

## Learning Covert Hypnosis Techniques

*By Charles Perkins*

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However, covert Hypnosis is no magic or occult practice rather it is series of well-planned strategies and the art of manipulating others to convince them to your point of view. Covert Hypnosis is based on certain principles that were discovered by the revered hypnotist Milton Erickson. Erickson said that people slip into reveries several times a day. These instances may include times when they are concentrating hard on something or waiting for a bus.

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Milton Erickson found that it was possible to use this type of trance like situations to get into a prospects mind. He also found that he was able to use this to change the way the prospect was thinking and feeling about a certain thing. By removing the resistance towards his suggestions he could implement any thought into the prospects mind. He also found that it was simple to use rapport and confusion to get people to enter this trance like state of mind. Rapport, confusion and suggestion are three basic techniques of Covert Hypnosis. Now let begin talk about these hypnosis techniques.

[Covert Hypnosis Techniques I] Rapport: Rapport is the close relationship that you will develop with your subjects. It is a harmonious relationship including two or more people that understand one another's feelings and ideas. Rapport also includes the important skill to be able to communicate those feelings and ideas thoroughly.

[Covert Hypnosis Techniques II] Confusion: Confusion is the second principle of Covert Hypnosis. The language of confusion with in the context of hypnosis will allow you to do things that would normally not be allowed due to the strict surveillance of the critical factor. Your ability to confuse people will assist you in sneaking by the critical factor to insert your suggestions into the unconscious itself.

Confusions is about bringing a subject into a state of mind where he does not know what to think himself and look at you for your advice. Statements with two or three negatives are generally confusing enough to the mind that the critical factor will too be busy dealing what you do an don't have that the suggestion you attach to it will slip in unnoticed. For example, "I don't have a piece of gum that you can't chew anymore than you can relax right now."

[Covert Hypnosis Techniques III] Suggestion: An embedded suggestion is nothing more than a suggestion that is often repeatedly buried in the context of a conversation of miscellaneous words and uttering's. The statements that contain the suggestion may vary in wording and meaning but the suggestion itself is focused on a particular aspect you and your subject will be working on together.

You have now learned the basics techniques of Covert Hypnosis. All these hypnotic techniques are helpful tools to influence people to accept and share your way of thinking. The power of this technique is close to limitless. Remember to use Covert Hypnosis with caution and that you will benefit more from its powers if you use it for good.

For more information, please visit: <http://www.squidoo.com/hypnotize-someone-now>

I'd like to invite you to take a look at my hypnosis blog, Successful Hypnosis, There you will find some great articles on how to begin using and applying covert hypnosis in your life.

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