

EXTRACTS FROM JEFFREY STEPHENS TEACHINGS- SOUNDS AROUND

In nearly any environment there will be 'challenges. These may be noises, vibrations, etc. that occur, and over which you, the hypnotist, cannot exert control.

However, you CAN exert control over how the subject responds to these 'challenges. For instance, I have done quite a bit of hypnosis in local shopping malls where there are noises all around, people moving about, even friends of the subject that are doing things which might disrupt the process, intentionally or not.

By using the following, I am able to control the reaction of the subject to these possible disruptions.

[Just after the simple deepener(s), say the following...]

"Starting now... every sound, every voice you hear... inside and out... makes it easier and easier to focus only on my voice... and follow my instructions even easier..."

[Note that this will even cover self-talk. Note also the presupposition at the end. It presupposes that they are already following my instructions.]

"And every thing you feel... inside and out... makes it easier and easier to focus only on my voice... and follow my instructions even easier..."

[As with the first one, notice the ambiguity in the phrase 'inside and out...'. It could mean 'inside the room or outside' or it could mean 'inside yourself or outside yourself'. By being ambiguous, you allow this to cover all possibilities.]

"And absolutely nothing I do or say will disturb you in any way whatsoever..."

[This covers you, should you sneeze, say something wrong and have to correct yourself, whatever, it will not 'disturb the subject.]

AND YOU CAN CHOOSE TO ADD THE FOLLOWING – OR NOT

"Starting right now... whatever I say to you... no matter how ridiculous or absurd it may sound... instantly and completely... becomes your total reality... whatever I say... to you... instantly and completely... becomes your total reality... no matter how ridiculous or absurd it may sound..."

[This is classic patter from stage hypnotists everywhere. I learned it from Jon Chase, but have since seen it used by many different stage hypnotists.]

BUT DO ADD THIS PART

"And starting right now... every breath you take... takes you deeper... and deeper... and you feel better... and better... because the deeper you go, the better you feel... and the better you feel, the deeper you go... That's right....."

