

How To Instantly Obliterate Problems, Limitations and Set Backs With Conversational Hypnosis and Metaphor.

By Nathan Thomas

The following article was written by me during my early days of hypnosis study. Although since then I have updated my ideas about hypnosis and gained a lot more experience, it still contains good information which I hope you will find valuable.

At the end of the article I have included the external resources which have been most valuable to me, in the hope that you too can benefit from them.

Feel free to share and distribute this article however you like, provide it remains 100% unchanged.

The thing about covert hypnosis is, when most people think about being able to secretly hypnotize people and covertly manipulate their emotions, thoughts, desires and actions their first, second and typically third thoughts go to ‘hmmm, how do I profit from this, how can I get more of what I want...’

Now before you start accusing me of being idealistic, there is nothing wrong with seeking personal gain, provided you do it in a way that ensures others benefit also. Like me, you may not really believe in ideas such as Karma or Universal energy, but that doesn’t mean that you cannot benefit hugely yourself by doing some good in the world.

Think about it this way, people’s unconscious minds are phenomenally perceptive, they pick up exactly what your intentions and motives are at an unconscious level simply through the subtle gestures, mannerisms and voice tones that you’re not even consciously aware of. You know when you first come across someone and, before you really even meet them you just instinctively like them? Well that’s your unconscious mind at work telling you that associating with this person will be good for you, and you want other people to think that about you!

So now you get both the good ethics part and the practical if not ethical reasons behind it, it’s time to look at how we really harness the incredible power of covert or conversational hypnosis.

You will read on my blog <http://keystothemind.blogspot.com> about the most powerful techniques of conversational hypnosis, where I talk about how to subtly lead their emotional state purely non verbally, and how to use story and hypnotic language for incredible mind-bending effect, here though, no matter how much or how little experience you have with this incredible art, you will learn how to begin using conversational hypnosis immediately without any thought or worry about techniques at a conscious level.

You see, whether up until now you have been aware of it or now, we all use covert hypnosis accidentally on others all the time! A mother will say to her child 'The more you suck your thumb the more stupid you look...' or "don't EAT THAT you'll GET FAT' which the child obliging tells herself before she eats anything everyday of her adult life. What I am talking about here is the often overlooked art of covert direct hypnosis. Sometime's there really is no need to concern yourself with long hypnotic stories, metaphors and trance formulas, when a simple well placed powerful suggestion will, like a Mother's command to a child, slips totally past their critical factor and becomes completely accepted.

How do you do this?

1. Use your intuition! You have one, let your unconscious mind lead the way and notice when someone is in a state where they need and crave help or advice
2. Allow yourself to, even if it's only temporary and they don't typically view you as such, become an authority figure in their world. Do this by simply projecting confidence and self assurance, by really knowing that what you are about to say will be totally accepted by them, and change their life for the better!
3. Deliver your suggestion in a way that puts unconscious significance on it, without drawing conscious attention, you may want to use quotes 'my friend told me (your suggestion) or simply deliver it in a seemingly throwaway matter and let them grab hold of it and make it their own, without seeming to try and impose it on them.

There are times of course where a more subtle and indirect approach is called for.

Often people are so stuck in a problem or troubled situation where a simple direct instruction, even if you know it's the perfect solution for them, will be totally rejected out of hand.

Here is where you do something few other conversational hypnosis experts will tell you not to do. Just sit back, relax, feel that confidence and self assurance that you know is inside you, somewhere, and just, coming from the place of good intentions and meaning the best for them, find yourself naturally saying the right thing and perhaps not even realising at the time, just what a powerful effect you are having!

A great way to begin is with a story, I love to use what has been technically termed 'formalistic isomorphic metaphors.'

The way to do this is

1. Think of a metaphor that reflects their problem subtly enough that they are unlikely to consciously pick up on the connection. (it's usually ok if they do anyway)
2. In your metaphor pace their current experiences, if they were feeling down and depressed, make the character in your story feel just like that.
3. Have the metaphor accurately but metaphorically reflect their reality perfectly but not too obviously and then continue it, until the character in your story easily find a wonderful solution, ends up feeling wonderful and totally solving his problems.

Ok, well I guess that counts as a technique in a way, and when you are new to this art, sometimes deliberately and consciously thinking about these techniques when you use them can help you to further learn, practice and integrate these methods, but also keep in mind, you everything you know

consciously you know unconsciously also, so do not be surprised when you find yourself doing all this naturally and automatically.

Now you know too extremely powerful methods of both direct and indirect covert hypnosis. As I wrote above go out in the world and use them for good, make others, those you care about or just bump into, simply feel good about their lives and themselves, and unconsciously they will begin to feel good about you too.

As you learn more, always prioritize using these skills as a force for good in the world. You'll be amazed at what you can accomplish, and the benefits you will get from it.

Nathan Thomas

CONVERSATIONAL HYPNOSIS RESOURCES:

1. The original course which practically invented the field of Conversational Hypnosis is Igor Ledochowski's **"THE POWER OF CONVERSATIONAL HYPNOSIS."** Although the marketing does leave a sour taste in the mouth, it really is the most complete program out there. I found it hugely valuable, and use what I learned in the program everyday of my life.

CHECK IT OUT HERE:

www.effectivehypnosis.com/poch



2. A new course for which I admittedly had low expectations, but was pleasantly surprised by, is Steven Peliari's **'THE ART OF COVERT HYPNOSIS.'** It takes a new perspective on this field, Incorporating Skills and Techniques from the Mentalism industry and tricks from the repertoire of psychics and charlatans, To create an impressive hypnotic persuasion model. Like the course above the marketing is cringeable, but The material is solid, and worth studying for any Hypnotist.

CHECK IT OUT HERE:

www.effectivehypnosis.com/recommends/covert



HYPNOSIS TRAINING RESOURCES

For advanced online hypnosis training and to gain accredited certification as a hypnotist I strongly recommend you check out **'BECOME A HYPNOTIST – ADVANCED HYPNOSIS CERTIFICATION TRAINING.'**



On this program you'll learn how to unlock your full potential as a hypnotist, and use hypnosis, naturally and easily, in your own life. You'll learn about Dave Elman and Milton Erickson, and everything from non verbal inductions to self hypnosis.

CHECK IT OUT BELOW

www.hypnosis-training.com

