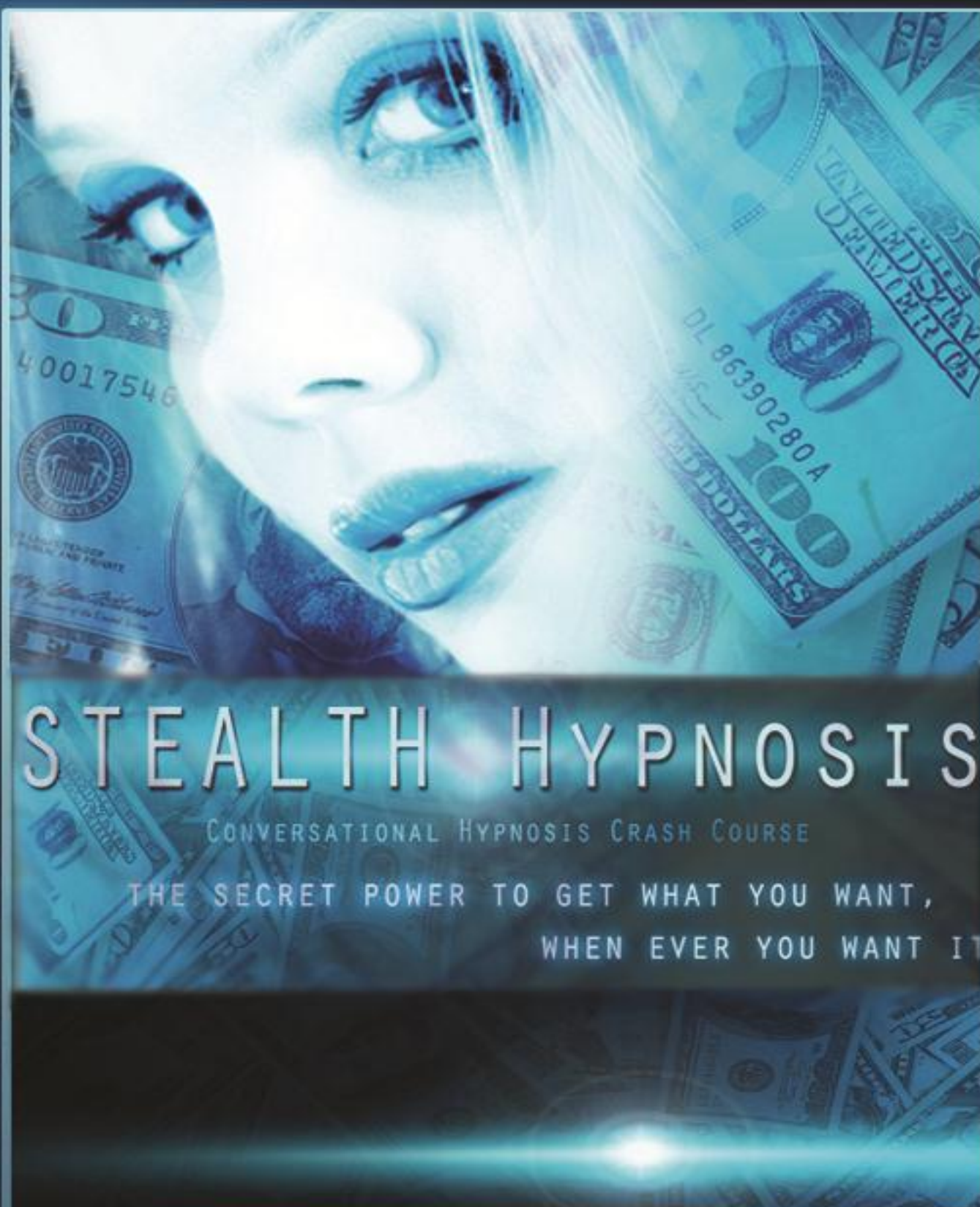




How To Maximize Your Hypnotic Skills In Minimum Time
Workbook Two
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S.T.E.A.L.T.H. HYPNOSIS

HOW TO MAXIMIZE YOUR HYPNOTIC SKILLS IN MINIMUM TIME

Workbook Two

“DIRECTORS”

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Welcome Back To STEALTH HYPNOSIS: How To Maximize Your Hypnotic Skills In Minimum Time.

In this segment we will be exploring the S.T.E.A.L.T.H. category of language patterns we with the designated name - “Directors”

Directors are extremely powerful because they have the power to:

- Instantly Stop, Start or Redirect any thought process your subject has
- Induce hypnotic amnesia
- Re-write reality and give it the exact meaning you want it to have.
- Make anything you say sound completely logical, rational and plausible
- Create massive hypnotic compliance (93-97% in most cases)
- Install powerful suggestions directly into the mind of your subject.

The best part is, you can accomplish all of this using only 3 (that’s right three!) language patterns.

Let’s jump in...

S.T.E.A.L.T.H. PATTERN #5 Cause and Effect, (implied & Direct)

What It Does:

,insert description here

How To Use It

Cause and Effect:

- This is a super power pattern that can be magnified even more when stacked with the other presuppositions in the previous family of hypnotic language patterns.
- Mirrors the structure of belief.
- All beliefs are stated in cause and effect terms.
- Anything stated this way tends to be accepted as true, or at the very least appears to make very logical sense to the person hearing them. Thus you can quickly create any new reality you want in a seemingly logical way.
- Easily, naturally and automatically allows you to install suggestions in the mind of the subject.

Examples – and, as, cause, because, since

Structure of Cause and Effect:

X Causes Y

- Any X Can Be Said To Cause Any Y
- X is usually a Pace
- Y is Usually a Lead

Implied Cause and Effect

- Implies two things are somehow connected.
- X happens and Y naturally follows.

Example:

“As you sit there quickly absorbing this material, you will naturally experience good feelings.”

Drill #1 WORD SALAD DRILL

Using the sample words given above complete the word-salad drills from the S.T.E.A.L.T.H. Hypnosis Video Training.

Drill #2 Installation

- Craft three basic sentences using only this category.

Drill #3 Integration

- Craft three basic sentences in the form of a hypnotic suggestion such as you might use with a client to elicit the results you desire.

Drill #4 Application

- Craft three sentences using this category that are directly context dependent for your application in the real world.
- Craft three context dependent sentences that combine all the presuppositions you have learned up to this point.

Cause and Effect Words for this Exercise:

- And
- As
- Because
- Causes
- Allow
- Since

S.T.E.A.L.T.H. PATTERN #6 Complex Equivalence:

What It Does

Complex Equivalence

- This Category is very similar to the cause and effect category
- Whereas the cause and effect category shows a causal relationship (x causes y), complex equivalence patterns create an equivalent relationship between two things i.e. X means Y.

$$X = Y$$

- Any X can mean any Y
- X is usually a Pace
- Y is usually a Lead

How To Use It

This pattern is used whenever you wish to assign or designate a particular meaning to any action or process you select. This is often used most effectively in conjunction with pattern number 6 cause and effect.

When used together, the combined pattern approximates the internal structure of a belief and therefore tends to go unchallenged and is usually uncritically accepted as true by your subject.

The power of this pattern to literally “create the illusion” of any one thing causing another thing to happen is practically unstoppable and it also gives you the power to make that process mean anything you say it means.

The patterns ability to do this consistently *borders on the ridiculous*.

But when used properly even the most non-sensical sentences begin to sound completely plausible.

Complex Equivalence

Skill Building and Installation:

Drill #1 WORD-SALAD DRILL

Using the sample words given above complete the word-salad drills from the S.T.E.A.L.T.H. Hypnosis Video Training.

Drill #2 Installation

- Craft three basic sentences using only this category.

Drill #3 Integration

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Drill #4 Application

- Craft three sentences using this category that are directly context dependent for your application in the real world.
- Craft three context dependent sentences that combine all the presuppositions you have learned up to this point.

Cause and Effect Words for this Exercise:

- And
- As
- Because
- Causes
- Allow
- Since

S.T.E.A.L.T.H. PATTERN #7 Direct Commands:

What It Does:

While this particular language pattern appears somewhat less useful on the surface it is supremely powerful once you understand what it really does and why it works.

That understanding will give profound insight into the way human minds work and how you can begin to use these patterns to expertly steer your subjects thought processes and or the conversation anywhere you want it to go.

Everything human beings do is a “process” it’s even included in the term we use for our form of life. **We are Human “beings” not Human *be*’s.**

So how is that relevant?

All processes have a pattern or sequence to them

The most basic way to look at this is that processes have three fundamental parts,

- a beginning
- a middle
- an end.

Human beings for the most part have low tolerances for being interrupted.

This means that once your subjects thought process is derailed or interrupted it gets harder for them to pick up the process from where it was interrupted without actually going back and restarting the entire process from the beginning.

If you keep letting them start a process and redirecting it without closure this creates what is called in NLP as a nested loop. (Nested loops are not practical for our purposes and will not be covered here.)

However the ability to create an instantaneous confusion induction within the space of a normal conversation allows us to instantly redirect the persons thought processes and lead them where we want them to go using the other S.T.E.A.L.T.H. PATTERNS.

This has two strategic uses

1. Hypnotic Amnesia

Human beings must complete a process in order to go on to the next one otherwise they tend to forget what they were thinking or talking about

2. Cognitive Redirection

When a human’s pattern is interrupted they will have a need for closure. Any closure will do even one you suggest

All processes start off being relatively easy to interrupt and redirect and progressively harder to derail as they pick up momentum and emotional energy within the mind.

How to Use It

- These are powerful pattern interrupts. Use it to stop any cause amnesia for any process that is not going in the direction you want.

Very useful for when someone starts accessing an emotional state or association that may motivate them to not do what we want them to do. You have to hit this process early on to avoid the emotional and cognitive inertia.

- Allow you to instantly halt or change the direction of a conversation or train of thought.
- Create strong *fractionation* (trance-deepening) effects for your listener(s) when combined with the other magnificent seven.

Examples: Stop, Start, Now

Direct Commands (cont.)

Skill Building and Installation:

Drill #1 WORD SALAD DRILL

Using the sample words given above; complete the word-salad drill from the S.T.E.A.L.T.H. Hypnosis Video Training.

Drill #2 Installation

- Craft three basic sentences using only this category.

Drill #3 Integration

- Craft three basic sentences in the form of a hypnotic suggestion such as you might use with a client to elicit the results you desire.

Drill #4 Application

- Craft three sentences using this category that are directly context dependent for your application in the real world.
- Craft three context dependent sentences that combine all the presuppositions you have learned up to this point.

Cause and Effect Words for this Exercise:

Stop, Start, Now



Maximizing Your Hypnotic Skills In Minimum Time

Hypnotic Installation Protocols II

Hypnotic Installation

The following drill is an excerpt from my Killer Influence: Secrets of Covert Hypnotic Influence Course.

I will be giving you this drill in two versions one as a solo exercise and one as a group trance installation for you.

Drill # 1 Hypnotic Installation – solo exercise

For the solo installation drill you will need a chair, some kind of recording device, headphones and of course all of the hypnotic suggestions you have been writing up to this point.

If you have not done so, rewrite the hypnotic suggestions you have been creating to target a client who is coming to you learn how to use hypnotic language patterns effectively.

In other words, if you were going to use hypnotic language patterns to hypnotically program someone to be able to use hypnotic language patterns.

How would you write them?

Now, Once you have your suggestions and hypnotic commands.

Do the following.

Use your imagination and pretend you have a client sitting in a chair in front of you, eager and waiting to be programmed.

Imagine that you are the world's most powerful hypnotist and that anything you command must automatically become that person's reality.

When you **have yourself filled with that feeling,**

Turn on the recorder and begin giving the person in the chair all of those hypnotic suggestions over and over again, voice them with all the certainty, clarity and conviction you can generate.

Really **feel it flowing** from deep inside of you.

Do this for at least **5 minutes**, simply repeating your list of suggestions over and over again.

After you have done this for five minutes or longer; **Sit Down, Close your eyes and pretend to go into a deep trance.**

Listen to your words play over and over again in your mind. **Avoid trying to control them.** Simply listen to them and feel the power of them inside of you as you enjoy the process.

Now, once you have pretended to go into trance and listened to your words from the inside.

Put on your head phones,

Turn on the recorder, and pretend to go back into that deep trance and mentally listen to the words playing over and over again in your mind as the audio you recorded adds even more power to your suggestions.

When the audio is done and you know you have done it.

Simply allow your eyes to open only at the rate and speed that you know and are certain you have powerfully programmed your mind to use hypnotic language patterns easily naturally and automatically as part of your every day speech.

Drill #2 Hypnotic Installation – Group Exercise

The Following is a group exercise taken from my Killer Influence: Secrets of Covert Hypnotic Influence Training Level 1

This exercise is designed for a group of three or more people.

If you are studying these techniques with friends or in a practice group, (highly recommended) this is an excellent way to program yourself in multiple ways to hypnotically use language patterns everywhere you go.

Trance Integration of New Skills:

- Break up into groups of 3 to 5.
- One person sits in center.
- Other four surround the 5th
- Person sitting gives his/her handwritten suggestions to one of the other group members.
- Subject goes into trance or closes their eyes and pretends to go into trance and just drifts.
- For the next three to five minutes the group delivers, in random order, rapid-fire suggestions for the integration and utilization of these skills, now and in the future, linking them to good feelings and pleasure.

This concludes your training in the Second family of S.T.E.A.L.T.H. hypnotic language patterns known as “Directors”.

By now you are probably already beginning to recognize how knowing and understanding just a few key language patterns really well, quickly allows you to create very compelling communications.

And it doesn't matter if it's written communications or spoken.

There are a few subtleties to pay attention to between mediums but by and large it works pretty much universally.

The true power will come naturally as a byproduct of your using these patterns every day.
Because...

- First of all people will naturally find you much more pleasant to listen to.
- When you talk, you will quickly capture and lead your subject's imagination which automatically activates a pleasure response within them. (Trance states feel good)

- As result people will just want to be around you more because being around you makes them feel really good.

And that is just the beginning.

In our next segment we will be exploring the S.T.E.A.L.T.H. category of “Directors”

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