

# Covert Hypnosis Guide

## Part One

Welcome to the first part of my mini course, please note the other **Five parts** will be delivered directly to the email inbox you signed up with.

### Understanding Hypnosis

Hypnosis is usually described a state of 'sleep', quite like a trance. It is induced to make suggestions and instructions readily acceptable to the subject in question.

Hypnosis is a technique that is used to serve a number of purposes. Today, the technique of hypnosis is being explored by the medical fraternity and psychologists, in particular, to deal with phobias, erratic behavior and anxiety.

The technique is used to improve or alter behavior and is also now a popular part of stage acts that demand the performance of dare devil feats.

Hypnosis enables the alteration of the wakeful state to focus and deliberate on certain perplexing or troubling issues. It is a tool that is used to change the way a person behaves, so as to impact achievements and build self-esteem and confidence. It helps the person to feel a sense of clarity, self control and well being in life. The whole application of this technique of hypnosis involves using the induced hypnotic state to access the subconscious mind. It is here that it becomes easy to effectively implement the desired change.

The human mind and body is very capable of information and image storage, retrieval and operation. These faculties are fully exploited for directing, measuring and evaluating things that surround us. The subconscious mind is a medium that allows a link between the faculties.

The technique of hypnosis is not a new one being explored. It has been around for centuries and has enabled many an insight into the human mind and the powers that lie within. In mass-hypnosis, the medium hypnotizes a group or crowd at the same time and brings on an auto-suggestion or auto-response that is influenced and persuasive.

### The Effects of Hypnosis

The way a person reacts to the technique of hypnosis largely depends on the measurable responsiveness. While there are people who cannot be hypnotized, there also are those who respond to the influence exceptionally well. It is not true that the way a person responds to the technique of hypnosis is linked to the person's intelligence.

Hypnosis is not induced by personality traits, rather the level of imagination a person has, and his or her willingness. Research reveals that people who can be hypnotized easily are also people with high sensory abilities. The claim that suggests, that a person can be put into a hypnotized state without his or her knowledge is absolutely unfounded.

There are many keen subjects who go to a hypnosis practitioner, but fail to get hypnotized. The technique of hypnosis is described as an inner state – a state of absorption and focused attention. When you observe a hypnosis session in action, it often appears as if the person totally submits to the suggestibility of the hypnotist.

But, the post-session observations vary, with some participants claiming to be unable to recall anything and some others declaring that they were very aware of every instruction.

So it is clear there is a benefit to be gained in many areas of life;

- Self improvement
- Relationships, friends and partners.
- General health
- Stop smoking
- Weight loss
- Addictions drugs, drinking
- Children's behavior
- Children's health
- ADS

All the above issues and more can be cured with the application of hypnosis, particularly as the acceptance of alternative medicines, and methods is becoming more and more acceptable to the wider population.

### **Covert hypnosis**

The cutting edge skill:

Covert hypnosis is a particular technique of hypnosis that zeros in on the suggestive nature of the sub conscious mind. And as such if you are willing to embrace these techniques then you can certainly empower your life to the better.

The three major areas of your life that you can expect to master using covert hypnosis are:

- Self Discipline.
- Personal Mastery.
- Personal Attraction or Charisma.

The first two elements work in tandem with each other, you will develop over time your personal mastery, with the aid of the self discipline skill, and your personal charisma is what will enable you to interact with others at a higher level, and you will become the person, to “go see”.

Personal mastery is the difference between being the best, and being an also ran, it is the single characteristic that women are drawn to in a man. You’ve no doubt heard the phrases, chemistry, magnetism, attraction, these are all down to personal mastery, possess that air of confidence and self awareness, and self confidence, it gives you that feel good factor in the pit of your stomach, you know what I mean.

What type of person do you think companies seek out; yeah you got it, the person with self mastery, self starters, the one with personal initiative, the people that get results, and make things happen.

Learn to develop your charisma, be that person with leadership qualities, that special magnetism to get people to do what you want them to, become the focal point of other people attention.

By learning the cutting edge skills of covert hypnosis, you will experience, and learn to hard wire the core skills and behavior patterns into your subconscious, so that these behaviors become automatic in your daily routine, just the same way you brush your teeth in the morning without thinking about having to do it.

If you’re thinking that all this seems to hard, something weird or magical, or is even beyond your abilities think again. Stop for a moment, consider this: when you were an infant did you know how, or when to clean your teeth: no of course not, you were taught how to do it, the same with learning to drive an automobile, you were taught how, until it became hardwired into your subconscious to the point that I bet you don’t even think about what you are doing, try it the next time you drive.

So you see using covert hypnosis it is possible to make any changes in your life that you want to, but not only your life, covert hypnosis gives you an enormous advantage like:

- Get to have many friends who like, trust and believe you.
- Get to have the job of your dreams.
- Get to persuade anyone to do anything for you.
- Get to effectively lead and control any group of people.
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Ok, so here are some of the other topics we will briefly cover over the next few days:

- Setting your goals.
- Influencing the human mind {NLP}.
- How to read emotions through body language.
- How to grab people's attention.
- Life is about choices.

Until the next part,

All the best,

Colin.

<http://www.coverthypnosisguide.com>