

## Conversational hypnosis revealed

Wondering if conversational hypnosis is real?

Allow me to present some definitions before going right into the big ball game of hypnosis.

Okay so what really is "hypnosis"?

"To bypass the critical factor and establishment of acceptable selective thinking" would be the picky definition/meaning of the word.

What?! Lemme explain...

The "critical factor" is an area of the mind that keeps the subconscious mind safe. It prevents it from allowing a far-fetched suggestion to be considered as reality. For instance, if I said that raisins turn to coins when held, your "critical factor" part of the mind would take the info and compare it to the memories & experiences it had already stored earlier in life, and reject the statement. Conversational hypnosis is perfect for busting down the walls of the unconscious mind.

When under hypnosis, the "critical factor" part of the mind is bypassed. The things the hypnotist tells you are then put into your subconscious without any problem. The suggestion is then considered at face value and believed (since the critical factor is "paralyzed"). The suggestions you are given will be then taking effect on you (such as feeling as if it's true).

But bypassing this "critical factor" we speak of is not every piece of the puzzle. Very constructive conversational hypnosis also requires the hypnotist to direct the subject into a highly focused state of attention. The "...establishment of acceptable selective thinking" section of the definition we talked about earlier is now coming into play. Why 'acceptable'? Because an individual can not tell other human something so outrageous and it totally gets in the way of their CORE values with conversational hypnosis. Let me explain: if you're told to run over an old lady with your car on the highway, you won't do it if it goes against your core values in life. What would happen is you'd just 'snap out of it' or simply ignore the instruction altogether. In other words, conversational hypnosis works very well - just don't use it for ridiculous things.

If you're pondering the "conversational" part of conversational hypnosis, let's dig into it a bit here...

When putting hypnotic 'suggestions' into someone with CONVERSATIONAL hypnosis, the subject is not aware of the hypnosis taking place within them - their 'critical factor' is still be bypassed, too! The hypnosis that is being enacted into his/her mind is taking place without the person even knowing what's going on! Quite simply, using conversational hypnosis is hypnotizing someone in an unconscious way.

This is done by using several different linguistic and nonverbal methods of implementation. Conversational hypnosis also requires a few rules to be followed that are outlined below. Note that each step outlined below doesn't necessarily have to be followed to-the-letter. Some steps can be accomplished quite easily...allowing you to smoothly move along to the next one.

The steps in order to apply effective conversational hypnosis are outlined here:

1.) Pull in the subject's attention & then keep it. For obvious reasons you'll need their attention so you can suggest them shortly. It's required to have their attention - that way you'll be able to guide them into an open frame of mind.

2.) You must have rapport with him/her! Rapport can be defined as a relationship of mutual understanding or trust and agreement between people. Simply, it's a positive feeling you have for someone because you feel like you understand each other clearly. So having very nice rapport with someone BEFORE putting forth the hypnotic inductions is important.

3.) The induction of the trance. This is the part where SPECIAL LANGUAGE patterns are brought out into your subject's ears that will put him/her into a hypnotic trance-like state of mind without them realizing it with their eyes open. One thing to consider here is that human beings go into these hypnotic states of mind naturally...all the time! A quick example would be when you ask a salesman about a particular car on the lot you know NOTHING about. All his answers would be taken in as a form of conversational hypnosis simply because you know nothing about the subject so nothing would be questioned critically by your mind. Humans do not critically question things...naturally! Humans more often than not will take new information and facts as the truth. For example, the news on television is a place where humans take information at face value. Most of the time the information taken in from that source is not watched all too critically. The information that they hear is not questioned critically and is generally

supported as being true. So is the concept of conversational hypnosis starting to make a little sense to you now?

4.) Send suggestions out. This is the part where you take the "code" and install it into their computer chip you want programmed in their brain to stay. There are SO MANY EFFECTIVE methods of conversational hypnosis that have been under development and tested that have been proven to be the best ways of presenting these suggestions/commands without the subject realizing it. The website at the bottom of the article will provide resources to access this valuable information.

So there you have it - the steps to set forth effective conversational hypnosis!

P.S. In case you're wondering how long it takes to go through all these steps, it really varies depending on the hypnotist's skill and the actual person/client being induced. There are cases where, with just the right blend of tonality and body language, a hypnotic trance can be stirred up into someone within a matter of SECONDS! When you understand the structure of the hypnotic process, you'll realize the simplicity and power conversational hypnosis can have!

### About the Author

To learn more about hypnosis Then be sure to visit the [conversational hypnosis training](http://www.conversationalthypnosis.net) web site at <http://www.conversationalthypnosis.net>

Source: <http://www.contentking.eu>