

Underground Hypnosis - How To Do Rapid Hypnosis

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April 20, 2010 - [PRLog](#) -- There are numerous methods for hypnotic induction. One such method is the rapid hypnosis induction. The rapid hypnosis induction is a fun and gentle way to induce a hypnotic trance in three to five minutes. This is perfect for the subject experiencing hypnosis for the first time as it allows the subject to experience him or her self entering hypnosis at a slower pace than the instant hypnosis induction. The rapid hypnosis induction is quickly becoming the new standard in the successful hypnosis practice. The question now is this: How to do rapid hypnosis?

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The rapid hypnotic induction incorporates components of three classes of hypnotic induction procedures – eye fixation, relaxation, and confusion. In order to perform this technique, the first thing you have to do is to deliver this script: “Be calm, quiet, and comfortable. Concentrate on my voice... Keep your eyes open... Mentally inspect your body. Let all the tension and tightness in the body be released... Now, your eyes are becoming very light...” As you can see, in this script alone, the two elements – eye fixation and relaxation – are incorporated.

Once the subject has closed his eyes, give further instructions to deepen his state of trance. Say, “Now I shall count five to one. Whatever I say, let it happen naturally and spontaneously... With every breath, you are going deeper and deeper into sleep.”

Another rapid hypnotic induction technique that you can use is the handshake induction. This technique was first developed by master hypnotist Milton Erickson. Also called the handshake interrupt, the handshake induction depends in large part on the automatic mirroring that people do towards each other in the name of courtesy and politeness. What this hypnotic technique does is interrupt the pattern of shaking someone's hand, creating the brief moment of confusion necessary to put someone into a trance.

Rapid hypnosis is based upon the Buddhist religion and is performed by Buddhist monks. And now, you have just learned how to do rapid hypnosis.

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