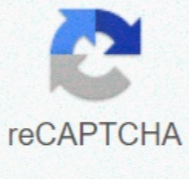


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Hypnosis tricks pdf

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Technical hypnotismo - secret hypnosis What is hypnosis - hypnosis is a state of awareness of a trans sleep when the unconscious mind is very active. This is a great psychic capacity of command, and cast impressions of full impressions to others. Hypnotismo is a self-healing tool also, which can be called self-hypnosis. It allows from the mind conscious to the subconscious or unconscious mind and make you increased attention and concentration on a particular thought. Hypnosis is a scientific psychic art in which it looks for hypnotiser to hypnotize someone with specific hypnotism devices. A hypnotized subject follows almost all the hypnotist orders. Have you ever seen a magician who hypnotized a boy and ordered him to be a girl and he reacts mentally like a girl or made him as an animal and the subject mentally turning into that character. In fact, hypnotism is strange knowledge to control and influence the thought of another person and mind. Hypnosis tips and secrets - hypnotism in Hindi how to do hypnosis - learn real hypnosis hypnotism tips and tricks - if you want to learn Hypnosis, follow a basic principle of hypnosis driving. 1. Have faith in hypnosis - many of us cannot believe this, but today many psycbe doctors and therapists use hypnosis as an alternative therapy. Through hypnosis, they make their mind for the fight against diseases. Even some surgeons use as anesthesia and doing surgery and the patient does not feel the pain of an operation. Many investigation agencies use hypnotism techniques to discover the truth about the object you want to keep the secret. Before learning hypnosis, you should read the American Psychological Association article so that your trust can be strong on hypnosis. Remember, this is not a magic, nor a spell, it is purely a psychic hypnosis technique, but its results seems paranormal. So have faith in hypnosis. 2. I can do hypnotism - Believe in yourself that you can do hypnosis, if faith is not possible in yourself, negative energy works and you can't get success. Then believe in themselves before starting the guided hypnosis application. 3. Execute faith in the hypnotized person - the main tip, when a hypnosis session starts, you need to start with a friendly chat with the subject and make you believe you can throw it up of him / her. 4. Before practicing guided hypnosis, you need to improve clairvoyance skills with meditation. This is not necessary, but I highly recommend it. It will improve your power of command, faith, and positive energy. 5. These hypnotism techniques may not work with a person in a mental retirement, the person who does not know and understand the language and instructions and those who take hypnosis as a whole joke. 6. A hypnotized person cannot follow your orders if orders are very against her / her attitude of her, religion, moral or legal activity. When subject find this kind of orders, the unconscious mind begins to protest, which knows that this is not right, and he or she becomes outside the hypnosis process. It is not possible to anyone hypnotize without her / her own her will. 7. It is never heard that a hypnotized person cannot wake up from the trans or sleep. If you don't wake up the person, the subject can fall into a natural sleep and wake up automatically. And if you lose the command, or a person do not follow your instructions, the subject can fall into natural sleep too. Before the start of the hypnosis session or knowing how to make hypnotism, keep in mind there are many tips from hypnosis and tricks that can be followed to learn hypnosis. If you want to know how to hypnotize someone, apply this type of session. Tell the person you want To sit on a chair or lie on the bed. Instruct the subject to relax and loosen the body. Tell him to make deep breathing and forget the other things in the world. We need to Slack hypnotized person then, make an illusion in front of her or her eyes with her circle an illusion or pendulum or small crystal sphere. During the presentation of illusion, start an ipnosis a hypnosis In solemn sound. Text of hypnosis language - "Now you should follow this pendulum with your eyes without a flashlight beat look at this pendulum you are looking at this without a beating bullet, ... it's this stress for your eyes, no matter ... do constantly it seems you can't open your eyes more, I feel it .. you can also feel ... now ... you feel that your body is so relaxed that you can not move it except your eyes ... you feel alone now ... so, you want to relax ... you want to sleep ... close your eyes go for a nice sleep ... Do you sleep ... now I'm going to start counting from one to ten, concentrated on this, on every count you will go to sleep more deep and deeper 10 ... 9 ... 8 ... sleep ... 7 ... 6 ... 5 ... Go to deep sleep ... 4 3 ... 2 ... sleep ... 1 ... now you're in sleep ... in a deep sleep. Now follow my orders and my instructions ... when I will contain from 1 to 10 and qti Ando I will arrive on the tenth number, you will wake you totally, then open your eyes slowly and rest for a while. "In this hypnotism technique you can educate the subject to satisfy your orders, you should order anything during the hypnotiztio speech. Well, how to know that the person is hypnotized or not, take some tests, even if you can test it with your own Examination. 1. Tell him during practical hypnotism "I'm going to pinch on your hand, but you won't hear anything", pinch and watch the results. 2. "Stay the leg or hand until my next order, but you can't hear No pain or stress, saying so much symbols of the subject. If hypnotized, the feeling is not out. 3. You know in a deep sleep, the corneal of the person's eyes remains towards the eyebrows, check it. And if your fingers They bend towards the palm, you can try to straighten them, if the subject in deep sleep, your fingers return to the position of the curve. This is a unique hypnosis suggestion. How to practice self-hypnotism or how to make selfpnosis you know how to practice the autose Oipnosis, there is a way to hypnotize yourself. It is more difficult to miss another person. You should look at the circle of crystal or illusion of the circle of illusion or candle lumen and after a few days, you could see another illusion, you could meditate through this, you don't need to make a hypnotice speech because you know it in your inner soul , what are you doing, you should take a resolution to what you will have the hypnotism car. Benefits of hypnotism who is hypnosis, anyone can learn and serve people with this mystical power. Hypnotism can be used for relaxation and reduce anxiety. With the help of hypnosis tricks it is possible to improve memory power, trust and reduce pain or mental and little physical stress. If you are more sincere, you can improve ability and psychic powers with hypnosis. This is also used for the recall of memory or past recall. It can be used to leave even bad habits. You can hypnotize any person who can understand your command. To hypnotize the other person, you don't need to get a degree. You just need to learn the passages of hypnosis to make a trans-state state. How long does hypnosis last? The hypnotism session can be for a few minutes for a few hours, which depends on the effect or the effect or the hypnotee order. But it can't always be forever. Can anyone remain stuck in hypnosis forever? No, there is no one or reported case in which anyone who was blocked in hypnosis forever. If hypnotist does not give command to finish the session. The hypnotized person wakes up by trance to sleep automatically. A hypnotized person remembers being hypnotized? Usually, the hypnotized person can remember the whole session after the end. Unless, the hypnotant gives the command to forget everything about the session. Are there differences between hypnotism and Vashikarn or Strewitment? Hypnosis is scientifically proven art and Vashikaran or Strewitment is another pseudoscience. Vashikaran is using spells or magic, which can be dangerous and can be permanent, even years but hypnotism didn't last so long. Try answering Buzzer for more The first step of hypnosis, hypnotic induction is the process that a hypnotizer uses to put the customer in a state where they are more open to suggestions (known as a trance). There are many types of inductions.why non-therapists ask for a make yourself comfortable € and provide a comfortable leather sofa to fix up? EÀ € s more than a common courtesy. Relaxation is a method commonly used by therapists and a technique for hypnosis beginners. If the customer is relaxed, they can fall into a trance and the mind is open to suggestion. They are more likely to talk to you and be open to indirect suggestions. Here are some common methods of relaxation: Realize Comfortablelay back of the greetings in your headcontrolled breathingrelax & muscelselexpeak tense in a soft Tonemililton Erickson A € The father of hypnotherapy A € is famous for using the handshake technique as a way to induce hypnotic trance . Handshake are the most common form of greeting in our company. The technique of handshake upsets the subconscious by interrupting this common social standard. Instead of tightening the hand normally, the hypnotist would interrupt the model that our mind has established grasping the wrist or pulling the subject forward and out of balance. With the interrupted model, the subconscious mind is suddenly open to suggestion. There are two brain balls A € right manages the most A and to the conscious and left side creativity A € PracticalA € and subconscious. In any conversation we are looking for feedback from those who listen to seeing our statements react. Look at the eyes of the subjectA € s. Are they looking on the right, access to the conscious or left to the subconscious? Are they fixed with an object in the room? If they log in to the subconscious, you can make a suggestion that are not aware of. Advanced Tip: Insert Eye countreading The eye movements of a listener is a common use case. But did you know that as the loudspeaker, is it possible to perform a hypnotic induction on the listener with your eye movements? This new technique has been developed and tested by Stephen Brooks. Watch this video on Inserters Visual contact to learn how. Visualization can be used both to induce the trance and to give suggestions. For example, ask the subject to remember a room are very familiar. Imagine every detail in that room: the floor, the shape of the windows, the painting on the wall, the smell, the light. So passing a room are less familiar with. While they struggle to remember the exact details open the mind to suggestion. Advanced Tip: Use the view to recall positive memories and associate them with rewarding behavior, or to change OneA € s perception of an image. Positive negative and experiences (marriage , Boy, birthday, degree) Bad images Discard (perhaps throw them into the garbage) with this classic Ericksonian technique, the client starts closing your eyes. They ask them to notice the difference in feeling among their arms. The hypnotherapist formulates proposed for sensations in each arm. For example it could be said that the arm feels heavy or light, hot or cold. The customer enters a state of trance and can physically lift their arm or they simply believe in their mind that they raised his arm. In both cases, the induction was successful. Advanced Tip: How to hypnotize a customer with Levitation Preproced arm with caution! Similar to the handshake technique, a subject to finding himself shocked can enter a state of trance. I would never support causing any physical pain to a subject, but Erickson once you have proven this stepping a womanA € s and later with a suggestion. A more mild version would be the failure € a trust that you can have heard of or At a Team Building event. The feeling of falling back ups up uppasses the system and opens the mind to the suggestion, however, you must be sure that you will not drop the subject. have you have never found a duty zoning and staring at an interesting interesting element The room while someone is talking? Have you completely lost what they said? You may have been in a trance. A focus object can be used to induce trance. The most famous examples are the A € a ~ or a A € a ~ " pocket watch ". although these two objects are now associated with hokey stadium hypnosis. You are more inclined to fail and meet the resistance using these objects, due to their reputation. Although there are two secrets behind the fixation of the eyes. First, the object maintains the occupied conscious mind, opening the subconscious to the suggestion. Secondly, your eyes get tired physically when they set or move back and forth. Example: try looking at the ceiling for a few minutes (without bending the neck). The eyes get tired of course and start closing. A popular method for selfpnosis. Starting from the upper body with my eyes closed, it slowly scan from head to toe. Note every feeling A € a ~ "your breath expand the ribcage, the chair on the back, the pain in the elbow, every extended finger, the feet on the ground. Repeat the a €

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