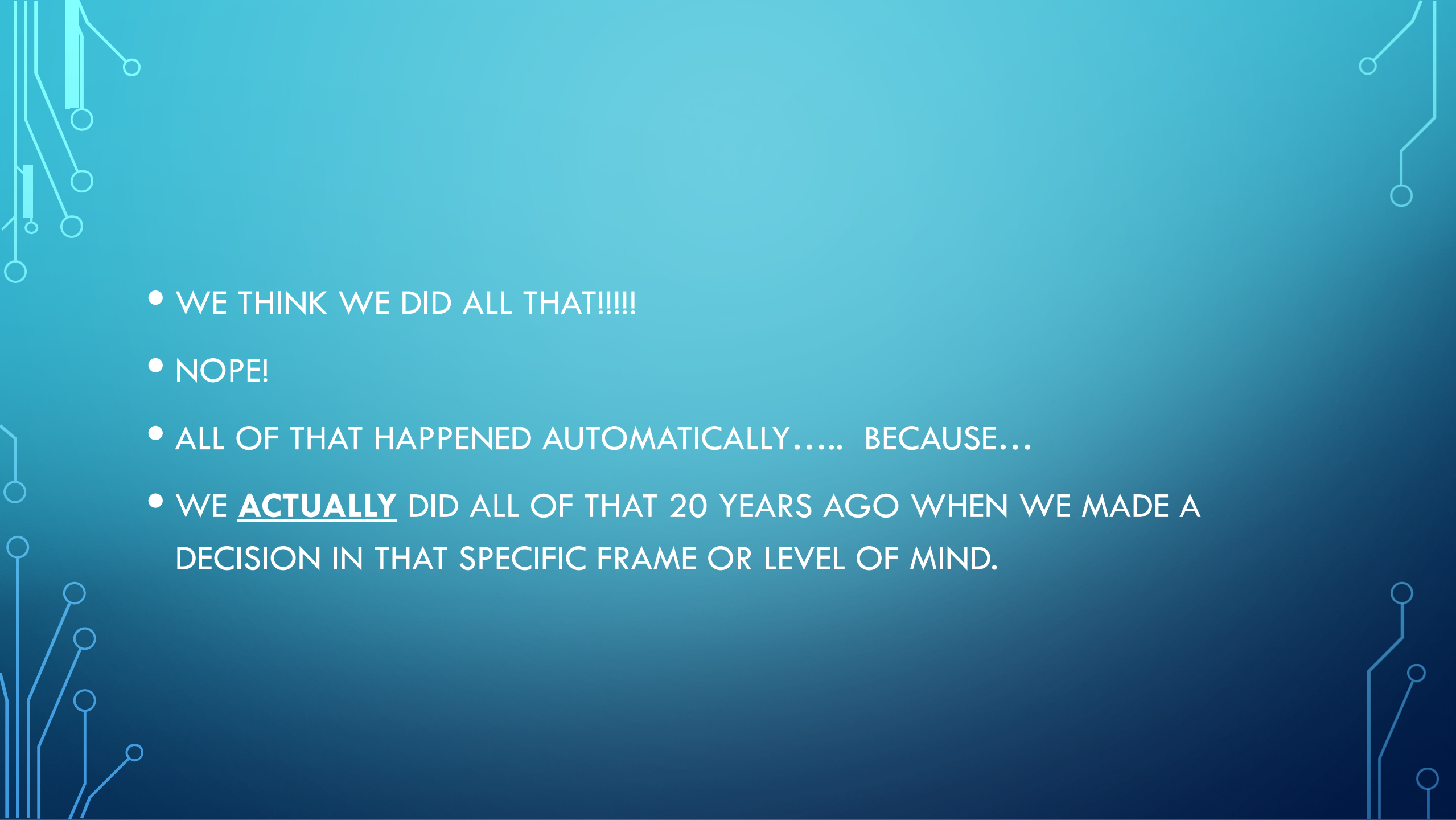


WITHOUT ANY PRE-THOUGHT OR
PRACTICE,



Your entire mood went from normal, boring
drive to worried/anxious and animated
with the sliding of a car...

- 
- The background is a solid teal color. In the four corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines connecting to small circles.
- AND YOU SAY, “YOU KNOW. I’M GONNA CALL DONNA. SHE WILL UNDERSTAND BECAUSE
 - WE ARE SAFE DRIVERS AND THE EMERGENCY CREWS...”
 - AND YOU CANCEL YOUR TRIP TO SPOKANE.
 - AGAIN.....

- 
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THAT MAKES A LOT
OF LIFE START TO
MAKE SENSE,

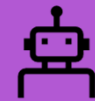
DOESN'T IT?



When something happens and you ALWAYS feel a certain way or suddenly act NOT YOURSELF,



you were triggered, or overwhelmed emotionally,



Have to smoke, eat, get angry, feel bad, feel guilty, and etc,



Chances are it was started by past emotion/decision in a way that was similar.



It means you are working perfectly!

SO..

WHAT WE WANT
TO DO IS...



Go back to that level of mind called Hypnosis,



Make a NEW decision based on what is right for your life NOW,



Flood your emotional system with WONDERFUL feelings (we are triggered and controlled by emotions after all)



And...



You will notice a difference immediately.

IT DOESN'T HAVE
TO BE PERFECT!

JUST GET UN-
STUCK

Ever been stuck in the snow? 4 minutes is a lifetime!

A guy with a chain pulls you out. We don't say.....

Hey mister! Come back, I'm 3 degrees off!

Nope... Even if we are BACKWARDS

It's a PLEASURE to drive $\frac{3}{4}$ of a mile the WRONG WAY
and turn around.

If he is still there, we roll the window down and thank him
again.

IT DOESN'T HAVE TO BE PERFECT!

SO...
THAT'S WHAT
WE DO HERE.

MAKE SENSE?



Identifying underlying emotions and triggered responses,



Identifying target emotions and desired triggered responses.



Got there pretty quick didn't we? Not perfect, close enough!



Making clear the decision parameters and details.

ONE MORE TIME?



Identifying underlying emotions and triggered responses,



Identifying target emotions and desired triggered responses.



Identify new beliefs



Reduce old emotions,



Apply new emotions



Making clear the decision with parameters and details.



Go to hypnosis



Get 'er Done!

DECISION PROCESS IS THE MONEY SHOT



The difference between successful Habit Change and a nice try is..



A clear decision,



Most details covered,



Put together in advance, and



Make the decision **WHILE IN**
the state of mind (brain-wave
speed) called hypnosis.

**Your Hypnotist/Programmer will take
care of the details!**

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FOR MORE INFO

See 'Introduction to NLP'.