

**Unleash Your
Inner Power:**

**Secretly
Hypnotise
Anyone
Anytime
Anywhere**

Notice To Readers

The contents of this book should never be considered as a substitute for medical advice, and neither should the views, opinions and advice in the following pages be seen as anything other than general information. You should always consult your own doctor – or other fully qualified medical practitioner – for advice and information about any aspects of your health. Adequate training, qualification and certification should be considered before inducing a trance or hypnotising another person. Additionally, although every effort has been made to ensure the accuracy of the information provided in this publication, neither the author nor the publishers can accept responsibility or liability for that information, this including any of the opinions or advice expressed in the following pages.

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What is Hypnosis and How Does it Work?

The word ‘hypnosis’ comes from the Greek word ‘hypno’, which means ‘sleep’. And like sleep, hypnosis is a completely natural state of being; it’s a state of mind although not exactly a state of sleep.

Under hypnosis, you feel fine, maybe a little mellow or even a little light (or weightless). For some, the feeling may be described as euphoric or intoxicating. Sounds too good to be true, doesn’t it? But it is true! In fact, many hypnotists believe that certain functions – like imagination, creativity, memory and the ability to respond to suggestion – are enhanced during the actual hypnotic process itself. Naturally, it is the ability to respond easily to suggestions that makes hypnosis so appealing . . . and effective! Some of the earliest recorded practices of hypnosis were performed by a charismatic 18th Century healer by the name of Franz Anton Mesmer.

During his earlier treatments, Mesmer would apply magnets to his patients’ bodies in elaborate theatrical rituals that were believed to help cure various kinds of illnesses. Mesmerism, as it was called at the time, was seen as a spiritual, religious and scientific approach to treatment.

Mixing all those elements together, however, led to the

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creation of mesmerism as a new form of entertainment – or stage hypnosis as it was later known.

Early scientists and physicians recognised hypnosis as a legitimate psychological phenomenon. But Mesmer took it one step further and believed that he was using hypnosis as a cure for a variety of ailments.

This then led to the belief that the process had more to do with the combination of the human imagination and the role of the mesmerist – or hypnotist.

Following Mesmer was Sigmund Freud who believed that hypnosis had more to do with the power of suggestion. Freud was reportedly a very poor hypnotist and would later amend his hypnotic procedure by simply placing his hand on the subject's forehead to initiate a hypnotic state.

Can you Use Hypnosis to Secretly Hypnotise Anyone . . . Any Time?

Absolutely! I will show you how to use and access the power of suggestion.

The Power of Suggestion

The power of suggestion is enhanced through practice and repetition.

When something is repeated it is easily remembered. Whatever our subconscious hears and sees often enough (with feeling) becomes a desired goal. In order for you to make the most of this power, however, you will need to incorporate several key components. After all, you want this

to work . . . right? Understand this: hypnotic suggestions play upon passion, emotion, desire, attention, intention, concentration and action. If you can get all of these to work for you I guarantee you will see some pretty amazing results. You will not only attract the right partner, but you may also attract new ideas and money!

What They Want to Hear

Before you even open your mouth to say anything, you need to be aware of your own personal appearance. Appear confident, stylish, emotionally and financially stable.

What's next?

Repeat their name, and compliment them on their appearance. Listen to them and ask questions based on what they've said (that will show that you've been listening). Talk about your feelings – particularly how you feel when you're with them. All of this will give you the power you need to lure them into a hypnotic state.

Once you've achieved a comfortable level of intimacy, you can then secretly hypnotise them. From there . . . the sky is the limit!

How Do You Know What to Suggest?

The imagination is a powerful tool. Finding a way to trigger the imagination is key to figuring out what to suggest. 'Trigger words' are words that when spoken, trigger a heightened response. Before hypnotising anyone you must know ahead of time what you want and what to suggest.

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You need to approach hypnosis with a plan.

It's all about watching for the signals. Without realising it, most people subconsciously reveal their wants and their desires. It is up to you to keep those in mind when it comes time to put your power of suggestion to the test.

Unleashing Your Inner Power: Post-Hypnotic Suggestions

Post-hypnotic suggestions are those made during a hypnotic trance with the intent that the subject will act them out at some time after full consciousness has been regained.

Not sure what to suggest? Depending on what you're after, you may want to try a number of suggestions to achieve your desired results. For example, if you're looking for romance you may want to suggest something to that effect.

To make this process as simple as possible, I've created a number of post-hypnotic suggestions for you to practise and to keep on hand. When the time is right, you'll know which one to use. (Speak these words out loud only when the person is in a hypnotic trance.)

“From now on, anytime you see me touch my nose, you will kiss me passionately on the lips.”

“From now on, anytime you hear my voice say, ‘food’, you will wrap your arms around me and hug me like a giant teddy bear.”

“From now on, whenever you hear my voice say, ‘interesting’, you will want to do something adventurous with me.”

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“From now on, whenever you hear my voice say, ‘sexy’, you will immediately feel sexy and want to seduce me.”

“From now on, whenever you hear my voice say, ‘hot’, you will tell me that I am an incredible lover!”

Choose only ONE post-hypnotic suggestion to use at a time, or create your own. You have the power.

Hypnosis in SIX EASY STEPS

Once you have selected your post-hypnotic suggestion you are ready to put it to the test. By following these simple instructions, you can secretly hypnotise any person (anytime, anywhere):

1. First, you have to get the person’s attention. Approach them in a non-threatening way. Strike up a casual conversation, gain their trust and make them feel comfortable.
2. When talking to them, act naturally and be discreet. Speak in a low, slow relaxed voice. Remain calm and show very little emotion. Your mission is to relax the person completely. You want them to be in an accepting, affirmative frame of mind. Your soothing voice will put them into a trance.
3. Watch their eyes for any trance-like entrance. As they relax you will see the pupils of their eyes begin to dilate. They will assume a drowsy appearance.
4. Start suggesting softly. If they are under your spell, they will be vulnerable to your suggestions. Do not overdo it. Give them only one post-hypnotic

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suggestion. Repeat the suggestion a few times.

5. At the end of the session, clap your hands to end it. This should snap them out of their trance.
6. To bring them back from their trance, start speaking more rapidly in a louder voice. They will still be relaxed and they will remember your suggestion. They will be inclined to obey it as soon as they receive the signal.

Practise all these steps until you can do them automatically and with confidence. Never reveal to your subject that you have hypnotised them . . . the key to secret hypnosis is relaxation and trust. When they are completely relaxed you will have their complete attention and you will be able to persuade them to do anything.

My dear friend, I wish you the best of luck and the best of times. If you are unsuccessful on your first attempt you may need additional practice . . . and you know what they say about practice: practice makes perfect!