

The Awesome Power Of Waking Hypnosis Suggestion

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One of the most important tools that any hypnotist can have in his hypnotherapy toolbox is the ability to successfully incorporate powerful waking hypnosis in his session. The use of waking hypnosis suggestions will frequently make the difference between a successful or unsuccessful session.

What exactly is waking hypnosis suggestion? The definition is; "Suggestions that are given to a person in a certain manner while in a normal state of consciousness that achieve a hypnotic effect without the use of the relaxed state." This simply means that while just talking to a person, a hypnotist is able to combine his body language along with his words to by-pass the critical factor of a persons conscious mind and implant ideas that effect change. The reason waking hypnosis is so effective is that, because the client does not know you are using a hypnotic technique, their analytical, judgmental and refractive tendencies do not come into play. As long as the suggestions are not offensive to them they are allowed to enter the subconscious mind and their organic computer can begin to be re-programmed.

Many other professions use waking hypnosis in order to have people take a particular action. Some of these professions are, Medicine, Religion, TV Commercials, Attorneys, Automobile Salesman plus much more. For example, when you go to a doctor's office to undergo an examination for a particular problem, when the doctor looks across his desk to tell you the results your critical factor is by-passed. Whatever the doctor tells you is allowed to go into your subconscious mind and becomes part of your belief system. This obviously can be a very dangerous time for you.

In 1988 I suffered a serious heart attack that required emergency by-pass surgery. As they were wheeling me to the operating room I was in great pain and a state of absolute fear. All my hypnosis knowledge went out the window and I was mentally out of control. After I said my goodbye to my family I looked up into the doctor's eyes and asked, "Am I going to make it." My critical factor was completely by-passed and I was in a deep state of waking hypnosis. What ever that doctor said at that moment would make a strong effect on the outcome of my surgery. Unfortunately for me, he looked me in the eye and said, "**We're going to do the best we can.**" Instantly I knew I was doomed. My recovery was very painful and slow until a good friend hypnotized me and removed the negative suggestions that I had received throughout my hospital stay.

Had that doctor looked me in the eye and said, You're going to do great. This surgery

is a piece of cake for us. Your recovery is going to be rapid and very soon you will be better than new, the outcome would had been much better. He had nothing to fear. If I would had died, I could not come back and sue him for lying to me. On the other hand after my surgery, I would have looked at him as a hero. It would have been a win win situation.

This is just one example of how the power of a traumatic situation can achieve a state of waking hypnosis. Trauma is only one way waking hypnosis can be achieved. It can also be achieved by design. Commercials very frequently use sex, humor or shock to by-pass your critical factor. Religion uses custom, music, emotional speech and houses of worship in order to keep believers programmed in their dogma. Television is called the great hypnotiser. If you allow yourself to become emotionally involved in a program, (e.g.soap operas) or commercial your critical factor is bypassed and you are technically in a state of waking hypnosis.

My father was a lawyer. When I was young I use to love to watch him try his cases. As a child, I never fully understood why, during his summation to the jury dad asked the jury to close their eyes and imagine what he was about to say. While the jury had their eyes closed, my father would launch into a very visual and emotionally description of "what really happened." Of course the description would be somewhat slanted toward his clients goal. Many times, as my father planted his suggestions, I saw jurors begin to weep and dab their eyes with tissues. I also watched the opposing attorney shake his head knowing he lost the case. I never saw my dad loose a case. When I asked him why he had the jury close their eyes he said; "When their eyes are closed they can't make judgments through visual clues. Their ability to imagine and believe what I tell them through an emotional delivery is tremendously enhanced and I cause them to become emotionally involved with my client in a very positive way. Now I realize my father was a very skilled waking hypnotist. Milton Erickson was an expert in this type of hypnosis.

How can you, the hypnotist use waking hypnosis in your office. It's easy. One of the best ways you can begin to implant suggestions that will cause your clients mental expectations for a successful outcome is to place your session on a video tape. Before you even begin to talk to the person have them watch this tape. You will discuss hypnosis to eliminate fear and misconception. You will be developing a positive rapport. You see, when a client views an individual talking sincerely and professionally on television, in a professional environment, they accept that individual as an authority.

From the moment you sit down and begin talking to the client, look them in the eye. When you look directly into your clients eyes as you talk to them it initially cause them to become somewhat uncomfortable but will quickly cause their critical factors to become by-passed and you will be increasing your rapport with your client. You then talk to them in a sincere caring manner. This is not the time to be joking. Start giving your client suggestions of success that are meant to take place in the future. After you talk to the client for a few minutes ask them to just close their eyes while you continue to talk. After their eyes are closed, you can either begin with your

uncovering techniques or, if you are doing a direct suggestion session, begin the induction process.

Another excellent time to use waking hypnosis is immediately after you emerge the client from trance. When you have a client open their eyes, they think they are emerged from the hypnotic state. In fact, depending on the individual, they still remain in a state of hyper suggestibility for 30-90 seconds. This is a excellent opportunity to compound and re-enforce the transformational suggestions you gave them.

The useages of waking hypnosis are endless in both your professional and personal life. Incorporating these techniques will enhance not only the outcome of your sessions but also your professional reputation.

Best regards,
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