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Introduction to Stealth Hypnotic Mind Control

I invite you now to take a journey...

What would you do if you knew with absolute certainty that you could use language- your words and phrases- in what appears to be an innocent conversation to get anyone to do what you want? And what if you could do this without anyone having a clue what you are doing?

Stop now and really think about the possibilities:

What would it feel like to use special words and phrases on purpose to break the company sales record, or to achieve stunning business success?

How exciting would it feel to be able to seduce whoever you want within minutes?

How confident would you feel if you knew you could land a job at an interview just because you decided to use words to make it turn out the way you want it?

How much happier would you and your family be if you could use certain words that would have your kids happily cleaning their rooms and finishing their homework without an argument?

See, if you know exactly how to talk, you *can* get anyone to do exactly what you want quickly and effortlessly. So, as you begin this exciting journey and you can picture your new future, you can say goodbye to the mediocre results you are getting from the way you are communicating now. You now are about to discover a new power that will easily bring you more success, more money, better relationships, not to mention power and control over others *in any situation*.

This is the reality of what Stealth Hypnotic Mind Control can do for you because once you understand the simple science to speaking, body language, and non-verbal communication you will have a system that allows you to use stealth hypnotic mind control techniques. And this system will give you the power to get whatever you want with absolute certainty. And no one will ever know what you are doing.

The journey we are about to go on now will show you simple psychological devices which will give you extraordinary power- the

power to literally make decisions for anyone you talk to. The ability to use stealth hypnotic mind control, when you master it quickly and easily, will bring you instant compliance from whoever you are dealing with, whether you are buying a car, closing a business deal, or getting someone to go out and probably even fall in love with you.

Hypnotic mind control is the single most important communication skill you will ever master because it allows you to manipulate your words so that they instantly persuade others to do what you want them to do.

It is obvious that how you say something to someone affects them on a conscious and unconscious level. The way you say something either will emotionally drive someone to act, or it will go right over their head. If you use words to plant ideas into someone's unconscious mind, they will act on the ideas you plant. *And, they will think that it is their idea!* Oh, and they will never know what happened. Unless you tell them, it will always be your secret weapon.

When you use stealth hypnosis, you will also have much more peace in your life because you will eliminate argument and disagreement from all of your relationships. If you have ever been in a knock down drag out fight, or a heated argument with someone, what was happening is that you were overloading that person's conscious mind. We are going to learn right now, how to avoid doing that, and how to talk directly to a person's unconscious mind. The result will be more harmony.

In fact, once you discover how this works for you, you will find that people will be automatically drawn to you. They will like your company so much there will never be a reason to argue or fight, and you will have the power to make sure it doesn't happen either.

Stealth hypnotic mind control is truly a power which is too sexy to resist. And very few people know about it, much less how to do it without anyone else knowing. It took me tens of thousands of dollars and nearly a decade to figure this out so that you can learn it now easily.

You could spend a small fortune reading books and attending seminars and you will only learn theory, clinical applications and the outdated and obvious skills about hypnosis that many people know how to use. You can practice these skills like crazy and they will not help you much. If the person you are dealing with doesn't follow your way of thinking because you have not used the right language then you will

not be able to get them to surrender and do what you want them to do. In this book, you will learn specific language patterns- special words and phrases- that will make people not only agree with you but also surrender to what it is you want them to do.

On this journey, you will learn how to easily master the skills of stealth hypnotic mind control which will result in immeasurable rewards in your personal life, your business life and your romantic life. And as an added bonus, you will discover that your personal and professional relationships are more electrifying and satisfying than you could ever have imagined.

If you have been getting mediocre or even dismal results because you are lacking these important communication skills and are tired of leaving your results up to chance and luck then read on and you will quickly become a master at stealth hypnotic mind control. If you do not yet believe what you know must be true, I challenge you to try any of these techniques and prove to yourself that they work flawlessly. When you follow the techniques exactly the way they are laid out, and use this book the way it is meant to be used, naturally you will experience the true power of stealth hypnotic mind control. And it will blow you away!

These incredibly powerful stealth techniques work anywhere, anytime, with anyone. They work in person, on the telephone and even in writing! And when you combine what you are now about to learn with the other tools available to you through this program, you will have everything you need to stimulate anyone's unconscious mind and win them over to do whatever you want and need, and feel however you want them to feel.

Disclaimer- Please Read This NOW

Because stealth hypnotic mind control is so powerful and the results are so instantaneous, the when you become familiar with these techniques you will see incredible and exciting impact they can have on you and the people you are using them with. Therefore, it is important when you use these techniques to make sure you are using them ethically and carefully.

However you decide to use these techniques as you find yourself fascinated with the unconscious mind control tools, please understand that if you fail to use them responsibly you can harm both yourself and others.

Always keep in mind that in addition to the results you will surely get, there are consequences when you use stealth hypnosis on others. Because you will use these techniques now to get others to do practically anything you want them to do, you must think about how the results will affect you and others. You now have the power to make people feel good, or feel bad.

I understand that sometimes you can be angry enough with someone to want to put them in their place or “show them” and you might want to use stealth hypnosis to accomplish that, but remember with your power comes responsibility. Part of that responsibility is to respect others and rise above temporary anger and pettiness to always do the right thing by people.

Only use stealth hypnotic mind control when you honestly believe it is in the other person’s best interest as well as yours.

Also, it is important to understand now that everyone has their own model of the world based on their beliefs and values. And you want to be careful that you respect the other person’s model of the world. For example, if you were using stealth hypnosis in seduction and learned that the other person was saving themselves for marriage or true love, then you would only want to use it on this person if your intentions were in alignment. You can use these techniques to make someone fall in love with you. Before you do that, make sure you are really prepared for everything that it means and that you are certain that is what you truly want in your heart. Otherwise you could hurt someone you care about and hurt yourself in the process.

Never underestimate the power of karma and the law of reciprocity!

Always consider the outcome and make sure the consequences are in the best interest of everyone involved.

How to Use this Book

If you want to get powerful results using stealth hypnosis, it is very important to begin with a solid foundation. You can make these learnings as simple or as difficult as you want them to be. If you skip around and simply try to pick up a few tricks, you are not likely to get the greatest results. *What* you are doing is as important as *why* you are doing it. A solid foundation will make you a master at stealth hypnotic mind control.

This book is specifically designed to begin with the fundamentals and build your skills up in the correct order so that you get consistent results that you will expect with absolute certainty every time you use them.

When you learn the fundamentals and build on them, this stuff is simple and practically effortless. And if you decide to simply jump ahead and start trying out the tricks, while it may be fun, be prepared to have a major challenge ahead of you. You will find that you have wasted valuable time when you understand it is necessary to backtrack to learn the fundamentals and then relearn what you thought you knew.

Therefore, it is important now to read this book page by page in order. Read it all the way through one time. Then come back to the beginning, to Chapter One, and read each chapter stopping to practice each technique before you move on to master the next step. If you build your skills one step at a time, and build on each new skill, you will surely be a powerful communicator who will be persuading others effectively in no time.

In other words, build on each new skill and do not be afraid to practice like crazy. The more you practice, the better results you will get.

If you use this book correctly, you simply cannot fail to get others to do exactly what you want them to do.

The Truth About Hypnosis

Simply put, hypnosis is the art and science of communicating directly with the unconscious mind. There is no doubt, however, that the image of hypnosis has suffered a checkered past in public perception. Simply mention the word "hypnosis" to someone and chances are you will get one of three very different reactions:

1. Intense curiosity;
2. Nervousness; or
3. Disdainful skepticism.

Hypnosis has attracted all three reactions since it was first begun to excite the interest of scientists in the 18th century. If you are one of those people who believe that human beings have within them vast reservoirs of untapped potential then hypnosis will fascinate you. What

could be more natural than harnessing the full power of the human mind? However, many uninformed people are afraid of hypnotic mind control, and this is why you already know how important it is to use these skills in a stealth and undetectable manner.

The skeptics may be uninformed, but they are right about one thing. Hypnosis is about the imagination. The story of hypnosis is also about humanity's unending quest to explore the inner workings of the most powerful thing we possess: our minds.

Hypnosis is not only for showmen, quacks and new age occultists. When we think about hypnosis, many of us mistakenly think of the black leather therapists couch, watching the pendulum move back and forth until we are in a trance and are made to spill our innermost secrets or do things we ordinarily would not be caught dead doing. And this is why so many people are mistakenly afraid of hypnosis.

Stealth hypnosis is not like this. You will be manipulating language, body language, and the senses to talk to a person's unconscious mind to persuade and influence them so that they find they are compelled to do what you have commanded.

The reason it is so important to use stealth hypnotic mind control to persuade and influence others is because the conscious mind is very difficult to convince. Therefore, you will be learning every possible way to speak directly to a person's unconscious mind, or subconscious as some people call it. Once you are able to communicate with a person's unconscious, your ability to convince and persuade them is a breeze.

Many people believe that not everyone can be hypnotized. This is simply not true. While some people are more suggestible than others, everyone can be hypnotized and persuaded to do what you want. You will learn how to get anyone into a highly suggestible state before you plant your commands into their unconscious mind. Every person you talk with will do whatever you want them to do and they will do it without even understanding why they feel compelled to do it. And they will believe they are doing it by their own choice so they will feel good about it.

What the skeptics and the critics do not realize is that you can manipulate the English language to make what you say go directly into the unconscious mind. And you can do it in such a way that the conversation will sound like a totally innocent conversation, so you will not be detected.

This means that your subjects will comply with your wishes effortlessly because they do not perceive or even understand they have received a direct command from you. Without any resistance, they will obey your commands as if they had received them directly.

How it is Done

One of the most important things to understand about communicating is that the words are not very important. In fact, when you communicate with someone 53% of what they pick up will come from your body language, 30% will come from your tonality or the way you say what you will say, and only 9% will come from the actual words you choose. So please always keep in mind as you struggle in the beginning to memorize the patterns word for word, that they are not nearly as important as practicing and mastering the body language techniques and the tone of your voice. With a little practice, the words will come easily and I have provided you with a plug and play system to create your own language patterns on the fly.

Your unconscious mind is very sensitive to voice and tonality. You will be learning how to create the perfect hypnotic tonality very soon. Then you will know exactly how to use your voice to stimulate someone's unconscious mind. Perfecting and using your hypnotic voice is important for planting the seeds in the unconscious mind.

Now that you have easily developed your stimulating hypnotic voice, you will then find yourself armed with a variety of powerful body language tools that will make everything you say fascinating and compelling.

Once you understand the proper way to project your voice to speak to the unconscious mind, and the formula you will use to properly lead someone to take action, you will be ready to use language for the ultimate power trip. The combination of the psychological devices, the tools, and the methods are what I like to call "seeds".

Planting Seeds

Think of stealth hypnotic mind control now as continuously planting seeds in the unconscious mind. These seeds will quickly grow into the actions and feelings you want from the other person. I call them seeds because when you are talking with someone, you plant the device, or the seed, into their mind knowing with absolute certainty that it will be

accepted and grow in the unconscious. You will also learn exactly how to notice the signs people will give you that will show you that the seeds are growing and that stealth hypnosis is working on them.

Also, you will learn now that it is important to change the way you view the world in order to have success with hypnotic mind control. You will learn the changes that you need to make which will ultimately lead you to success persuading others in the blink of an eye.

Then, you can learn the words and they will easily work for you. Even though they are only 7%, when it comes to stealth hypnotic mind control and effective communication words are the real currency of power in the civilized world.

The Real Currency

Words and phrases are the underlying currency in the business world and in your private world. Words and phrases, when used properly can yield a power to control the world. Words have the power to influence others, alter their belief systems, and even shape destiny.

Skillful speakers and writers (wordsmiths) when you think about it are the real power behind politicians, the media, and the leaders of multinational corporations. Think about it. The speechwriters, journalists, public relations spin doctors, advertising copywriters, and authors craft the words that form our perception and model of the world and therefore our choices and our behaviors.

Wordsmiths are the most powerful and influential people in the world, and the most powerful wordsmiths are those who have developed powerful hypnosis skills. They can get people to obey, follow, read, listen, vote, surrender, comply, order, subscribe, commit and take any action they command.

Because wordsmiths are the real driving force behind the civilized world, then it is probably not surprising to learn that **hypnotists are some of the highest paid people in the world** because they give world leaders, advertisers, religious leaders, etc the ability to use stealth hypnosis. Once you master these skills you too will find yourself among the privileged few who control and generate the real power in the world.

What will you do with them?

Chapter One
How to Control Anyone

Warning! You are being manipulated! The information you are about to discover is one of the most shocking secrets of our society. Reading this will instantly shatter your beliefs about how the world works. Only read it if you are truly ready to achieve unlimited persuasive power over others.

In order for you to be able to learn the stealth hypnotic mind control techniques that will allow you to persuade and influence people, you must first understand how our minds work and how evolution has set us up to be controlled and manipulated. Only when you understand these things can you begin to recognize when you are being controlled and manipulated. Once the light bulb comes on and you recognize it, only then will you be able to stop it so that you can control and be in charge of yourself.

The secrets we will discuss in this chapter are powerful and at times may be quite shocking and difficult to accept. However, they are essential for you to understand. The secret to how it is possible right now for you to control others and have tremendous influence and power goes back 2300 years in our evolution. Once you read this, and you may want to read it twice, you will finally understand how you have been manipulated and how you can now turn the tables and get what you want from others effortlessly.

This information is powerful and will instantly free your mind within minutes if you simply allow it to happen.

How, exactly, is it possible for people to be controlled?

In order to understand that, first you must understand the evolution of the primitive brain.

The Primitive Brain

As the human mind has evolved from that of an animal to that of a human to the way we use our minds today, it has developed a kind of glitch. This is the glitch that allows people to be easily controlled and manipulated and once you understand it and do something about it, you will be in control of yourself.

This glitch in our minds causes us to search for external guidance or external authority when we make decisions and form values. This means that most of us literally have almost lost the ability to entirely

think for ourselves, because we always tend to look for outside validation from an external authority. And because people in power know this nasty little secret, we are constantly bombarded with messages providing us with the external guidance and authority our brains are seeking.

Understanding this need for external guidance is one of the most highly guarded secrets of those in power and you are about to learn it for yourself. It goes back many centuries, literally 2300 years ago as our evolution required us to begin to use our brain power in a different way.

Anyone who knows and understands this secret has the power to make decisions for those who are oblivious to it. This means it might be the most powerful secret you ever learn.

Anthropologists and scientists have discovered by studying ancient literature and other clues that when the primitive brain was evolving, it developed a glitch that was useful at the time but now has no purpose. However, evolution is a slow process so we still use our brains the same way which allows us to be easily manipulated and controlled. However, since we no longer have any use for this glitch, once we understand the secret we can put an immediate end to any manipulation that might be happening.

The secret is that even though our brains are constantly seeking external authority and guidance, there is nothing there! There is no authorization for anything that comes from outside ourselves ever.

When humans evolved, we were at first very much like any other animals. Essentially we were vulnerable to natural selection and took no responsibility for our actions. This means that the primitive brain was not capable of reason. We did not think for ourselves, we simply obeyed the laws of nature.

For example, if you look at an ant colony, you notice that these tiny creatures create this enormous mountain. They don't consciously decide this is what they want to do. They are simply pre-programmed to follow each other and do what nature intended them to do. You do not see ants arguing, fighting, going to war with other ants, stealing from one another, or dropping bombs on other ant colonies. As silly as this example is, the only thing you see ants doing is naturally

cooperating and enhancing each others' livability- which they do naturally and without thinking about it.

In other words, the ants are not making a decision to work together for the betterment of the colony. They simply act. They do not have the ability to think for themselves.

Well this is how man used to be. Based on proof and documentation from ancient writings, hieroglyphics and even the Bible, man was much like the ant. Humans built great pyramids and thriving civilizations not by choice but automatically and naturally. We did not have the ability to think for ourselves. We learned from each other by mimicking the successful actions of others. We used to be very much like the ants working together for better livability simply because we were following our programming and the laws of nature.

Later as society grew slightly more complex, man developed a simple, child like language. The development of language led to more complex thinking.

What happened is society was evolving rapidly, more rapidly than the brain was evolving. We had brains that made us not responsible for our own actions. We did not have the ability to think for ourselves. We simply obeyed the laws of nature. But society was growing more complex and demanding more from the brain than it was designed to provide.

Therefore as society grew more complex than what the right brain was designed to process, make sense of and deal with, societies began to collapse. This threatened man's very existence in the order of natural selection. If something drastic did not happen, we were threatened with extinction.

Therefore, man was forced to develop a new way of thinking. This required us to develop a particular organization of the mind in order to make sense of the tragedies that were all around us in our collapsing environment and society. So what happened is the right brain took over and created hallucinations. That's right. Man began to hear *voices in his head* that instructed him to automatically follow without question, debate or doubt actions and commands automatically delivered by nature in order to survive. Think of it as sort of an evolutionary schizophrenia which was Mother Nature's way of help us survive the threat of extinction because our civilizations were

becoming more complex than our simple brains were designed to deal with.

These right brain hallucinations were the beginning development of the unconscious mind!

The collapse of the thriving societies man been able to build automatically without thinking about it, like the ants about it were actually the *catalyst* for man to *develop or invent* what we commonly refer to today as the unconscious mind. Our brains had no time to evolve, so we created the unconscious to solve a problem with our existence.

This changed everything. Now, for the first time in the history of the evolution of the human species, man became responsible for his own actions. This is how he was able to make sense of the rising complexity of civilization and society and keep it from collapsing to the demise of the human race.

If you have not yet recognized the power of this discovery and understand now why it is such a great secret, you may want to go back and read it again making sense of what is written. If it hit you square between the eyes, then you are beginning to understand why this is so significant in our ability to control others and be controlled.

See, at first out of necessity, man hallucinated voices that came from the right brain across the corpus colossus to the left brain and automatically followed the instructions and commands of these *hallucinated* voices. *He did not know they were not real!* At the time, they were created to help us deal with our increasingly complex civilization. *These voices were our external authority!* The point is, we did not *know* the voices were not real and *believed* that some external authority of higher power was commanding or instructing us about what to do to survive.

Now, eventually, the evolution of the brain caught up with the complexity of civilization and so there was no more need for the voices and hallucinations. Yet, you can read about them in all ancient writings, mythology and even the Bible. But when we no longer needed the voices they grew silent.

This caused man to move these voices into their conscious awareness. The result was we invented gods, idols, leaders, dictators, kings, queens, pharaohs, demons, angels, and every other kind of authority

figure. This was our desperate attempt to bring those hallucinated voices we heard in our heads back to provide us with the external guidance and authority we had grown to trust and depend on because it made sense of the world and things we did not understand.

Basically, our survival no longer depended on us blindly following the commands of Mother Nature so the voices naturally disappeared and grew increasingly quiet. But we still strongly believed we needed the guidance and in order to get it, we invented external authority figures like gods and leaders to provide the comfort of that guidance and authority.

What this means is that basically we were now able to think for ourselves, but we have become dependent on external guidance and authority in our decision making processes. The challenge is that most of us have no clue that not only is there no such thing as external authority, there never was! All of that power and authority all came from our own brain! This is an extraordinary revelation when you think about it. ***This is scientific proof positive that everything you need is within you right now to do anything, feel anything, be anything, and take full responsibility for every decision you make, every emotion you feel and everything that happens in your life.***

Once you know this, at first you may be so shocked and startled that you resist the idea. However, when you think about it, it will free you. Only those people who still rely on a *hallucinated and invented* external authority will be prisoners. And they will be the mental and emotional prisoners of society, the media, and others who will guide them and make their decisions for them.

This is the reason why so many people will tell you that Fear is simply False Evidence Appearing Real. Because, there IS no external guidance. *It is all a hallucination.* If you are afraid of something, it is not for some external reason. It is simply because consciously or unconsciously you have chosen and decided to be afraid.

Take a minute to think about it and as you understand the power of what happened, you will begin to understand more about the unconscious mind and why we are so easily manipulated.

The Unconscious Mind

If you think about it, the unconscious mind might no longer create voices you can hear, but it *is* responsible for still guiding many of the actions that we do not consciously think about.

The unconscious mind is in charge of storing our memories and it is the domain of our emotions. The unconscious mind is our unique gift that separates human beings from every other animal on earth. We are not at all like the ants or even other primates, because we can reason and we have the ability to be responsible for our actions and decisions. The unconscious mind organizes and categorizes all of our memories and also will repress memories that elicit unresolved negative emotions. It will present us with these repressed memories for rationalization, or when we need to justify a behavior, decision, or belief.

The unconscious mind is our protector. It keeps certain emotions repressed in order to protect us. The unconscious mind also runs our bodies, performing all of the actions we do not have to think about such as breathing and blinking. Many people do not realize that in addition to running the body, it also preserves the body.

The unconscious mind that began with those hallucinated voices is a highly moral being. It was specifically created to be a servant and to follow orders without question and still works that way today.

It controls all of our perceptions which form our *model of the world*—our beliefs and values. It also generates, stores, distributes and transmits energy.

The unconscious mind is responsible for maintaining our instincts and generating our habits. In order for you to make lasting changes, your unconscious mind needs lots of repetition for reprogramming.

The unconscious mind is programmed to constantly seek more and more input. It functions best as a whole integrated unit.

It processes images and thought through symbolism, not logic and takes everything personally.

The unconscious mind was designed to work on the principle of the least amount of effort, or to take the easiest path of least resistance.

And the last and probably *most important* thing to understand about the unconscious mind is that it is not capable of processing a negative. This means you need to be very careful about how you plant commands and seeds. *It also means you have to be careful about how you talk to yourself.* For example, since the unconscious mind cannot process a negative, if you tell it what NOT to do, it will do exactly that. In other words, it is dangerous to tell yourself or someone else something like "Don't get hurt." All the unconscious will process is the command "get hurt" and with enough repetition will go out and follow that command.

This is why you may have heard people tell you that you get what you focus on. You also create what you focus on, and therefore if your focus is fear based, you will be creating and attracting more of what you do not want into your life. *To reprogram your unconscious, you must first learn how to talk to yourself and others, especially children.*

A better thing to say might be "stay safe".

All of this knowledge that you have just been given is one of the ***greatest secrets you will ever learn.*** And it allows us to begin to understand how people can be so easily controlled.

Why People Can Be Controlled

So now you understand that our minds are conditioned to make choices based on external guidance and authority. And hopefully, you understand that this notion of external authority is *completely false*. ***There is no external authority.*** It is, as they say, "all in our heads".

This might be hard to accept at first, but it is the truth and critical to your future success which is happening now.

Our need to seek external guidance from an external authority is one of the reasons why stealth hypnotic mind control techniques are so difficult to detect. And this is the exact reason people can so easily be controlled and manipulated.

Basically, the world is set up for you to fail. ***This does not mean you have to fail.*** You can actually choose to succeed, but most people do

not have the knowledge you now have so they do not know that success or failure is a *choice*.

Around the age of 7 years old, we begin the process of becoming mentally conditioned. This is exactly when we also begin to be conditioned by an uninformed society to allow others to make decisions for us. Because most people still rely on the need for external guidance and blindly trust external authority, we condition our children to do the same. We train them to get up, go to school, memorize facts, do the work that is assigned, and let teachers and other authority figures make decisions for them. The most damaging thing we unknowingly pass along to our children is to simply follow the way the world works *without question*.

In other words, we were never taught how to think for ourselves! And if we are not careful, we will weaken our children by not teaching them to think for themselves. It is not your fault, and now you have the power to *do something about it and with it*.

And this is exactly how people can be controlled.

As an adult, you follow the same pattern. You get up, go to work, do the tasks at your job, and are kept away from those in power at your place of business. The idea that one or a select group of people has the "power" is a hoax we have brought on ourselves because we are constantly seeking external guidance. This causes us to give up our power and to literally give it away to someone who has managed to figure this out.

If you notice in your workplace that many times, gaining power and getting ahead has more to do with politics than your skill level or accomplishments or ability to contribute to the prosperity of the business. We forget that the purpose of business is to create value and begin to make it about winning awards and sucking up to those in power. The reason for this is because from childhood you are taught to *blindly obey authority and follow the chain of command*. This is a crock!

Think about it. In a courtroom, the judge sits up high and is trained to talk in a deep resonating voice *specifically designed* to make you feel weak and inferior- designed to control and manipulate you by intimidation. We could name many examples of external authority such as celebrities, religious leaders, politicians, the media.

The big cosmic joke *which is on us*, is that this authority is not real. It is a hallucination that is 2,300 years old!

What is important for you to understand about this is that the world is set up for you to follow external authority. Realizing this truth will help you understand why it is possible to so easily manipulate and control others. And as you sit there and keep reading, this revelation will help free you from the need for that external guidance and empower you to use your own mind like you did before your turned 7. Once you begin to *think for yourself*, you can no longer be manipulated.

Are You Being Manipulated?

How do you know if you are being manipulated? How can you tell if stealth hypnosis has been used on you?

Think back to the happy go lucky days of your childhood, when you did not have a care or worry in the world. Now, if you wondering where you lost control of your future, where it is hiding and why you don't know what is going to happen next. You have most likely clearly been vulnerable to stealth hypnotic mind control.

This may be a difficult pill to swallow, but the sooner you get real and become aware of how you are being controlled, the sooner you can stop it dead in its tracks and take back the power that is your birthright.

Look around you. Politicians and leaders rule over the lower class and control what goes into the minds of our children by controlling the public school system. Certain religious leaders have successfully convinced people to crash planes into buildings in the name of Allah (an *external authority* figure). Addictive and harmful substances like nicotine, alcohol, and even prescription drugs are legally distributed, allowing you to destroy your health all in the name of a quick fix. The products themselves are an *external authority*.

We get bombarded with messages from the media. It is nonstop. People who know that most individuals are looking for external guidance use this knowledge to provide that external guidance for the sole purpose of controlling and manipulating people into doing what they want. And until you decide that you are capable of thinking for yourself, you will continue to be under their control.

Now, that you have the knowledge, its time for you to use the power that has been used against you to your advantage through stealth hypnosis.

Before you can control others, first you have to learn to control yourself and think for yourself.

How to Control Yourself

Unfortunately the world is still set up this way, and the only way to take back power and control is to do what those in power do. It all starts by thinking for yourself and then using the knowledge that people need external guidance (they need to be told what to do).

This secret, that you have now been let in on, is the world's most closely guarded secret. Knowing this secret gives you the power to influence others.

Now, when you are playing the political game at work, *you* will have the advantage and *you* will gain the power. If anyone tries using stealth hypnotic mind control on you, you will recognize it and be able to stop it dead. If you are serious about having power over others and getting what you want, this book is about to give you that edge now.

The idea of external authority is a *hallucination*, a myth. It was a voice inside our own head. The truth, *the greatest truth you will ever learn*, is that nobody has power over anyone else. Power and authority are all an illusion created by the elite so that they can retain the power that was blatantly given to them and control people by the masses. And in our society, those who dare question this authority are threatened with punishment. And we blindly give these authority figures the power to dole out the punishments to whomever they choose.

For any rational, ordinary person, this idea of authority originating from a hallucination is a *shocking anthropological discovery*. And there are many people out there who do not want this information to get out. This is why the people in power protect their power and why *no one* will be able to detect you using stealth hypnotic mind control.

In order to take back the power and to have power, you must develop a new way of thinking and looking at the world. ***You must learn to rule and guide yourself.*** You must learn to use your conscious mind,

to trust your intuition, and not to follow anyone's way of thinking but your own.

Only when you adopt this new way of thinking and learn to control yourself and your actions can you fully appreciate and be able to use these techniques successfully to control others.

The Secret to Controlling Anyone

Because most people are conditioned to look for external guidance and seek external authority, and their conditioning will force them to remain this way, you can control the behavior of *nearly anyone* in the civilized world using stealth hypnotic mind control *the same way* that the authority figures and the media do.

In fact, when you finish reading this book, you most likely will have *more* power than they do and you will have the ability too see though childish and immature power games knowing in the back of your mind not only what they are doing but that you can do better.

The secret to controlling others is simple. Most people need to search for external guidance and external authority for validation instead of using their consciousness to solve their own problems and think for themselves. This means that you can easily elect yourself to become someone's external guidance and provide them with the external authority they crave. And often times they will *worship* you for it.

To understand how pervasive this need is, the next time you are in an airport, mall or other heavily populated public place, take some time to really observe the zombie like behavior in most people. They worship celebrities, and elect leaders to rule. This is actually quite ironic. Even the Bible clearly states that *no man* has the power to rule and guide civilizations which proves the **authority myth**.

This myth is your secret weapon and you will now be able to use it to your advantage.

What this means is you can easily control others simply by becoming their voice of authority and when you do you will act as their decision maker.

Now that you understand this secret and why people not only are easily controlled but *WANT to be controlled*, we can get on with

learning the actual techniques of stealth hypnotic mind control so that now you can get what you deserve from others and in life.

Power is your birthright and it exists within all of us- in our unconscious mind. We simply need to know how to tap in to this awesome power. This is the journey you are about to take with me right now.

Chapter Two
How to Set Someone Up to
Obey Your Commands

Now that you understand why it is possible to easily influence, persuade and control most people, you can begin to see why stealth hypnotic mind control works. Once you understand the strategic formula for using stealth hypnosis, you will see how *it will work for you every time*.

In order to make sure the techniques work, and to be able to properly plant the seeds into another person's mind so that they follow your commands, it is important that you *set them up* to receive your commands. The set up for hypnotic mind control is the first step in this step by step winning formula for using stealth hypnosis.

Not only is it important to set the other person up and make sure they are in a receptive frame of mind, it is also important to prepare and *set yourself up* to gain the authority and trust to deliver the commands.

In fact, when you properly set the other person up, and properly set yourself up, you will have incredible leverage and the power to influence them without even having to use hypnosis!

The most important secret to controlling any person or situation is to have *behavioral flexibility*. ***The person who is the most flexible is the one who is in control.*** As a matter of fact, when you have established enough trust and rapport with someone and you have enough flexibility in your behavior, you can *always* achieve the outcome you desire and intend.

In order for you to guarantee your success, there are five important principles to understand. Now that you understand the following principles, you will always be able to achieve your outcome:

1. **Know your outcome.** It is important when you begin that you know how you want a situation or an interaction to turn out. Knowing your outcome, therefore, is obviously the way to achieve it.
2. **Take action.** This may also seem obvious, but it is surprising to me how many people have a goal or a result they really want and yet take no steps to getting it. Once you know your outcome, then *you must take some kind of action* in the right

direction. Sometimes people do not act out of fear or out of not knowing what action to take. Even if you don't know where to start, *start somewhere* because it is the *only* chance you have of getting there. Chances are when you don't know where to start and just start moving toward your goal that the path will open up for you.

3. **Have sensory acuity.** This means you need to be aware of your own frame of mind, and learn to pick up on the cues of other people so that you are aware of their frame of mind, their body language, and the signals they are sending you. Not only does sensory acuity help you communicate better, it allows you to know when a person is in their most suggestible state so you can plant your seeds, or commands.
4. **Have behavioral flexibility.** As I stated previously, with enough rapport and enough behavioral flexibility you can *always* achieve your outcome.
5. **Operate from a physiology and a psychology of excellence.** When you carry yourself properly, you will be sending the necessary messages to your own unconscious mind that will cause it to manifest your success.

So once you know your outcome and you have the willingness to be flexible and aware of what you are doing, then you will be able to successfully apply this amazing form of unconscious communication we call stealth hypnosis.

While everyone else out there in the world who is unformed and ignorant of these powerful techniques is sending people random signals without using any self control, *you will be in complete control* and therefore you will have the ultimate power to influence others. People send these random signals which confuse the unconscious mind and make it hard for others to feel comfortable and trust them.

Now that you are learning the techniques in this chapter for the proper set up, you are going to be sending all positive signals. These signals will only be processed by the unconscious mind. And your unconscious mind will pick up and read the other person's state of mind which will clue you in on what signals to send out. This is vital.

The goal here is to get the other person thinking "I don't know why, but I really like you! I have a gut feeling that this is right."

All the tools you need to be able to communicate with the unconscious are here for you now. The first step is the preparation.

How to Prepare Yourself and the Other Person

First, when you want to use stealth hypnosis, you must put yourself in the correct frame of mind and operate out of a physiology of authority and excellence. ***You can only communicate with someone's unconscious mind if you are in the correct frame of mind and are carrying yourself properly.*** Not only will the other person unconsciously pick up on it, your unconscious mind will also be receiving the *right information*.

If you are not in the proper frame of mind, people may not consciously pick up on it. But their unconscious mind *definitely will* and will close itself off to your communication and commands. Remember, one of the jobs of the unconscious mind is *self preservation*. For example, have you ever been around someone and logically you knew they were behaving in a perfectly normal way, yet you got this *gut feeling* they were up to no good or trying to manipulate you?

You cannot gain the trust and rapport necessary for success if the other person's unconscious mind is getting the wrong messages from you.

Being in the right frame of mind will give you the leverage you need to send all positive non verbal messages and to make sure the other person's unconscious mind receives them.

Did you know that the unconscious mind is so sensitive that it can detect the shrinking and expanding of the size of your pores? It is so powerful it is capable of recording all five physical senses at the same time. Doesn't it make sense then that if it can pick up something as seemingly insignificant as pore size, that it can also pick up on your frame of mind?

Never underestimate the power and perceptions of a person's unconscious mind.

This means that as you are using stealth hypnosis, you should be careful that you are not thinking thoughts like "Ha! Look what I am doing to you and see how it is working! Ha! Ha!" It is much more

effective to make sure *you are coming from a place of love*, sincerity, and most of all *fun*. You must believe that what you are doing is in the person's best interest and always do it in the spirit of fun. In other words, **people can tell if they are being manipulated** in a way that might be harmful especially if that is what you might be thinking. So, please do not allow this incredible power to go to your head.

In order to properly prepare yourself to succeed, you must also maintain a physiology of authority and excellence.

You want to use your body in such a way that you always appear to be the person who should be looked at and thought of as a leader. If you can maintain the *physiology of authority*, you will be in a much better position to persuade and command. If a person perceives that you have authority by the way you carry yourself, it will be much easier for you to get them to naturally and easily believe you and agree with what you say.

Here are the necessary adjustments to make to your physiology for maximum impact:

1. **Maintain steady and frequent eye contact.** Keep your eyes from dropping below the bridge of a person's nose. When you decrease your eye contact, men will disclose more information, and when you increase it, women will disclose more. So you should maintain eye contact and make adjustments for the person and situation.
2. **The longer you maintain eye contact**, the more the other person will believe you have high self esteem and power. Also, you will feel greater self esteem and control when you maintain more eye contact.
3. **If you are a man** talking to a woman, keep your eyes above her shoulders. This will allow her to perceive you as someone who has depth and possibility. (Guys, that means if you want to have a prayer of influencing her, you need to keep your eyes OFF the girls!)
4. **If you are a woman** talking to a man, when you first look at him, sweep your gaze from his head all the way down his body to his feet. He will feel flattered and will be more open to influence.
5. **Keep your shoulders back and your chin up.** Maintaining good posture will project your confidence and not only convince others that you are in control but *will send the same message to your unconscious mind*. When you maintain this

erect posture, make sure you are not stiff and do it in a comfortable looking manner.

6. **Maintain a deep and resonant tone of voice.** Later, you will learn exactly how to develop your perfect hypnotic voice. You want to make sure that your sentences end in a downward inflection and that you use pauses to punctuate your phrases.
7. **Use sweeping gestures.** Leaders use big, sweeping gestures when they are speaking, and when they are listening they hold their hands behind their back. When you clench your hands behind your back you will be sending the unconscious message that you have the power and that you are in charge.
8. **Try to always sit at the head of the table.** And when you are sitting, steeple your hands when you are not gesturing. Never put your hands in your mouth, over your mouth or near your face. This shows the other person that you are uncertain or perhaps lying. The steeple sends the message that you are the boss.

Try these physical moves out next time you are talking with someone and you will instantly get a feel for how powerful the right physiology is. ***The right physiology will allow you to emanate an aura of power, authority and control.*** And your own unconscious mind will pick up these signals and transform you into someone who is highly persuasive, authoritative and in control.

Now that you have properly prepared your mind and your body, it is time to prepare the other person so that they are *highly suggestible* so that you can easily influence them and plant your seeds or commands.

The first thing you need to know how to do is to speak to someone with finely honed skills. This is not difficult if you understand the most important thing about human nature:

Everyone's favorite subject is themselves!

Remember, you are not talking just to hear the sound of your voice, or to amuse yourself. You are talking to *influence* the other person. This means that they must enjoy listening to you and believe you are *fascinating* to talk to. The best way to be fascinating is to talk about the other person.

When you get someone talking about themselves, you will be perceived as a fascinating and interesting conversationalist. It really is that simple!

And when the other person finds you fascinating and stimulating you will easily be able to pace them and lead their mind. In fact this is the first step to establishing trust and rapport. This will give you the necessary power and skill you need to deal with anyone in any situation. Once you give in to temptation and start talking about yourself, you will lose their undivided attention and they will simply be thinking about what they are going to say next.

If you want to succeed in getting people to like you, then resist the urge to use words like I, me, mine, and my. Replace all of them with "you" and you will be well liked which is a prerequisite for using stealth hypnosis.

For example, you can say:

"YOU will benefit if you do this. This is for YOU. This will make YOU look great. YOU will be well liked."

Getting someone to talk about themselves is simple. Just keep asking them questions and pausing for them to answer. You will see their state change *before your eyes*. They will smile more, get more animated and reveal more valuable information about themselves that you can use to influence them.

And most importantly, they will begin to trust you and feel in rapport with you.

How to Build Instant Trust

In order to influence someone, and easily implant seeds into their unconscious mind, *they must trust you* at least on a basic level. Often you will want to use stealth hypnosis on someone you just met and barely know. This is why it is important to know how to instantly get into rapport with someone so you can establish immediate trust on a psychological level.

The determining factor in whether or not a person feels they like and trust you is rapport. And when you are using stealth hypnosis, you will be talking about feelings in order to talk to their

unconscious mind. In order to talk with someone about their feelings, you must establish trust and rapport.

When you first meet someone, or want to approach someone, it is best to avoid any type of game playing and just be direct and blatantly truthful. This is the first step in gaining someone's trust so that *you have the power to influence them later*. This is why you have heard that ***there is nothing more powerful than the truth.***

For example, guys, lets say you see an attractive woman you want to approach. There is no "trick" to how you should do this. The trick is to establish right from the beginning that you are *real and sincere*, which also makes you appear more *direct and masculine*. ***Women will respond this better than any kind of line or game.*** Just walk right up to her and say "Excuse me, can I ask you something? Have you ever considered dating a person you just met in a place like this?" And you know how she will most likely respond, "That depends." Instead of using some line at this point, just stick out your hand and say, "Great, my name is ____, and you are?"

Being direct and honest up front will immediately position you as someone who can be trusted and also someone who is in control and has authority. This will allow you to then begin to establish rapport not only to solidify that trust, but to use that rapport to be able to talk to them about more personal and perhaps invasive subjects, especially involving feelings.

Once you know how and have a few of the following tricks in your bag, you will find it easy to establish rapport with anyone in any circumstance. In a nutshell, you establish rapport through matching (doing something the same or similar) and mirroring (doing something the same or similar but the mirror image, i.e. if they do it with the right hand, you do it with the left hand).

There are three major elements of rapport. The most important is *physiology* which makes up 55% of the entire perception. Physiology is how you use your body, your posture, your gestures, your facial expressions, and your breathing. The second element which makes up 38% of the perception is your *tonality*. This is how you use your voice, ***especially the last 3 to 4 words you say before you finish speaking.*** Your tonality includes your tone or pitch, your tempo or speed, your timbre or quality, and your volume or loudness. You also want to *make sure you put what you say into chunks* so that it is easier for the person's unconscious mind to understand. And the third

major element is rapport building is the *actual words you choose* which account for 7% of the entire perception. We will be covering the use of predicates, key words, and how to use common experiences and associations to build rapport.

However, as you can clearly see, if you focus on your physiology or body language and your tonality you will be able to establish a lot of rapport *no matter what you say*.

Once you are in rapport with someone, you will then easily be able to talk about even the most sensitive subjects with them. ***In order to get really good at getting into rapport quickly, you need to be flexible, practice self control and be perceptive.***

If you don't already have enough reasons to practice getting into rapport quickly and easily, then you should know that ***good rapport will give you the ability to take control of how a person thinks about and responds to you without you ever having to utter a single word!*** Now, wouldn't you like to know how to do that?

One way, as discussed above, to quickly establish rapport is to *match* and *mirror* the other persons gestures and facial expressions. For example, if they touch their face, then within about 15 seconds (no longer than 30 seconds) you want to do something similar. Don't do it immediately or it might be picked up as a silly game. You do not want the other person to notice or it will break the rapport you are building. And it doesn't have to be the exact same movement, just something close enough.

Matching and mirroring is the essence of rapport because while they might not consciously pick up on it, their unconscious mind will notice and they will *instantly* begin to feel like they like you and feel a connection. Remember how I said people like to talk about themselves? Well unconsciously, they like to be with people who are like them and matching and mirroring tells their unconscious that you are like them so therefore they should like and trust you. The connection they feel is one of *sameness*.

Now, you also want to be perceptive and remember what gestures another person *consistently uses* when they experience certain emotions. For example, when I get excited, I clench my fists and hold them parallel to my shoulders with my elbows bent and sort of pull in towards my chest (kind of like when you say "YES!" or "Touchdown!"). So if you were trying to get into rapport with me, you would notice

that I do this when I get excited. This means that later in the conversation or in any other conversation with me you can control me and cause me to feel excited on command. **All you have to do is use that same gesture when you are talking about the thing you want me to get excited about.**

Perception is very important in establishing rapport. This takes discipline because you need to *completely focus* on the other person and that means not focusing on yourself or *thinking about what you might say next*. When you have sensory acuity, or are very tuned in to how someone is sensing things, perceiving things and feeling about things you will have an easier time with rapport.

For example, while talking with someone you want to pay attention to how they breathe. You can use their breath to gain some amazing power and produce incredible results and chemistry. **If you talk at the pace at which a person is breathing, the other person will feel as if you are saying what they are thinking.** Think for a minute about how powerful this is!

This is how you do it: When a person has to say something, they take a breath. If you are matching their breathing, then when you say something as the two of you exhale together, you will align yourself with the person's internal dialogue *causing them to think you are saying what they are thinking*. This will cause a strong connection and sense of trust.

There are other ways to use breathing to make sure a person likes you and feels that chemistry and connection and they are equally as powerful. We will discuss them before the end of the chapter.

Paying attention to a person's breath, matching and mirroring them are two very *stealth and covert* ways of controlling the way another person is feeling. Now you are beginning to understand the power of stealth hypnotic mind control.

The bottom line, is that rapport is what makes a person decide whether they like and more importantly trust you right away. And it allows you to talk to them about their feelings to that you can begin to plant your commands into their mind.

Using Feelings to Persuade

Throughout this book, you will be constantly learning how to persuade by conjuring up specific feelings in the other person. This is the cornerstone of stealth hypnosis. In order to get a person to trust you enough to share their innermost feelings, the most powerful feeling you need to instill in them is a sense of *importance and significance*.

There are six basic human needs, and significance is one of them which means that ***a person's need to feel important or significant is so powerful that it actually causes them to choose certain actions, feelings and behaviors.*** And you will also benefit by making the other person feel significant because the result is that they will adore you for it and if you make enough people feel important, you will find that people are literally *fighting for your attention*. That is how powerful the need for significance is to all humans.

What I am saying to you is that when you can make another person feel important, it will in turn make you more significant to them. Therefore, you will both be getting your deep desire for significance met simply by your actions.

You can easily cause a person to feel unimportant (and ruin all that trust and rapport) by ignoring them, talking down to them, or showing them by your actions that you can do better and be smarter than they are. And if you do this, that person is going to despise you for it. And it is so easy for you to simply make them feel important and they will love you for it, *guaranteed*. This is the most important human relations skill you will ever learn. And it is just this easy:

1. **Listen to them!** Not listening to someone just about *guarantees* that they will feel unimportant and insignificant and therefore not like you or treat you kindly. Simple listening *instantly* changes that.
2. **Use their name often!** Just like people like talking about themselves, the sweetest sound to someone is the sound of their name. Don't over do this or it will seem phony, but *remember to use their name regularly* and they will feel a stronger connection to you.

3. **Pay equal attention!** When you are in a group or a family setting, *treat everyone as equals*. This includes the office. Even though others play the politics of pecking order, you are playing a bigger game, *one for power and authority*. This also applies to your children. ***If parents only knew how much more they could get from their children by treating them as equals there would be much more harmony in families.*** So please when you are in a group, don't just talk to one person or the group leader (which should be you if you are following this). Treat everyone as if they are the boss.
4. **Acknowledge people NOW!** If someone is waiting to see you or speak with you, take the ten seconds to let them know that you know they are waiting and will be with them in a moment. It only takes a second, but the rewards are infinite.
5. **Compliment and applaud often!** We spend a lot of time criticizing which is never productive and *rarely gets the other person to do what you want*. And if they do, they will do it resentfully. The best way to get people to do what you want is to compliment them, applaud them and praise them whenever you get the chance or notice they deserve it.
6. **Show that you are really listening!** When someone talks to you, take a second to pause when they are finished before you respond. Doing this gives them the impression that you are really listening and in deep thought about what they are saying. *Their subconscious will pick up on this and they will feel important*. Don't wait too long however and let that pause turn into lingered silence. Not only will this make the other person uncomfortable and self conscious, it will cause them to think you have not listened at all and are simply blanked out. But definitely use a small, thoughtful pause.

In addition to playing into someone's need for significance, it is also important to play to their nature.

The fact is when you truly understand human nature, and why people do the things they do- ***when you know why and how people will react under certain circumstances- then you will truly begin to become a master communicator and a skillful manager.***

The most important key to understanding people and human nature is to recognize that *people are who they are*, not what you *think they are* or what you *want them to be*. And you should appreciate them for

exactly who they are. And make sure you never confuse someone's behavior with who they are as a person.

People are not their behaviors. In order to successfully influence others you need to change the behavior, and accept the person.

If you can remember to make people feel important by playing to their need for significance, and accept and appreciate who they are as a person, the more connected they will feel to you and the more they will respond to you. When someone is thinking about you, "Man that person is awesome!", then you have the power to influence and persuade them.

The Secret to Being Instantly Liked

The reason you want to be instantly liked, is that it will give you the power to use stealth hypnotic mind control on *anyone*. You already know that in order for it to work a person must like and trust you, so now it is time to discuss some *extremely powerful methods* of making sure that the people you are dealing with like you right away, sometimes for reasons they don't even fully understand- because you are going to be using these stealth techniques on their unconscious.

There is literally no way to describe how powerful the techniques in this section are so you will have to try them out for yourself and begin to experience the sheer power of what it feels like to be liked by everyone and be able to persuade and influence them.

When you learn the amazing techniques in this section, you will be able to quickly and easily:

1. Remotely plant any idea or feeling in a person.
2. Become more intuitive about how others perceive you.
3. Make others feel and instant and powerful connection to you.

Right now, you are probably getting excited about how much influential power you are about to uncover for yourself. Remember, this stuff only works if you take action and put it into practice every day.

To begin with, let's talk about a person's breathing again. When you are talking with someone, use your peripheral vision to watch how

their shoulders move up and down when they breathe. And then match their breathing and *watch how they begin to respond to you*. See, what will happen is their unconscious mind will accept this as a message that you are like they are and that you two are a good match. And this will create an *instantaneous bond* with the other person. And that bond will help you influence them more easily.

For example, if you ever see a couple in a restaurant, you can usually tell if they are feeling really connected and in love because they will be engaged in deeply gazing into each other's eyes and if you look closely you will also notice their breathing matches. They probably do not even know this is happening because their unconscious minds are in such good rapport creating a very strong love bond.

You can instantly create this same bond by using eye contact and breathing at the same rate as the person you are talking to. This is extremely powerful.

You should also do the same thing with your speech. In other words, match their tone of voice, their tempo, and the speed at which they speak. Then match their speech with a smooth, congruent, dynamic rhythm.

If someone speaks slower than normal, or slower than you, then slow down. If you rattle off 1000 words a minute, do you really think anything you say is going to make it through. This will actually overwhelm them and cause them to tune you out.

If the person is talking slowly and deeply, then you do the same. Eventually and slowly begin to take control and begin to set the pace by leading the conversation when you talk. In other words, you want to start out like they do so that you can pace and lead them. This way, their unconscious mind will pick up on your power and authority and be more open to your influence and commands. ***Pacing and then leading the conversation will begin the process of transforming someone's unconscious mind and capturing their imagination, allowing you to take the conversation in any direction you choose.***

Now, when you are ready to do something even more powerful, profound and incredibly influential, try actually slipping in to the other person's skin.

What? That's right...that is exactly what you are going to do now.

What you want to do is to *pretend that you ARE the other person*. At first this may seem a little strange and uncomfortable but the rewards are worth it and soon you will have the hang of it.

The way you do this is to imagine that you are sliding into their skin slowly and naturally. Try their body on for size as if you are actually that person. If they have long hair, feel what that feels like. If they are wearing boots, feel the weight of them on your feet. If they are heavier than you, imagine what that might feel like. Pretty soon, you will be able to see the world through their eyes.

While this will not truly allow you to read their mind, this is about as close as you can come and it will have some powerfully exciting results. Remember, it is important to go in slowly or the other person will actually feel it unconsciously and it will make them feel uncomfortable.

Now take your mental image of that person and visualize them clearly. Notice the colors and the shadows as you slowly begin to transform into this person.

Being able to see the world through another person's eyes is perhaps one of the most significant and powerful stealth rapport building and bonding skills you can have. You will have a tremendous ability to easily influence anyone who you understand on this kind of level. And they will like you more and more.

Now, if you add to that by speaking their language you are well on your way to becoming very significant to the other person. ***When you talk in terms of how the other person thinks, you will establish even stronger rapport, connection and chemistry.***

In order to do this, you need to understand that people perceive the world according to different representational systems that revolve around the 5 physical senses. Those senses are visual (seeing), auditory (hearing), kinesthetic (feeling), gustatory (tasting) and olfactory (smelling). ***People use their senses to create their model of the world and to communicate.***

These senses create the 4 primary *representational systems* that create the way people think, feel, speak and describe how they perceive the world. And if you want to speak their language, you need to understand how to spot each one. The four representational

systems are visual, auditory, kinesthetic, and auditory digital. Even though we incorporate all 5 of our physical senses into our language and our perceptions, each one of us will have one of these four as our primary representational system. Do you know which one you are?

A Visual person primarily perceives the world in terms of what he or she sees. An auditory person, in terms of what they hear, a kinesthetic person in terms of what they feel. And then there is a rare category, the auditory digital, where a person will actually use a combination of all of the representational systems together.

A visual person will talk in language and use phrases that are visual such as:

- see
- look
- appear
- view
- show
- dawn
- reveal
- envision
- illuminate
- twinkle
- clear
- foggy
- focused
- hazy
- crystal
- clear
- flash
- imagine
- picture
- sparkling
- snap shot
- vivid
- an eyeful
- appears to me
- beyond a shadow of a doubt
- birds eye view
- catch a glimpse of
- clear cut
- dim view

- eye to eye
- flashed on
- get perspective on
- get a scope on
- hazy idea
- horse of a different color
- in light of
- in view of
- in person
- make a sense
- mental image
- mental picture
- minds eye
- naked eye
- paint a picture
- photographic memory
- plainly seen
- pretty as a picture
- see to it
- short sighted
- showing off
- sight for sore eyes
- staring off into space
- take a peak
- tunnel vision
- under your nose
- well defined

An auditory person will talk in language and use phrases like:

- hear
- listen
- sounds
- make music
- harmonize
- tune in/out
- be all ears
- rings a bell
- silence
- be heard
- resonate
- deaf
- mellifluous
- dissonance

- unhearing
- attune
- outspoken
- tell
- announce
- blabber mouth
- clear as a bell
- clearly impressed
- call on
- describe in detail
- earful
- express yourself
- give an account of
- give me your ear
- grant an audience
- heard voices
- hidden message
- hold your tongue
- idle talk
- inquire into
- key note speaker
- loud and clear
- manner of speaking
- pay attention to
- power of speech
- purrs like a kitten
- outspoken
- rap session
- rings a bell
- state your purpose
- tattle tale
- to tell the truth
- tongue tied
- utterly
- unheard of
- voice an opinion
- well formed
- word for word

A kinesthetic person will use language and phrases such as:

- feel
- touch

- grasp
- get hold of
- slip through
- catch on
- tap into
- make contact
- throw out
- turn around
- hard
- unfeeling
- concrete
- scrape
- get a handle
- solid
- suffer
- unbudging
- impression
- touch base
- rub
- all washed up
- boils down to
- chip off the old block
- come to grips with
- control yourself
- calm, cool, collected
- firm foundation
- floating on air
- get a handle on
- get a load of this
- get the drift of
- hand in hand
- hang in there
- heated argument
- hot head
- keep your shirt on
- know how
- lay the cards on the table
- light headed
- moment of panic
- pain in the neck
- pull some strings
- sharp as a tack
- slipped my mind
- smooth operator

- start from scratch
- stiff upper lip
- topsy turvey
- underhanded
- under pressure

An auditory digital person is harder to detect but they will use language and phrases like:

- sense
- experience
- understand
- think
- learn
- process
- decide
- motivate
- consider
- change
- perceive
- insensitive
- distinct
- conceive
- know
- question
- be conscious
- remember
- and a mix of the others

Knowing how to listen for these language patterns will help you speak someone's language. As soon as you realize you are talking with a Visual, then you want to use the same kinds of words and phrases when you speak to them so that they understand you on a deep unconscious level.

Speaking someone's language is actually speaking what the other person thinks! And that is powerful.

People think in terms of pictures and they turn these pictures into words. Pictures are the universal language of the mind and so to speak to someone's unconscious mind, you need to speak their internal language.

When you want to use stealth hypnotic mind control on someone, it is very important that you know what their primary representational system is.

Chapter Three
The Proper Way to Hypnotize

Before we can get into the actual methods that you will be using to achieve stealth hypnotic mind control, it is important that you understand the basic process of speaking to the unconscious mind. Learning how to hypnotize properly will allow you to effectively use the stealth commands in such a way that people will *automatically* do what you want and they will have *no idea* that you have hypnotized them.

Learning stealth hypnotic mind control is like learning a trade. So far, you have been learning the basics that are necessary to master your trade like an apprentice. Now, in this chapter, we begin to take you into the *actual practice of stealth hypnosis*. By building on each skill in the chapter, combined with the skills in the previous chapter, and adding a lot of practice, by the end of this chapter, you will have 75% of what you need to become a *master* stealth hypnotist.

In other words, this chapter is your primer for master stealth hypnosis. Here you will learn the entire hypnotic process from soup to nuts, from how to create your hypnotic voice, to how to deliver and embed commands, to how to install anchors to make the commands you install last so they work over and over again. Once you know how to hypnotize someone properly without them knowing you are doing it, you will have the right foundation to move forward to the next chapters to begin to learn and master the various methods of stealth hypnotic mind control.

In order to effectively lead a person's mind, you must lead them in the proper sequence. ***The following sequence has been scientifically proven to get straight through to the unconscious mind to get virtually anyone to follow your commands:***

1. Get their attention.
2. Build rapport so that you can put the person in a highly suggestible state where they feel an incredible bond or connection to you.
3. Put them into a highly emotional state.
4. Amplify the state and supercharge the feelings you create and then link those feelings to you or to the action you want them to take.

This is not difficult, nor should you make it any more difficult than it has to be. Because the unconscious mind is very childlike, the simpler

you keep it, the better your results will be. You will accomplish all of this in three or four simple sentences, once you know exactly what to say and how to deliver the message.

The entire process of hypnotizing someone should take no longer than 2-5 minutes.

Before you learn exactly what to say, it is important for you to have a broad picture of the process, because you need to know exactly what you are doing and why you are doing it. Once you understand the process, you can begin to create your own unique language patterns and persuasion tactics to fit any personality and any situation.

Once you understand the material in this chapter, you will be in a position to communicate with people so effectively and have to much power over their actions and feelings, that they will actually begin to talk to others about how amazing and fascinating you are, which will in turn bring you more and more opportunities to sell, seduce, charm and influence people.

As you continue to read this book, you will learn many stealth ways of getting someone's attention. *Getting someone's attention is the first step to being able to hypnotize them.* You set them up to follow your commands by simply suggesting, hypnotically, that they feel a bond with you and that the two of you are deeply connected. Then you simply use the stealth hypnosis methods to cause them to experience feeling towards you that cause them to feel *compelled to follow your commands*. Last, use hypnotic suggestion to amplify and strengthen those feelings and install an anchor so that you can put them right back in that state- *instantly*- any time you want.

It is really simple, as you will realize as you sit there reading this book and it becomes crystal clear. ***You simply combine your hypnotic voice with the right delivery method, and follow up with an anchor and you are done!***

Creating Your Hypnotic Voice

Speaking is more than simply the act of using your mouth and voice to form sounds. If you want to be an effective communicator and maximize the impact of what you are saying then it is important to learn how to speak. Once you discover how you can use the power of your voice to make *everything you say sound irresistible*, you will have people eating out of your hand and hanging on to every word you say.

Never underestimate the power of a finely crafted voice!

Your tonality is *extremely important* when you want to embed commands into someone's unconscious mind. Remember, it is 38% of how you will be understood. ***Your hypnotic voice is the foundation of hypnosis, and you must use it correctly if you want to embed commands and correctly apply stealth hypnotic mind control.***

If you are one of those people sitting there thinking that you simply do not have a pleasant or powerful voice, drop that notion *right now* because you are about to learn how to create an *irresistible* hypnotic voice.

In order to embed a command into someone's unconscious mind, you need to alter your voice when you speak the command. In other words, in the part of the sentence that *contains the command*, you are going to lower your voice or raise it- *ever so slightly*- depending on the situation. You also want to pause *right before delivering the command*.

To produce the maximum hypnotic effect, when you deliver commands you want to pause just before saying the command and then lower (or raise) your voice, ever so slightly.

You will do the same for questions that contain commands. Just because you are asking a question is no reason to use a different tonality or speech pattern. Many people end their questions on a high note in an attempt to produce the sound of a question mark. However, in most cases, this is perceived as a sign of weakness. So even with questions you want to use the same pattern- pause, then lower (or raise) your voice ever so slightly.

Most of the time, you will be lowering your voice *ever so slightly* when you deliver commands. There is only one exception to this rule. ***When a woman is speaking to a man, she would want to raise her voice ever so slightly upon delivering the command.*** The reason for this has to do with the basic nature of masculine and feminine energy. When using hypnosis, it is not a time to get bent out of shape about your equality to men. ***You can use hypnosis to dominate a man only if your voice is submissive.*** Even though the man you may be hypnotizing may be your equal or even your subordinate, you must remember *you are speaking to the unconscious mind*. And, in this primitive mind, the masculine is dominant and *absolutely resents* being told what to do by the feminine. That means that when women

When you speak to men and lower your voice when delivering a command, they will meet resistance. Therefore, women, if you want a man to obey your command, then simply raise your voice *ever so slightly* when you deliver it.

However, if you are speaking to a group of both sexes, then go with the normal tonality of lowering your voice, ever so slightly.

It is important that this inflection be so slight that it will barely be detected by the other person and only picked up by the unconscious mind.

This skill of properly delivering an embedded command is something that requires practice and sensory acuity. How you deliver your command will determine *how effectively* it gets picked up and acted on by the unconscious mind, so it is important to *keep practicing* the exercises in this chapter.

When you use your voice properly, compliance will be *effortless* because the other person does not realize *consciously* that they have received a command. They will obey as if they had received the command directly, and will act without resistance.

The pause that you use right before you deliver your command is equally as important as the drop in your pitch. When you pause, the person will pay more attention and anticipate your every word. However, do not pause too long or you may be seen as slow or boring. Getting this right may take a little practice.

Using pausing to make a person anticipate what you are going to say next. Breaking up your...language a little...bit can cause a person to...***follow your commands.***

Another good time to pause is when you want to emphasize a particular word or phrase.

Here are some sentences that you can use to practice dropping your pitch downward (or slightly upward). If you have a recording device handy, when you record yourself and play it back, it will help you improve. Listen for how a slight lowering (or raising) of your pitch at the end changes the command:

1. I love you.
2. Stay with me.

3. Do you want to go out and eat...with me?
4. Let's make love.

You should also use your recording device to record your voice reading poems, articles, stories, and books. Play back the recordings and listen to yourself paying particular attention to your use of pauses and changes in pitch and timbre. Make notes about how you might improve your tonality, then listen to how *you are improving with each recording*.

The way in which you project your voice is also important in delivering unconscious commands and voice leading. In order to project properly, you must breathe in the correct manner and learn good posture habits. ***Using good posture and breathing techniques will enable you to unleash the power and essence that are naturally in your voice.***

In order to influence and persuade others and become more persuasive with your hypnotic commands, it is important that your voice have enthusiasm and energy in it and carry the sound of *confident authority*. You will not be effective at projecting this unless you use the correct posture and learn to project your breath from the diaphragm.

Use these vocal exercises *daily* to train your body to maintain correct posture and breathing for the most effective hypnotic voice:

1. **Posture visualization.** Start by sitting in a chair and imagine there is a slim rope that slides from the top of your head down through your neck and all the way down your spine. Now imagine someone pulling up gently on the rope, straightening your neck and spine to the point where even if there were no muscles holding them there your alignment would be perfect. Your vertebrae would be stacked one on top of the other and your shoulders would slide back and into place. Now, imagine this frequently and throughout your day as you move through the world performing the tasks of your day. Notice how many times you need to pull the rope to correct your posture. The more you practice this visualization the less you will have to correct your posture.
2. **Alignment Stretch.** Slide your shoulders up towards your ears. Roll them back while squeezing your shoulder blades together.

- 3. Advanced Alignment Stretch.** Place the palm of your hand against a wall with your arm straight about three inches above your shoulder. Gently lean into the stretch keeping your body as perpendicular to the wall as possible while remaining comfortable and hold it for 60 seconds. Repeat on the opposite side. You should feel this in your cheek just below your collarbone to your breastbone all the way down your shoulder.

Make sure you roll your neck and shoulders so you can loosen up these specific areas and help them realign after the exercise.

It is also very important that you learn proper breathing. Proper breathing allows you to maintain control of your pitch, timbre, and tempo easily. If you have ever heard someone get emotional when they are speaking and their voice cracks, or squeaks, you know what it is like to listen to someone who is not breathing properly. If this happens to you as you are practicing stealth hypnosis, you may distract the person's unconscious mind, pull them out of the trance you induced, and your command *will not be properly embedded*.

It is important that you breathe deeply and from your diaphragm so that you can project your voice and give it *power and essence*. Many people mistakenly believe this requires more air. It doesn't. It simply requires you to place the air into your lower lungs using your diaphragm so that you can control the rate at which it leaves your body.

Think of your lungs like a balloon. You know how when you let the air out of a balloon slowly by clamping and pulling on the neck, and you hear that squeaky sound? And you know how you can control the sound by controlling the airflow?

Well, the same type of mechanism is what makes your vocal cords produce sounds. Sounds (your voice) are produced by the rate at which the air you breathe in escapes through your vocal cords.

Breathing from your diaphragm allows you to control the air flow and therefore the sound.

This exercise will help you breathe properly:

Start by placing your hand on your upper chest. Breathe in so that the part you are touching moves out when you breathe in.

As you exhale now, let out an “aaahhh” sound. Listen to the way it sounds when you are breathing from your chest.

Now, repeat this exercise and this time place your hand on the middle of your chest and breathe into the middle chest where your hand is. As you exhale now, make the “aaahhh” sound and listen to how it might sound different.

Now, place your hand lower on your solar plexus and do the same thing.

Last, place your hand on your stomach and do the same thing and as you make the “aaahhh” sound now notice how it sounds much deeper, richer, and more powerful. ***This is how much more powerful your voice will sound when you learn to speak from your diaphragm.***

Practice this exercise daily and you will automatically begin speaking from your diaphragm and your voice will automatically become more powerful.

If you are experiencing difficulty with this exercise, try holding your hands above your head while you do it, or try lying on the floor when you practice the first few times to get a feel for it before you do it standing up. Just find a way to make this vocal cord warm up part of your daily routine. Personally, I warm my vocal cords up each morning when I am in the shower. I go through each of the vowel sounds.

It is also important to *speak enthusiastically and with energy* when you are speaking to someone, especially if you intend to place them in trance and hypnotize them.

In other words, you should practice listening to your words and make sure you can hear the emotions and feelings in what you say and that you sound sincere. For example, if you are talking about your team winning the division championship, make sure you can hear the excitement, and when you are speaking about an incredible sunset, make sure you can hear the wonder and awe in your voice.

Emotions and enthusiasm are a *must* because the unconscious mind processes ideas in pictures and feelings. If these feelings do not come

across *clearly* in your tone, it will be much harder for you to talk to someone's unconscious mind in a stealth manner.

You can accomplish adding enthusiasm and emotion to everything you say now when you practice saying certain words *out loud* during your daily vocal warm up. The idea is that *you will make each word* sound like it means. Practice doing that now with these words:

- Curiosity
- Sincerity
- Love
- Lust
- Desire
- Amazement
- Excitement
- Exhilaration
- Thrill
- Victory
- Triumph
- Happiness
- Calm
- Playful
- Relax

If you are having a difficult time getting these words to sound like what they mean then you should *close your eyes* and think about each word and *picture a memory* associated with each word. As you recall your memory, look at it and see what you saw, feel what you felt, hear what you heard, and now say that word with all of the emotion you just brought into the picture. Now when you say the word, it will sound like its meaning.

Now that you know how to inject feelings into your words, try putting them into sentences and listen for how the sentence conjures up certain feelings.

“Once you are using stealth hypnosis, the ***thrill*** you will feel will **amaze** you when others respond to your commands with ***excitement*** and ***sincere desire*** as if the command was their idea in the first place.”

“Have you ever met someone and instantly it was like you felt really ***curious*** and connected to this person and the more

curious you became the more connected you felt to this person you **desired** became more real in your thoughts?”

Notice the words might not actually match the way you say them. For example, the second sentence could be said seductively or playfully for a completely different response.

Once you have practiced these exercises and developed your unique hypnotic voice, then you can begin to follow the proper method for delivering stealth hypnotic commands.

The Proper Delivery of Stealth Hypnosis

Once you have your hypnotic voice and are comfortable using it, then you simply plant your seeds according to a *scientific hypnotic formula*. This sounds difficult, and it is really easy. To use stealth hypnotic mind control you want to craft your sentences according to this formula, and deliver them with the *soothing, confident hypnotic voice* you have created so that the commands sound *very innocent*. Do this, and the person will have no idea they have been hypnotized. This is what stealth hypnosis is all about.

Remember, stealth hypnosis is all about speaking directly to a person's *unconscious mind*, and so to effectively implant commands into someone's brain it is important that you structure your sentence *according to this formula* so that the unconscious mind understands the command (even though the person will not consciously understand it):

Stealth phrase(s) + an action verb + the command(s) = stealth hypnosis

Even though there are various methods for delivering hypnotic commands and suggestion, which we will cover later, the *formula is always the same*. For the rest of this book, as we cover the physiological devices, we will *always be using this formula*. Being familiar with the formula will not only allow you to eventually create your own stealth hypnotic language patterns, it will also help you recognize when someone is trying to manipulate you.

It really is that simple. Take any stealth phrase, add an action verb, then add your command and POOF, you have successfully spoken to the unconscious mind and planted your command.

It is that simple because it is *supposed to be simple*. The unconscious mind is very complex yet it is only capable of processing and understanding simple childhood grammar, the kind of language we spoke until about the age of six. Your commands should always be delivered with excitement and the appropriate emotion, and this emotion should be *sincere and believable*. Keep it simple, keep it fun, and always keep your commands simple to follow and straight to the point.

Stealth phrases are phrases that *sound innocent* and are crafted *specifically* to speak to the unconscious mind. With each phrase, there are four ways of delivering it. These are called *Cartesian Coordinates*. For example:

1. Converse -AB- "What wouldn't happen if you did?"
2. Theorem AB- "What would happen if you did?"
3. Non-Mirror Image -A-B- "What wouldn't happen if you didn't?"
4. Inverse A-B- "What would happen if you didn't?"

Below are some stealth phrases you can begin to incorporate into your commands now. Remember, you want to follow each one with an action verb the presupposes you, and a command. We will get more into this in later chapters. It is important for you to understand the proper delivery before you learn all of the various psychological devices. Finally, you want to follow up your command by installing an anchor for maximum effect and to be able to call it up again instantly without any effort.

- how do you think you would...
- how do you think you could...
- how do you think you can...
- how do you think you cant...
- how do you think you should...
- how do you think you shouldn't
- how do you think you might
- how do you think you
- I don't know how you would
- I don't know how you wouldn't
- I don't know how you couldn't
- I don't know how you could
- I don't know how you can
- I don't know how you cant
- I don't know how you should

- I don't know how you
- I don't know how you might
- I don't know how you might not
- I certainly wouldn't imagine
- I certainly wouldn't picture you
- I certainly wouldn't imagine you
- I certainly couldn't picture you
- I certainly couldn't imagine you
- I certainly cant imagine you
- I certainly cant picture you
- I certainly shouldn't imagine you
- I certainly picture you
- I invite you to realize
- I invite you to picture
- I invite you to imagine
- I invite you to get
- I invite you to become
- You might picture
- You might imagine
- You might realize
- You might become
- You might get
- You might cause yourself to
- You might allow yourself to
- How happy would you be to
- How excited would you be to
- How much pleasure can you stand to feel when you
- Most people when they
- Isn't it neat how you can
- Doesn't it feel compelling to
- Doesn't it make you want to
- Doesn't it seem like you're
- Doesn't it cause you to
- Cant you allow yourself to
- Cant you become
- Cant you just get
- Isn't that something that just makes you....because you
- Isn't it just something that causes you to...because you
- Isn't it interesting how you are able to...because you

- isn't something like that what you've always...because of
- aren't you getting
- aren't you becoming
- aren't you realizing
- aren't you glad you can allow
- aren't you happy to discover
- well aren't you a
- well aren't you getting
- well aren't you becoming
- well I can see it so can you
- well I can imagine that, so can you?
- Well, I can feel it, so can you?
- Because, when you can
- Because if you should
- Because if you could
- Because when you allow
- Because I know that
- because, it just makes sense to
- because you should have seen it when you
- because it is interesting to share that
- because how surprised would you be to
- because you might notice
- because you might realize
- because its not something that you can
- because you really shouldn't
- because you really might cause yourself to ...get the idea with the word because?
- now, then you
- now, with me, its not
- now, with me, its not quite the same
- now the way I'm invited to see it in the brain would be to
- now, if you should
- now, if you shouldn't imagine
- now, if you should begin to picture it like I've described
- now it's the kind of feeling
- now you will notice how
- now, realize you can
- now, it causes you to see that if you should
- now it causes you to imagine that if you could

- now, it causes you to picture that if you couldn't before
- now it allows you to be able to do that easily if you can
- now I invite you to
- now you really don't have to

You can also mix and match these phrases and link them together in sentences in a variety of different ways. And I invite you to notice just how easy it is when you try it out.

When you combine the sneak phrase with an action or command verb, like feel, become, get, remember, notice, etc, and then tack on the state, process or experience you want them to have them PRESTO you have made an embedded command.

As you are thinking about that...

Embedded Command Formula

Trance phrases + Command verbs + states, processes or experiences = Embedded commands

(Example: Whats it like when you become compelled to practice?)

It is actually quite simple. Practice a bit and you will get the hang of it.

How to Install an Anchor

Installing anchors is one of the most powerful skills you will ever learn. In fact, if you only were to master one skill from this book, it should be anchoring. Yes, it is just that powerful!

Before you learn to install an anchor, it is important to understand what it is and why it works. An anchor is anything that conjures up a thought or a feeling about something else. In other words, an anchor is anything that reminds you of something.

Let's take music for example. Have you ever heard a song on the radio and as you are listening to it, the song takes you back to a wonderful memory such as your first kiss, or your first big promotion? And do

you think of this same time every time you hear that song? Then that song is an anchor for you.

However, anchors do not have to happen by luck, chance, or accident.

You can install an anchor in someone else's unconscious mind on purpose to remind them of you, positive feelings they have towards you, and magical or powerful moments they shared with you.

Once you understand anchors, you will find them so powerful that you will get in the habit of installing them *whenever possible*. For example, when someone around you is having fun or laughing hysterically, install an anchor and every time you fire off that anchor, ***they will instantly go back to that state!***

We also have to be aware that we can install anchors *unintentionally*. Whenever you touch someone who is in a highly emotional state, that touch will install an anchor. This means you should be very careful not to install negative anchors. Many people do this without knowing it or meaning to. For example, when you attend a funeral or wake, do you notice that everyone is hugging the bereaved person who is in a state of grief and sadness? Each hug is an anchor, so make sure that you are careful not to anchor someone who is in a negative state. This doesn't mean you should not console someone who is sad, just make sure that you use your newfound power to change their state and then anchor the positive state. This way, they will remember how you made them feel better, not the sadness.

When you are installing commands or seeds, anchoring is optional, yet it can make your life a lot simpler. If you go through all of the trouble to hypnotize someone so that they feel a specific feeling, or comply with your command in the moment, if you install an anchor you will have the ability to fire off that anchor later to bring back *the exact same feelings with a single word, look, or touch*.

You can anchor anything you want in any way you choose.

For example, let's say there is a member of the opposite sex you are pursuing and you successfully use stealth hypnotic mind control to get that person to agree to go out with you. Next time you want to go out, all you need to do is fire off the anchor and they will instantly be in the state to agree to go out with you again and you will not have to go through the trouble of hypnotizing them *all over again*.

Anchors allow you to make stealth hypnosis a one time effort because the anchor is a way of quickly communicating with someone's unconscious mind.

Installing anchors is all about timing. Before you install an anchor, you first want to put your subject into a highly emotional positive or pleasurable state. This means you must have enough *sensory acuity* to *recognize when the state is peaking*. You want to install the anchor *just before* the state peaks and hold it until it does.

The simplest way to install an anchor is to simply touch someone. This could be as simple as a pat on the arm, or a brush of your fingers down a person's cheek, or a touch on the knee. If you want to install an anchor that will be difficult for someone else to fire off, then make your touch unique, such as two pats on the knee, or pat the hand and then slide your finger up or down the arm.

To fire off the anchor, simply touch your subject in the same place the same way, and if you timed it right that person will return to that state. After you have installed an anchor, you can test it a little later to see if you were successful.

Touching is the simplest way to install an anchor, however you can use anything to conjure up the thought or feeling you want including a certain phrase, a tap of your foot, an object in the room, a certain sound, a song, the sound of your voice, your face, a picture, a certain object, the moon, the sun, whatever.

Install it and simply test it later. If the anchor does not take it is probably because you did not time it correctly and either installed the anchor too late or too early.

The most important thing to remember when you want to successfully install an anchor is that you must get that person into the state you want them in, or catch them entering that state.

You can use a language pattern to do this and when you notice the person responding in the way you want, *anchor it*. Do this properly and you can fire off that anchor at will and ***instantly put that person into whatever state you want them in.***

Try this:

Go out and find a person and get that person to remember a time they did something very enjoyable or pleasurable or a time when they were elated or sexually aroused. *Watch them closely* as you get them to mentally relive that moment and describe it to you. Now notice how their state changes as they begin to go into the experience.

If you are having trouble getting them into the state, ask them *questions* to help them along that will help them associate and relive the *emotions and feelings* and not just the facts. This means *you want to ask sensory questions* such as what they saw, heard, tasted, smelled, felt, etc. As you begin to notice their state change, anchor it by patting them on the arm and saying "That's great," or, "That's right...".

Now, simply test the anchor. Do this by saying something that brings up a negative emotion and then *fire off the anchor*. What you will find is that it is very hard for them to get upset or take you seriously when you are firing off a pleasurable anchor.

Now, what you want to do is *increase the intensity* of the anchor by turning it into a ***sliding anchor***. Begin by firing off the anchor (the pat on the arm) and then use a *stealth phrase* as you move the anchor up towards the shoulder and the feeling will *double in intensity*. ***You can repeat it to double the intensity again!***

Anchoring in an art form and takes some practice. Some of you may be wondering if it is acceptable to touch someone ***that frequently***. If you have done your job in establishing enough rapport, then that person should *welcome your touch*.

Touch is a very powerful form of non verbal communication and will persuade a person to like you even more than they already do.

If you go through all of the trouble to get a person to feel loving feelings towards you, *you could create dozens of anchors* just by suggestion. And only a few of them need to involve *actual touch*. In fact, non touching anchors are *very powerful* when you use them in a *business situation*.

Pay close attention and get really good at the art of anchoring. It has so many powerful uses.

Non-touching anchors (like songs, objects, places, and especially smells) can even work for you when you are not around!

I have given you the formula for stealth hypnotic mind control *before* we get into the psychological devices because it will be necessary for you to *use this process in all of your stealth hypnotic efforts*, and I do not want to take you through the devices until you are *convinced* that stealth hypnosis really is very simple.

Even though stealth hypnosis is extremely simple, in order for it to work for you now you will have to practice using all of the methods and devices we will be tackling in the upcoming chapters. Each method has its own uses, yet each time you choose to use one of the specific methods you are about to learn you will want to use it with the *exact process we have just covered*.

Chapter Four
Getting Away With It

The purpose of stealth hypnotic mind control is to be able to persuade someone to do what you want *without them detecting* that they are being hypnotized or psychologically manipulated. You can only talk directly to someone's unconscious mind if their *conscious mind* is not aware of what is going on.

The minute someone's conscious mind detects what is going on, they will either get confused because they logically are not following you, or they might simply shut off their unconscious mind and listen with their conscious mind.

The idea here is to manipulate someone (for their benefit as well as yours) into a state where they are *highly suggestible* (their unconscious mind is listening). This means you must *use subjective language to induce a trance*, and you must warm them up by using *fluff talk* that is about their feelings and do so *without being intrusive*.

Once you have softened them up, then you can use stealth hypnotic persuasion to put them into a trance so you can plant the seeds you want to plant.

As long as you continue to speak to the unconscious mind, the person will not have a clue what is happening, yet they will follow whatever commands you plant. In this chapter, we will learn how to induce a trance, talk about feelings, talk about sensitive subjects, and how to use stealth hypnotic persuasion *all without getting caught*.

These methods work because they erase any possible objection a person might have to going along with what you want them to do.

Inducing a Trance

An important part of hypnosis is the trance state. When someone is in a trance, their unconscious mind is freed from the critical fretters of the conscious mind and open to suggestion.

A trance is simply an *altered state of consciousness*. Many people when they think of being in a trance, think of that kind of sleepwalking state we see in movies where the therapist has someone watch the pendulum and then the person blanks out with their arms in front of them doing whatever the therapist commands then remembering nothing later.

This is not exactly what a trance is like. If you have ever been driving your car and blanked out not remembering how you got from point A to point B, then you were in a trance. If you have ever lost your train of thought, you were in a trance. Trance states happen all the time, and they are not scary. The people you are hypnotizing will not be blanking out *in an obvious way*.

A trance is simply an altered state of consciousness. Try talking to a man when he is in the middle of watching a football game, or a woman in the shoe department and you will get what a trance is all about.

Putting someone into trance is what will allow you to speak directly to their unconscious mind.

You cannot put someone into trance until you have established rapport and have spent a few minutes speaking to them to warm them up, all of which we will be covering in this chapter.

To understand how a trance works, first you need to be familiar with the different states of mind we experience. The first we normally experience in our waking lives. It is known as the *Beta State*. In the Beta State, our brains are highly alert, and this is when we use *reasoning and logic*. Scientists have measured the activity of our brains using different states, and can monitor the activity using an electroencephalograph (EEG). When we are in the Beta State our brain waves vary between about 14 and 30 cycles per second (c.p.s.).

The second state of mind is called the *Alpha State*, when our brain waves operate at between 8 and 13 c.p.s. In this state, our minds are still alert but are more relaxed. We are generally more creative in the Alpha State, and are more open to information, imagination and imagery.

The Alpha State is the state you want to use as the gateway from the conscious into the unconscious mind.

The Alpha State is an everyday experience for us, whether we are wrapped up in a movie or going into our out of sleep. When we are in the Alpha State, we are moving into trance.

The third state is called the *Theta State*. In Theta, the brainwaves are between 4 and 8 c.p.s. This state is associated with deep relaxation,

tranquility, and dreams. Theta is sometimes known as the dream state. We pass through Theta on the way to and from deep sleep.

Many hypnotherapists will put a person into Theta for hypnosis. However, you do not want to do this with stealth hypnosis. When you are meditating and using self hypnosis, especially if you are using a guided meditation, you can take yourself into Theta for *maximum results and extraordinary benefits*.

The final state is called the *Delta State* when brain waves are below 4 c.p.s. Delta is the deep sleep state, where you are totally unaware of your mind or body. *You cannot be hypnotized or suggested in Delta.*

It is important to understand that these levels of brain waves are not neatly restricted to one state of mind. For example, there are alpha waves and theta waves when we are in beta. The four stages are occasions when one type of brain wave is predominant.

The significance of these states for hypnosis is that ***it is during alpha and theta states where the hypnotic trance exists.*** It is then that suggestions and commands to the always present unconscious mind are not obstructed by the critical faculties of the conscious mind. When someone begins to go into alpha and allay the critical faculties of the conscious mind (when they suspend their disbelief and skepticism) that is when you can use suggestions and commands to work on someone's unconscious and install your commands.

Putting someone into a trance is really simple and if you follow these instructions you will not get caught.

The advantages of learning how to go into a trance and how to induce a trance are *infinite*. When you are in Alpha, or trance, your learning ability is heightened and you are able to perceive things much more clearly. In trance you are in touch with your intuition and are also *highly suggestible*. Think of trance as someone temporarily turning off their conscious mind and turning on their unconscious mind.

When you can put yourself in trance, you are able to accelerate your learning ability, sharpen your memory, and use your extrasensory perception.

Inducing trance is essential to capturing and leading a person's imagination and guiding it into a state where they will be highly suggestible and *easy to program with your commands*.

A person should be very relaxed and in rapport with you or they will not go into trance.

It is quite easy to put someone into trance. The simplest way is by using what is called a *blank interrupt*. All you have to do to change someone's state is to interrupt their current state. When you do this, the person must actually go *inside of their head* to figure out where they were (you will essentially be causing them to lose their train of thought) so that they can remember where they were when you interrupted them.

This creates a blank spot or a void. And your job is to use stealth hypnosis to fill that blank spot with your command. When you think about this you will realize it is true.

Your mind thinks in pictures and every time you speak, you actually form the sentence in your mind first. It all happens very fast, so you are not aware of it, but you can rarely speak a complete sentence without forming it in your mind first.

This means, that if someone were to interrupt you in the middle of speaking a sentence you had already formed, your mind would actually blank out for a moment and that blank space holds tremendous possibility for you.

While that person is thinking "Huh?", you can plant anything you want in there without getting caught.

The reason you will not get caught is because if the person hears you, it will simply interrupt his or her process of finding their train of thought that you made them lose. So essentially, this is a *double interrupt*, and another blank spot. For example:

Your subject: "I was walking into the conference room for the meeting and I thought..."

You interrupt: "I have just got to buy a car." Or "I have just got to ask Julie (or whatever your name is) out."

More than likely the person will hear you and laugh. Don't worry that them laughing means that you got caught or that their unconscious mind did not hear the command.

A laugh is actually a sign of agreement from the person's unconscious mind. ***So when a person laughs in response to a command take it as a definite sign that the unconscious mind heard you, agrees with you, and will surely act on the command.***

When you need to take control of a conversation or create a blank spot in your subject, use these phrases as conversation stoppers. These statements will induce a mild trance allowing you to plant your seed. Read them over several times now and you will notice they have this "huh?" effect:

1. When would now be a good time to...?
2. If you expected me to believe that, you wouldn't have said that.
3. Do you really believe what you thought you knew?
4. Do you believe what you knew you thought?
5. Your question is what you knew it would be isn't it?
6. Why are you asking me what you don't know for sure?
7. Why would you believe something that's not true?
8. Could you give me...an example...would be helpful.
9. Why are you agreeing with what you already know?
10. Your response says what you are unaware of.
11. How could you stop a thought once you get it?
12. Do you believe what you knew you thought?
13. I understand what you are saying it doesn't make it true.
14. You can pretend anything and master it.
15. What happens when you get a thought?
16. Are you unaware of what you forgot?
17. The less you try, the more you will agree.

Now when you use of these questions or statements and follow up immediately with a command, you will have successfully installed that command.

Why It is Important to Talk About Feelings

We all use *fluff talk* in our conversations. And you will also use fluff talk to warm up a conversation when you are planning to use stealth hypnotic mind control as a way to warm the person up, and get into rapport, so you can get that person relaxed enough to induce a trance and plant your seeds.

If you are one of those people who think fluff talk is useless chit chat, *think again*. Fluff talk is an important part of approaching someone, establishing rapport, and pacing and leading a person's thought patterns.

Fluff talk is especially important when you plan to launch into powerful language patterns because you can't begin a conversation with hypnotic language or the unconscious mind will not hear it.

Most of us talk about facts such as the weather or our health when we are using fluff talk. *Forget about facts!* Not only are facts boring, they are not any use to the unconscious mind. From now on, your fluff talk is going to be all about *feelings*.

You also need to use fluff talk to continue to elicit and learn about a person's values. You must at least have some sort of casual conversation with a person for it to make sense that now you are a little more interested in them so now you are asking more personal and intrusive questions.

When you simply discuss facts, the other person feels nothing. You must grab every opportunity you can to discuss feelings. From now on, this is your number one priority in fluff talk- to talk about feelings.

You want to use questions to get the other person to not only talk about their feelings but *begin to feel them* as well. Once they are fully engaged and describing their feelings you have instantly switched from fluff talk to *hypnotic patterning*.

For example:

“So what did you do yesterday?”

“ I went to the ballgame.”

“You like going to the game, don’t you?”

“Oh, yeah.”

“It gets you excited, doesn’t it?”

“Uh huh.”

“I know what you mean. I just love the feeling of walking into the stands, smelling the hot dogs, hearing the crowd and the music...”

And you go on to describe the ball game as the most liberating, earth shattering experience you can. This is how you make up hypnotic patterns on the fly. Did you notice how I used questions to get the person fully associated with the feeling of being at the stadium and going to the game?

The key is using fluff talk to begin to talk about feelings is to make good use of all of the things they describe and all of the things they have told you in previous conversations they like and then get them emotionally involved in describing why they like it so much. *This is how you instantly transition from fluff talk to patterning.*

In later chapters, we will be learning about creating patterns and you will know how to use fluff talk to introduce your patterns so that you can transition easily and avoid getting caught.

You also need to know how to dig deeper and begin to talk about sensitive and intrusive subjects. Doing this without making the other person uncomfortable or getting caught requires the use of softening statements.

How to Talk About Sensitive Subjects

When you begin using stealth hypnotic patterns, you are going to want to dig deep with a person in conversation and often times you may be talking with someone you do not know very well yet. In order to get their permission to talk about sensitive and intrusive subjects, you want to employ the use of *softening statements*.

For example, you can begin with “You know, I hope you don’t mind me asking this but as I am getting to know you better, I would like to

know what is important to you. So as you look at me and this is what we are talking about, I would just like to ask you..."

And then you move right into the pattern you are going to use with them. You will find when you do this you can get away with talking about stuff they might normally back away from, feel uncomfortable with or call you on.

Some other useful softening statements might be:

1. I just want to say, and I hope you don't find this too forward...
2. I know this might seem a little off the wall but just for the sake of this fascinating talk we are having...
3. Would you mind if I just asked you, just to help me understand...

This will help you dig deeper without offending, alienating or getting caught so that you can warm your subject up, transition right into patterning, and using stealth hypnotic persuasion.

Stealth Hypnotic Persuasion

Stealth hypnosis is the use of subjective language to force the other person into a trance where they are highly suggestible. Once the person is open to suggestion, you can use stealth hypnotic commands to make them feel the specific way you want them to feel.

When you have successfully induced a trance you can use the stealth hypnotic command techniques and psychological devices we will be discussing in the next chapter to make the other person feel however you want them to feel.

Chapter Five
Stealth Language Patterns

You bought this book so you could learn to hypnotize people without them being aware of what you are doing. The manner in which you structure your statements and questions is how you will win them over to your way of thinking and to get them to do what you want while thinking it is their idea.

For that reason, this chapter is probably the most important chapter in this book.

The language patterns you will now master will give you many powerful ways to use stealth hypnotic mind control on *virtually anyone in any situation*. Language can be structured as a psychological device or a trigger.

You are about to learn the English language in a way they never taught you in school.

This is the heart and soul of hypnotizing anyone's mind without them knowing it.

Think of what you have learned so far. You have learned there is *anthropological and scientific proof* that the human mind can be controlled; you have learned how the unconscious mind works; you have learned how to use your voice effectively; you have learned how to warm up a conversation so you can put someone in a trance; and you understand that the reason this is so easy to do is that people looking for external guidance and authority.

Now that you understand the basics, you are ready to learn the stealth hypnotic devices and language patterns, so lets get to it.

In this chapter, you will learn the specific questions you must ask, and how to ask them in such a way that the other person will *allow* you to probe for information. You will learn the specific techniques and tools you can use to hypnotize anyone without them having a clue what is happening. This is stealth hypnotic mind control.

Once you complete this chapter, you will master the information you will practice. This will empower you to use these strategies to reconnect language to experiences, to gather information, to clarify what someone means, and to identify someone's limiting beliefs.

This technology is just that powerful!

You can also use it to recognize when *you* are being manipulated and how to make sure that the devices that are working for you will not work against you. We will cover the various ways you can protect yourself once you recognize the strategy that is being used against you.

You will find that learning how to unconsciously communicate with others and how to influence them unconsciously will be extremely useful in business, school, relationships, and helping others in addition to hypnotizing them.

One important thing to understand is that everyone has their own model of the world based on their experiences, beliefs, values and attitudes. What someone says has specific meaning based on their model of the world.

This means you should not automatically assume you know exactly what someone means by the words they say, and that many times you need to know what questions to ask to clarify meanings. These strategies will teach you that as well.

You will now have the ability to gather the right information so that you understand what someone means when they speak.

Understanding the other person is what will allow you to use these hypnotic language patterns to lead someone's mind toward the change you want them to make or the action you wish for them to take.

In order to fully understand and use these language patterns, it is important to understand language and how thoughts become words.

How Thoughts Become Words

Master communicators exploit the strengths and weaknesses of the language to their advantage by manipulating words, phrases, sentences and questions. This is what Neuro Linguistic Programming is really all about and also the *basis of hypnosis*.

If you want to be able to master stealth hypnotic mind control then it is essential that your language be precise.

Imagine how powerful you will be when you have the ability to use precise words and phrases that have a specific emotional meaning to

another person according to *their model of the world* so that you can determine *exactly* what a person is thinking by the words they choose.

Here is all of the information you need to master this is priceless and powerful communication skill.

Persuasion and influence are a breeze when you understand how people think. In order to understand this, you need to know exactly how a thought turns into words. Basically, when we speak we begin with a *deep structure* thought, then *generalize* it, *censoring* part of the idea, and *speak the remainder*.

When you say something, your mind has a picture of what you are saying, and this picture is a full and completely detailed version of what you eventually say. This idea is called the deep structure.

The deep structure is not something we are conscious of because language exists at a very deep level of our minds. What we do is take this deep structure and shorten it so that we can communicate a clear and concise thought. The thought when it is spoken as the eventual words that come out is called the surface structure.

This censoring is necessary to keep us from being long winded and providing too much information which would halt communication. For example, if someone asks you for directions, they do not need to be told the types of trees and the colors of the street signs along the way. However, when you form the thought that turns into those directions, your brain makes a very detailed picture. It is the same way with every thought that turns into a sentence. Essentially, our brains leave out all of the superfluous details.

When we process language from the deep structure to the surface structure, we unconsciously do three things:

1. We select only some of the information available in the deep structure.
2. We inevitably distort the meaning of the information when we provide the censored version.
3. We generalize in an attempt to censor and simplify the information.

There are ways you will learn to *ask specific questions* to actually reverse this process and make these distortions and generalizations

reappear. These questions will help you fill in the *missing information* that someone has censored out, and *reshape the structure* of what is being said so that you can make more sense of what is actually being communicated.

Once you understand what someone is actually saying based on their model of the world, you can then choose the right language pattern, whether it be a psychological device, trigger or some other language pattern that will most effectively and stealthily hypnotize your subject.

The Psychological Devices

There are 13 major psychological devices that you will use in stealth hypnotic mind control. They are:

1. **Unspecified nouns.** An unspecified noun is simply a noun which is not specific. When someone uses them in a sentence, you will always be able to ask, "Who or what specifically?" For example:
 - a. **This guy did it.** Who is the guy?
 - b. **They think I am fascinating.** Who exactly thinks you are fascinating?
 - c. **You know what they say.** Who are they, exactly?

Essentially, a sentence using an unspecified noun is one in which the actual noun is missing. When you speak to someone, you can confuse your listener's unconscious mind by using unspecified nouns. When you do this, you force the person to begin to sort out what you are saying, which allows you to begin to pace and lead their thoughts.

If someone's brain is forced to go searching for missing information, it focuses its energy on searching, which makes it easy to simply let an *external authority* (you) lead their thought process. This makes what you are saying appear to sound logical when it really might not be.

The result? They will most likely simply agree with what you are saying.

Here is an example of a hypnotic language pattern using unspecified nouns, with the commands in bold:

You are at a party and you walk back to your date from another room laughing and you say, "They think I am funny, I mean, most people **think I am funny** because when **they listen to what I say** you can **just find humor in it and laugh. It's really funny.** At least that's what they said, how funny." Then you start laughing.

This example starts out with the unspecified noun "they" which you then clarify immediately, which allows you to pace your date's thoughts and lead them towards how you want your date to see you, in this case *as a funny person*.

Using unspecified nouns is easy. We do it all the time only now you will be doing it on purpose for a *specific reason*. Use the unspecified noun and just before someone begins to ask for clarification, give it to them and then deliver your embedded commands. This will cause their unconscious mind to process the commands and act on them.

Even if you only get a smirk or small laugh, that is your sign that their conscious mind did not pick up on the commands and that their unconscious mind heard you loud and clear and is accepting the command.

Remember, you want to deliver this with a *hypnotic voice*, pause slightly, and use embedded commands. The result is this person, or whoever you use it with, will laugh more at the things you say and probably tell others how funny you are.

2. **Unspecified verbs.** Like an unspecified noun, an unspecified verb is ambiguous and raises the question "How, specifically?" For example:

- a. **Change this shirt before you leave.** How, exactly should I change it?
- b. **You hurt me.** How, specifically, did I hurt you?
- c. **I am trying to get some work finished.** How, exactly are you trying to get it done?

Notice that the verb in these examples is ambiguous and generalized. This means it forces your unconscious mind to ask, "How?"

When you generalize a verb, naturally, the other person will unconsciously ask, "how exactly?" and knowing this you can *immediately answer the question* right after you use the unspecified verb. This will make what you say *sound* logical when it really might not be, but ***it will trick the person's unconscious mind into believing that what you are saying is true and they will feel compelled to do what you ask.*** Here is an example you might want to use with your children:

"Change the sheet before the end of the day. When you **go downstairs**, look on the bottom shelf right next to the dryer and you will **see a fresh one. Take the dirty one that's on your bed right now** off first. When you **take it downstairs, leave it next to the washer.** While you are there, **grab a fresh sheet** and **put it on your bed.** It will only take 5 minutes to do, so **hop to it** and when you are done you can go play."

When you are speaking to your child and you spell out the exact steps, it distracts him or her from the other thoughts they might have if you were only to say the *generalized statement*. Parents constantly are in the habit of using generalized statements.

When you clarify the verb using hypnotic language, the child will be focusing on the exact steps they should take instead of possible arguments or resistance.

This is because they are not thinking about how they really want to play their computer game because *you took control* of their thought sequence, showing them how easy changing the sheet really is, telling them it will only take a few minutes and when they finish they can play with their computer game. You also used the embedded command to do it *right now*.

There are many different stealth hypnotic strategies in that example including time distortion, presupposition, and a few stealth phrases and chains of phrases.

3. **Presuppositions.** Our beliefs and expectations come out of our experiences. It is impossible to live without them. Since it is necessary for our minds to make assumptions, we might as well choose assumptions that give us freedom, choice and joy rather than ones that are limiting. You often get from life what you expect to get.

You also get what you expect from people, so it is also important to pay attention to your own language patterns and presuppositions to make sure are speaking to your own unconscious mind in a healthy and productive manner.

Presuppositions that limit our choices often should be brought out into the open. You can usually spot these because they are hidden behind “why” questions such as “Why are you mean to me?” which presupposes that you are mean to me; or “Why can’t you treat me fairly?” which presupposes that you are not treating me fairly. If you try to answer these questions directly *you will lose before you even begin* because they set you up to admit to and agree to the presupposition in the question which may or may not be accurate.

When you presuppose or assume something the unconscious mind believes it will happen later on, or is happening now. Thus, the presupposition eliminates the need to defend against the assumption. Basically, you should think of a presupposition as an assumption that some fact is true.

Presuppositions come in various formats and can be used frequently in your hypnotic conversations because they are *very versatile*. And you will rarely come across someone who knows you are using them, or who defends against them, so they are not only stealth but *very powerful*.

When using presuppositions, it is important to remember that most people would rather rely on external guidance and authority than to think for themselves and using a presupposition gives you the perfect platform to do their thinking for them.

It is easy to get someone to obey your commands using presuppositions because you will be making the assumption that what you are saying or suggesting is true and logical, so most people are highly likely to go along with what you are saying and accept that it is the truth.

The way you want to deliver most presuppositions in hypnotic mind control is to produce a fact, followed by an adverb (a

word that ends in "ly"), and then add the command or feeling you want to go straight to the person's unconscious mind.

For example: "You are reading Chapter Five. Obviously, you are getting good at stealth hypnosis."

Look at that sentence. Notice, it sounds logical and even looks logical, *but it makes no sense at all*. Who is it obvious to? And what evidence do I have that you are getting good at hypnosis?

These types of presuppositions are frequently used in advertising and carry a powerful punch. Presuppositions are a very powerful way to communicate with someone's unconscious mind in a very stealth and sly manner.

Some of the adverbs you might consider in your presuppositions are obviously, naturally, easily, ethically, clearly, suddenly, objectively, apparently, actually, evidently, normally, shortly, now, however, so, again, anyway, duh, you see, think about it, and remember. For example:

Clearly, you are learning hypnosis.
Obviously, you need some more practice.
Easily, you will get the hang of this.
However, that doesn't mean...
Now just by learning this will cause you to...
Again, you have to make sure...

Let's use an example of a presupposition *you might want to eliminate* from your vocabulary if you want to influence and persuade people:

"Duh, I could have told you that."

This presupposes that the person you are speaking to is stupid and inferior to you. Next time someone says that to you, you might try saying "Well, maybe next time you will speak up then?" or if you want to pick a fight, you could try "Oh, yes, I forgot you know everything, don't you?"

Of course, we both know with your new found knowledge and power that you will have no need to argue or pick fights anymore.

If you catch someone using a presupposition to try to influence you, you can negate its power if you ask the right questions in response. For example, you could ask “To whom is it obvious?” or “What causes you to draw the conclusion that I am using hypnosis?”

a. Presupposing using questions. You may also want to use presuppositions in question form and they are *equally as powerful*. They involve slightly more skill, but the results are powerful. For example, you might ask someone, “How will you feel when you are driving a new car next week?” This presupposes that the person will own a new car. We don’t know if this is a fact or not, but when you ask the mind a question, it is compelled to come up with an answer. ***Even if the person does not answer you verbally, they will form an internal answer.***

Most people will not automatically think or respond with, “What makes you think I want a new car?” as a defense to weaken your presupposing question. Instead, the question will pull on their psyche and cause them to imagine how it would feel to be driving a new car next month. This then makes the idea of owning a brand new car much sexier.

We see presupposing questions used frequently in advertising. Questions like, “What will you do when termites have destroyed your home?” This question presupposes that your home is infested with termites, which is probably is not. This is also a painful question that elicits a highly emotional state, which will keep you on edge paying attention to find out exactly what will happen, because you certainly do not want it to happen to you. By the time the ad is finished, you discover that this is a service offering to inspect your home and install and maintain protective devices.

You can also use a presupposing double question such as, “If you were to go ahead and buy this today, will you be paying cash or are you planning to use our finance plan?” You hear sales people use this frequently. They call it a *trial close*. We call it a

presupposing question because we know there is no trial happening except what *the unconscious has already decided* based on your external guidance!

If you wanted to spend the night with a member of the opposite sex, you might try, "Would you like me to stay the night with you, or would it be better if I leave in the morning?" This always gets a good laugh, and you know now that a laugh means that the unconscious mind is in agreement.

If you detect someone using a presupposing question to influence you, you can take all of the power away from it by asking, "What specifically makes you think that I am (or I want) (or I believe)..." Any question that begins with "What makes you think..." will work such as, "What makes you think you are spending the night?" These questions will deflect the pressure from you and place it right back on the other person.

- b. **Simple presuppositions.** These simple psychological devices contain powerful stealth messages. For example, you might say to your child, "You are as smart as Daddy." Or, "You are as pretty as your Mother." By doing this, you are telling your child two things. The message is that they are smart or pretty and the hidden message is that their father is smart or their mother is pretty. Using hidden messages in simple presuppositions can do wonders for a child's (or anyone for that matter) self esteem.

Sentences that contain the word "since", "if" and "when" more often than not contain a presupposition. So does anything that follows words such as "aware", "realize", "come to the conclusion", and "ignore".

For example: "When you continue to read this chapter, you will know what I mean and ignore any preconceived notions about hypnosis. Naturally, it will cause you to come to the conclusion that you must use hypnosis. So what will you do now when you use your new found power?"

Clearly, this example contains many hidden messages and embedded commands. That makes it a powerful psychological device. It presupposes that you will continue to read and when you do you will forget and ignore any previous ideas you had about hypnosis, and you will draw the conclusion that you must use hypnosis. It also commands you to continue to read, to know what I mean, that you must use hypnosis, and that you will use your new found power.

*As you can see, they never taught you this kind of English in school. **Presuppositions are powerful psychological devices that contain stealth driven forces which cannot be detected by the uninformed.***

See if you can uncover the presuppositions in the following examples:

1. When you grow up, you will understand this.
2. Why don't you smile anymore?
3. I will do my best to get this tough job done.
4. You are not going to fool me again.

4. **The Linguistic Bind.** Linguistic binds are another form of stealth hypnotic persuasion that are simple and yet carry a *powerful punch* because the other person will accept what you are saying as the truth. A linguistic bind is a two part statement in which you state the obvious followed by your command.

For example: "As you sit there and read this book, you begin to understand why you can't afford not to waste another minute getting mediocre results when you understand what stealth hypnotic mind control can do for you."

When you use a linguistic bind, you cause the other person to believe that what is being said is *logical and true* when in fact the two parts of the statement have *nothing* to do with each other in any logical sense. Are you beginning to see how you might use linguistic binds to make someone agree with anything you say?

Some examples are:

- a. As you sit there and read this, I know that you are thinking about all the ways you can use these devices you will remember as a result of following these examples.
- b. Now that you have learned a few stealth hypnosis seeds, I am sure you realize that you need to use them in your conversations to practice using them on others.
- c. As you think about what you really want to get others to do, you begin to realize that you must practice stealth hypnosis.

Another type of linguistic bind is, "The more you A, the more you B."

For example:

- a. The more you read, the more you would not want to be without these powerful psychological devices.
- b. The more you understand the power of this one device, the more you realize that you must remember and use all of the devices in this book.

If you catch someone using a linguistic bind in an attempt to manipulate you, the only way to take the power away from these extremely stealth and sneaky devices is to *listen for them*. The only way you can keep them from influencing your unconscious mind is if you keep an ear out for them so that they remain in your conscious thought process. You will hear them in advertisements, you will see them in sales letters, and many times you will hear them from highly trained sales people, politicians, religious leaders, and the news media.

5. Cause and Effect. The English language is designed for you to think in terms of cause and effect. For example, "You make me feel loved." Or "You make me feel bad." Or, "I can't help it." This is dangerous thinking and is a shorthand way of expressing a complex relationship. Cause and effect thinking is when you think in terms of causes that do not explain anything and just beg the question, "How?"

How do you make me feel loved? How do you make me feel bad?
Exactly how is it that you can't help it?

When you believe that someone else is responsible for the way you feel or your emotional state, you give them a lot of false power over you and actually allow that person to control you and think for you.

For example, "You bore me." , implies that the person can make you feel bored. Even something like, "The rain makes me depressed.", implies that the rain is responsible for your sadness. I guarantee you that rain is only rain and that it has no supernatural powers to control your emotions. "You make me angry." *This is a classic.* If a person can make you angry, *they control you.* If you choose to be angry with a person's behavior "I am angry with you for..." then you are in control. These statements are much different than the factual statement, "The rain makes the road slippery and slippery roads scare me." (By the way, slippery roads don't make you scared, they scare you- big difference).

In other words, the only person that has control over your emotions and emotional state is *you*. If you think you can force another person into experiencing a different state of mind, or that other people can do the same for you, then this very limited thinking will continue to be a source of *distress and frustration*.

Being responsible for someone's feeling is a heavy burden. You should use extra care in how you say what you say, especially now that you know how powerful your language patterns can be and what effect they can have on another person. When you use cause and effect patterns, you are either someone's victim or their slave.

Often, you will hear the word "but" in a cause and effect language pattern as an excuse for a behavior.

For example:

"I would babysit, but I don't feel well."

"I would love to play with you, but my back hurts."

"I would love to have sex with you, but I have a headache."

There are two ways you can question and negate cause and effect language patterns. One is by asking the other person exactly how this one thing causes the other. You will find that a description will open the conversation up and present new choices that are much easier for you to respond to.

See, there is a powerful belief in our culture that other people have power over us and are responsible for our own personal internal emotional states. It all goes back to our roots and our need for external guidance. This also allows us to place external blame which is the scapegoat that keeps us from having to accept responsibility for our own emotions.

We are conditioned to see or hear something and respond with a feeling. The link seems so automatic that sometimes it appears that the other person is the cause when in actuality their behavior triggered you to choose a specific emotional state. It is very important to remember that people are not their behaviors.

We really do generate our own emotional states *by choice*. No one else has the power to do that for us. We are responsible for our own responses and our own feelings. Once you begin to fully accept that responsibility, you can begin to have the power that is your birthright. Someone else cannot give you that power. You must give it to yourself by accepting responsibility for your own emotions.

For example, when someone says, "You make me feel sad.", you might respond with "What am I doing that you are choosing to feel sad about?"

Assuming responsibility for your feelings is not easy. And redirecting others to assume responsibility for their feelings is no small feat, either. Therefore, it is important to ask these questions gently, coming from a place of love and respect, *and only when you are in rapport*.

When you are using a cause and effect language pattern in persuasion, simply use words like "because, cause, causing" in your sentences presupposing "you". For example, "Reading this book causes you to find out what hypnosis is all about." Who says" And this book doesn't cover everything there is to know in the world about hypnosis. In fact, it only covers the stealth

methods. Are you beginning to understand how even though the statement sounds logical, it really isn't? Cause and effect language patterns when used on purpose are very stealth hypnotic patterns because they speak directly to the unconscious mind.

When you notice someone using a cause and effect pattern, try asking the question, "How exactly does _____ cause _____?" Or, "What happens for _____ not to be caused by _____?" What you are really asking is, "How exactly do you make yourself feel like that in response to what you saw or heard?"

Now is a good time to remind you that these patterns are extremely stealth and powerful and that you should always use them ethically, judiciously, and with care and respect for the best interests of the other person.

6. Modal Operators of Necessity. Modal operators of necessity are language patterns that involve a need and are indicated by the use of words like "should and should not", "must and must not", and "ought and ought not". You can bring these comments out into the open by asking questions such as "What would happen if you did?" Use any of the Cartesian coordinates to clarify modal operators of necessity. Examples of modal operators of necessity include:

- a. I must always make other people like me.
Question: What would happen if you didn't?
- b. I must not let them see me.
Question: What would happen if you did?
- c. I ought to learn hypnosis.
Question: What would happen if you didn't?
- d. You shouldn't try it.
Question: What would happen if you did?
- e. You should wash your hands.
Question: What would happen if you didn't?

Once you ask the questions that uncover the consequences then you are able to evaluate them for what they are, otherwise the statement might limit choice and behavior.

Asking these questions in response to modal operators of necessity is called "negation". A good example of negation is "Don't think about your breathing."

What happened immediately? You probably became aware of your breathing!

Negation is very powerful and therefore it is *important* to consider the impact it has on the unconscious mind, including your own. ***If you tell your child not to do something, chances are sooner or later they are going to do exactly that simply out of the curiosity of discovering why not.***

See, the unconscious mind does not process negatives such as "don't". So if you really want something and you are focusing on it in the negative, or in terms of what you don't want, then all the unconscious mind will hear is the command. And since it works best on repetition, if you focus on something you don't want enough times, the unconscious mind will act on the command.

Let's say for example, that you are trying to lose weight. And you constantly tell yourself, "Don't eat that." Your unconscious mind is going to eventually going to pick up on the command "eat that". Now you know where unconscious eating comes from.

The same holds true for your finances or getting injured. If you focus on not going broke instead of building wealth, your unconscious mind will act on going broke. If you focus on not getting injured, your unconscious mind will eventually cause you to get injured or sick. How many times have you focused on not getting sick during cold season instead of staying well?

What amazes me is how many times parents use negation with their children, constantly telling them "don't" or "not to" do the things they want them to avoid. And your child's unconscious mind is going to pick up on the commands of exactly the behavior or actions you are trying to prevent. It is just as easy to say, "Please leave my computer alone now.", as it is to say, "Don't play with my computer." I once overheard a very smart mother use negation in a highly effective way with her child. The child was crying over something and the mother looked at him and simply said (with a smile for maximum suggestion), "Be careful not to laugh. Don't laugh, I mean it!" This of course instantly caused the child to burst into laughter despite his best attempts at staying angry.

How many arguments could you avoid if you were to use that type of negation with someone who is going into an angry or hurt state?

In a nutshell what negation does is cause the unconscious mind to begin to want the exact thing you are telling it not to do or feel. Here are some negations you might consider using:

- a. you don't have to
- b. I'm not really sure if you
- c. Try not to
- d. Don't (think, say, feel, hear, etc)

When these language patterns are being used, you can probe for more information or clarification by asking questions such as "what would happen if...?".

It is important when you use modal operators of necessity to choose your words carefully. For example, if you are speaking in terms of someone's abilities using "should and should not" will put a person on the defensive. They instantly feel guilty that they ought to or should do something they can't do. This guilt creates an artificial gap between what is expected and what is real. Is the explanation realistic? Is this rule useful and appropriate? Should is usually used as a scape goat by others when they do not want to admit or take responsibility for their anger or their expectations.

So, the primary question to use to deflate the power of a modal operator of necessity is "What would happen if you did/didn't?"

7. **Comparisons.** This is the first of what I like to refer to as the "missing information" language patterns. The other one is judgements, which we will dive into in a minute. Comparisons are simply language patterns where the comparison is vague or unclear.

For example:

"New cars are better." The question you want to ask is "Compared to what?"

As you can see, the comparison is not clear. Better than what? Better than they were last year? Better than space ships? Better than old cars? Is it better to drive a new car than a new boat?

Any statement which uses words such as best, better, worse, worst, is making a comparison. ***You can only make a comparison if you have something to compare it with.***

Comparisons can be used to influence the unconscious minds of others by using them followed by the word "because" to make sure what you say sounds logical and true- even if it is not. For example:

"New cars are better because you will get better insurance rates than when you drive an older car."

This sounds logical, and it may even have a modicum of truth to it. The only question to ask now, is "Are you telling the truth?" Of course I am, why would I lie?

Comparisons can be powerful and deceptive hypnotic devices because they convey the truth even when there is no truth in what you are saying.

Comparisons can be used the same as unspecified nouns and verbs. Simply state the comparison, and then continue to answer the question that the person's unconscious mind is thinking, which is, "compared to what?". You do this using the word "because".

"New cars are better. Take a look at some of the used cars and as you are looking at them you will notice this flaw and that flaw. Now mind you, our new cars look the same as last years model, but when you compare the benefits, you realize new cars are much more valuable and practical than the car you are driving now...here let me show you what I mean."

When you begin your language pattern with a comparison, you immediately cause the person's unconscious mind to begin coming up with an *explanation* of what you are comparing it to and *why it is better*. If you put the emphasis on the *why* portion of your statement, then the person's unconscious mind will not have to answer the question "compared to what?". Because you

have given them the external guidance they seek, you will cause them to *accept and believe* what you are saying.

See, any time you make a statement that causes the unconscious mind to automatically ask a question, if you instantly provide the answer (what you want the person to believe, do or feel), then you are now speaking directly to the unconscious mind and because it is seeking external guidance it will most likely agree with the answer you provide.

8. Judgements. This is the second “missing information” language pattern and very similar to comparisons.

“This car is simply the best car you can buy for the money.” According to who or what source? Is that a fact, or is it an opinion? Is there a consumer report? Did someone take a poll? Did the sales manager of the dealership say that?

You will also follow this language pattern with the word “because” in order to provide a *reason* that *sounds logical* and justified to so that what you are saying sounds true even though it might not be logical or true at all.

For example: “This car is simply the best car you can buy for the money because no other car comes close to the quality and safety standards used to make this car. Here, you be the judge and I am sure you will realize as you begin to notice the difference that I am telling the truth.”

Judgements often include a comparison, although this is not necessary. For example, if someone says to you, “I am a bad person.” You might respond “Says who?” and they might answer “Says me” so then you might ask “what evidence do you have that you are a bad person?”

As you can see, it is important to find out who is making the judgement and the reasons the person is making the judgement. Judgements often sneak in on the coat tails of adverbs and can be mixed with a presupposition. For example:

“Obviously, this is the best car.” To whom is it obvious? Often times adverbs ending in “ly” will erase who is making the

judgement, "Clearly, it is obvious." It must be obvious to someone. And exactly who was it clear to?

Here is a good example of a hypnotic judgement:

"Honestly, you will do better with this cleaner than without because it obviously gets the job done better. You can notice the difference in the floor as you begin realizing how much better it smells. It doesn't have that harmful and annoying ammonia smell to it like the rest. Am I right?"

"Yes."

"And just feel how much smoother, not to mention cleaner it is as you run your hand across the aftermath of this product, compared to that other brand."

See how you can *compel others to believe* that what you are saying is true and logical because you are providing the unconscious mind the *external proof* it needs that what you are saying must be the truth. You will be surprised to know that when the person runs their hand along the two different areas where you used the two different products that just by the power of your suggestion that yours feels better, they begin to believe it actually does- even if it really doesn't.

If you catch someone using a judgement to influence you, simply ask "what or who is making the judgement and by what grounds or standard are they making it?"

9. Nominalization. A nominalization is when you turn a verb describing an ongoing process into a noun, like this:

"Focus and determination, applied with motivation and persistence are essentials in exercise."

This sentence contains nominalizations and is a perfect grammatically correct sentence. If a noun cannot be seen, touched, tasted, smelled, or set on a table, then it is a nominalization.

Nominalizations can be very useful at times. However they tend to hide the biggest differences between two people's individual models of the world. If you break that sentence down you might

ask “How are they exercising?” and “What is the exercise affecting?” or “Who is motivated and how are they doing it?”

A verb involved action or an ongoing process. This is lost if it is turned into a noun through nominalization. This kind of language pattern can corrupt a thought. To believe that the external world is set up and patterned by the way we talk about it is *ludicrous*. Words can be combined and manipulated so that they have nothing whatsoever to do with sensory experience. I can say that donkeys fly, but that doesn't make it true.

Nominalizations are like the demons of the language patterns.

They will give you no trouble as long as you don't buy into their messages and believe they are real. They delete so much information that there is hardly anything left that makes any sense. They are the most misleading of all of the language patterns.

Because nominalizations can corrupt a person's mind (including your own!), it is not a good idea to use them when persuading someone. Because they are so prevalent, especially in sales and advertising, it is simply enough to be aware of them and to understand how detrimental they are to your thoughts.

If you want to see a lot of nominalizations, watch infomercials. Have you ever heard this one, “In only 20 minutes a day, combined with exercise and commitment is the hallmark of success.”?

What?

It sounds almost logical, but notice all of the deletions in that sentence. Success with what? What kind of exercise are you talking about? See, instead of a person's unconscious mind having to go through all of the trouble (because it takes the path of least resistance) of answering all of the questions brought up by the deletions, people simply accept what is being said as the gospel truth.

If you catch someone using a nominalization to manipulate you (and you should be very alert for this), simply clarify it by turning the nominalization into a verb and asking for the missing

information. "Who is nominalizing about what and how are they doing it?"

10. Modal Operators of Possibility. When someone says something like, "I can't", you have just heard a modal operator of possibility. You might ask, "What would happen if you did?" "What is stopping you?"

Modal operators of possibility include words and phrases such as "possible", "impossible", "I just couldn't refuse", "I am the way that I am", "I just can't change" and "It is impossible to get the truth out of him."

To begin with, the words "can't" and "impossible" are very limiting. It is often as an absolute state of incompetence, not something which can be changed.

This language pattern can be used to convince a person that he or she is not able or capable of doing something and when they follow your advice or external authority (or buy your product), they will then be cured or empowered.

For example, "You can't seem to lost weight. Well now you can try again and succeed. Simply follow the steps and there is no reason why you can't lose 20 pounds in two weeks. You shouldn't have any trouble as you follow each of the steps and eat the foods that we have provided, now you can lose the weight you can't take off on your own."

This statement expresses that a person can't lose weight by using a modal operator of possibility that suggests they have a problem and a modal operator of necessity which suggests they should not have a problem if they do the only thing they can do to fix the can't which is follow the steps and eat the food.

When you want to use a modal operator of possibility, take care not to *inadvertently* create an unpleasant reaction from the other person. When you tell someone they can't do something, it does not offer them much hope or happiness. This is not in the spirit of using stealth hypnosis only to help others and make them feel good.

Personally, I do not use modal operators of possibility to directly influence someone. Instead, I use it as a communication tool to probe deeper when the person I am speaking with uses one. I mirror back the "I can't" with a "you can."

11. Universal Quantifiers. Remember, a generalization is when one example can have many possibilities and if we did not generalize we would have to do things repeatedly and to think of all of the possible exceptions and qualifications in any given situation or conversation. This is because we sort our knowledge into general categories. However, we learn by comparing and evaluating differences and making adjustments if need be. This means there are times when we need to be specific and in these instances a generalization would be *inaccurate and unstable*.

Decisions do not have to be all or nothing. Admitting there might be exceptions allows you to be a more realistic and flexible person and therefore more powerful and capable of influencing others.

A person who believes they are always right is more annoying than a person who believes they are always wrong. Clear communication can be hindered with too many generalizations.

Generalizations that are expressed with words like "all", "every", "never", "always", and "none" are known as universal quantifiers. This is a language pattern that admits no exceptions. In some cases, the absolute words are not spoken and only implied but the effect is still the same. For example, "Rap music is blasphemous" is a universal quantifier where the word "all" is implied and understood. Other examples might be:

- "Vegetables are gross."
- "Big dogs are aggressive."
- "All lawyers are liars and thieves."

Universal quantifiers are paradoxically limiting. Any statement that extends to include or deny all possibilities make an exception difficult to detect. What this does is create a self fulfilling prophecy in the unconscious mind so that you begin to see and hear what you *expect* to see and hear.

Not all universal quantifiers are wrong or inaccurate. These language patterns can be used for stating facts, such as "The sun always sets in the West." And, "Tomorrow is always the future." There is a big difference between stating an absolute fact and a subjective and likely untrue statement like "I never do anything right." It is impossible for a person to consistently do everything wrong.

When used that way, universal quantifiers limit the world by the way you talk about it.

If you are talking with someone and they say, "I never do anything right", you might reply "Can you think of anytime you did something right? And when you think about that time can you remember it and describe to me what you saw and heard as you remember how good it feels?"

That is a hypnotic language pattern designed to convince someone that they can succeed with what they try because they have in the past. When structured this way, the unconscious mind will not only hear it, it will buy it.

All you need to do to negate and take the power out of a universal quantifier is exaggerate it forcibly enough so that the person making it will find themselves not only changing their mind but defending the new *opposite view* you have installed and commanded. All you really have done is feed them back the absurdity of the generalization *without insulting them*. In other words, the correct response is similar to the one above. The incorrect response would be (and so many people say this), "Now that is stupid."

Most of us have some limiting beliefs. In fact, one of the most common is lack of worth. When you combine a limiting belief with the generalization "I can't do that even if I tried", you will remain stuck perhaps for the rest of your life. You are worth a million dollars a year, and the great love of your life. The only reason you do not have those things now (if you don't and you want them) is because you do not believe you can have them even if you try, you don't feel worthy, and perhaps you do not really want those things as much as the things you have traded them for.

All you need to do when faced with a universal quantifier is ask the question "has there ever been a time when...?"

12. Complicated equals. A complicated equal is when two statements are linked in such a way they are taken to mean the same thing. For example, "You are thin. You must not like to eat." "You are not looking at me, so you must not be listening to me."

There is really no reason to use complicated equals when persuading and influencing people. This falls into the category of no one likes a know it all and if you want to come across that way, try using some complicated equals.

When dealing with a complicated equal, you can deflate it and remove its power simply by asking the question, "How does this mean that?"

13. Mind Reading. People sometimes believe they know what you are thinking or feeling without any real evidence. Many of us do it all the time. Sometimes, you are experiencing an intuitive or *extra sensory* response to the non verbal cues that your unconscious mind picks up on. Often, however, you are simply hallucinating by projecting what you would think or feel in the same circumstances. This is called *mind reading*.

Mind reading happens when we project our conscious thoughts and feelings onto another person and then experience them as coming *from the other person*. People who often think others are mean are mind readers. When you mind read, you usually feel you are right, but there is not evidence to guarantee that you are. So isn't it more productive to ask than it is to mind read?

There are two main types of mind reading. The first one is presuming to know what the other person is thinking. For example:

- "Frank is upset."
- "I can tell she didn't like that remark."
- "I know what makes him agree."
- "He is afraid and too proud to admit it."

Whenever you attribute thoughts, feelings and opinions to someone else, you should have a decent amount of sensory-

based evidence to back it up. Instead of saying "Frank is upset" you might simply try telling it like it is "Frank is looking down at the floor, his skin is pale and his breathing is calm. The corners of his mouth are drawn tight and turned down and his posture is slouchy."

Mind reading is a classic hypnotic language tactic interrogators will use to get a suspect to confess to a crime.

The second type of mind reading is a mirror of the first type. This is when we give *someone else* the power to read our minds. We can use this pattern to blame them for not understanding when we think they should. For example:

- "If you loved me you would say yes."
- "Can't you see how I feel?"
- "I am hurt because you didn't think about my feelings."
- "Don't you know that I don't like it when you do that?"

A person who uses mind reading will not communicate what they want clearly to others. They want and presume others to automatically know. *This normally leads to some classic no holds barred arguments.*

The best way to negate mind reading is to ask specifically how they know what you were thinking. Or in the case of projected mind reading, ask how specifically you were supposed to know how they felt.

When you ask questions to try to clarify mind reading and probe deeper, you will usually ask "how do you know specifically" and the answer is most often some kind of generalization.

For example:

- "You don't care about me."
- "How specifically do you know that I don't care about you?"
- "Because you never do what I ask you to do."

In this example, in this person's model of the world, "doing what I say" is the same as "caring for me".

Stealth hypnosis does not always involve using language patterns to side step the English language with a slippery tongue. You can also use psychological triggers to elicit specific responses when you want to.

Psychological Triggers

Psychological triggers are language patterns or devices you can use that will motivate others by *triggering* mechanisms that exists deep in the unconscious mind. Remember, hypnosis is simply unconscious communication, so lets take a look at how triggers work.

Commitment Questions

People tend to put pressure on themselves to follow through with a commitment and to behave consistently with their commitments, especially if they justify an earlier decision.

This tendency is exploited very well by the people who take orders when you purchase something you saw on an infomercial. They know that you made a commitment to purchase their product, and now they want to trigger your commitment to your purchase and your psychological need to justify your decision to get you to spend more money. In marketing talk, this is called an up-sell.

When you purchase something from an infomercial, you will often be asked several times if you would like to purchase multiple items at a discount, or items that go with your item at a discount for today only.

Car salesmen also use this trigger. They wait until you sign the contract (the commitment that you now want to justify and defend by behaving consistently with someone who just made this kind of commitment) and as they walk away, they will turn and ask "you probably want an extended warranty on that, right?" And this hits your trigger so you say, "Yes, of course." Then they add this item to the already signed contract. They might even do this a second time by asking if you want new floor mats. This trigger will get you to say yes to subsequent commitments that are in alignment with the big commitment you have already made.

The reason this trigger works so well is because human beings have a strong desire *appear consistent* to themselves and to others. Once we have agreed to something we then like to follow through with it even if it only makes us appear to be consistent and it is *against* our best interest.

You can use this at home as well as in sales. For example, let's say you ask your son to take out the trash. You could add to that, "Oh, while you are in the garage, could you please grab me a soda from the fridge, too?" Most of the time, the person will agree to perform the second task without argument because of their desire to be consistent with the commitment they just made.

It is simple to convince someone to do one more thing while they are walking away because the second task is part of the commitment to the first task. However, try asking someone to do two different things at the same time and watch how aggravated they get. Now later, use the trigger as they are walking away by simply adding something on to their commitment and notice the response you get. Pretty different, isn't it? How is that for using this stuff to get others to do what you want?

You can also use this trigger in hypnotic persuasion by asking them early in the conversation to commit to a question and then later towards the end of the process use the commitment to the question to keep them committed to submitting to your commands and influence.

When you ask a commitment question, they might not give you a verbal response, but they will answer you internally. You will see internally answered commitment questions appear in well written sales letters at the beginning of the letter and again near the end.

You can also use the commitment trigger when you are making sales presentations. For example, if you are selling say life insurance to a couple in their home, you could begin your presentation with the commitment question, "If you could put a price tag on your life, it would be priceless wouldn't it? (Nod your head as you ask to confirm the agreement of their unconscious mind). Then you could continue with "Well if I could show you a

way to make sure that even after you are gone you would be here in spirit, supporting your family, and I could show you how to do this without parting with any of your cash flow, would it be worth 30 minutes of your time right now to learn about it?" (Nod again wait for an answer). And through the presentation you confirm their agreement at certain points by asking, "Are you beginning to see how you can make sure you continue to take excellent care of your family so that they do not have to suffer any more grief or hardship on top of the sadness of losing the head of the family?" And then I would ask the husband, "Do you really want your wife to have to sell the beautiful art and jewelry you have given her, or go to work as a secretary for one of your competitor...(and then I look at her nodding as I finish the question)... that would be too hard to bear wouldn't it?" This plays the husband and the wife against each other because both you and she would stand there just waiting for him to give the wrong answer and he obviously is not going to do that. Then when it is time to finish the presentation, bring back all of those commitment questions and close the sale by saying something like "Well you definitely agreed that your life is priceless, and that would want to be here in spirit to continue the excellent job supporting your family after you are gone, and you agreed John that Mary should not have to endure the impossible hardship of selling the only memories she has of you and working for one of your competitors, after all she is delicate, isn't she? Now after all you have told me, clearly you want what is best for your family and you certainly do know that this kind of financing is a once in a lifetime rare opportunity that may not exist if you get sick or injured, so its best to protect them now while you still can and if you were to go ahead and make a purchase like this now, would you go with the collateral CD or put your own cash down?"

That one trigger might be the result of 95% or more of your sales!

Yes, it is just that powerful and simple to use. Of course, you can see how I used the trigger and combined it with the language patterns we just covered and used the hypnotic formula and non verbal persuasive techniques.

The Ziegarnik Effect

This trigger is the namesake of the Gestalt theorist who first discovered it. This is a very important trigger to understand as it relates to advertising and copywriting.

You know how aggravated you get when you do not complete a task and you feel all of that stress and mental tension about the fact that you did not complete it?

You will use this trigger mostly in sales letters to create a powerful message that sticks to a single direction in order to lead a person down your intended path of persuasion. You have already visited a web site that has a sales letter on the home page, such as the one you read when you made the commitment to purchase and read this book. If you were to read that letter word for word, you would be reading it much differently than most people who scroll the page and only read what catches their eye. This is called the *Ziegarnik Effect*.

Knowing that people have a tendency to read sales copy in this way, you want to make sure you break up your page with bullets in bold print, italics, quotations, and mini headlines that will stop your reader cold so that they read your hypnotic message. What is important to understand is that reading a web page is different than reading an actual sales letter on paper. When you have a piece of paper it is easy to scan the entire page, but on the web you must keep scrolling.

So many of these sales letters that you see on the web fail to take the reader down an intentional sales path. Instead they distract them with banners, buttons, and links that go every which way.

This is where most site owners mess up and wonder why they are not getting any sales.

Don't think that you know what you really don't know. Ideas like the average reader only looks at three pages is phooey. The reader will scan by scrolling quickly for what catches his attention. You will use formatting to trigger the Ziegarnik Effect so that they will read your hypnotic sales copy so that you can lead them down the intended sales path so that they will agree to make the purchase.

Remember, *you are not out to impress anyone*. You are writing for one purpose only and that is to make sales. And to do that you must remember that what everyone wants to know is what is in it for them. And if you do not show them and specifically lead them there and then tell them what to do (make a purchase) you are throwing money out the window.

Language Pattern Construction

Now that you understand language, psychological devices, and psychological triggers, let's put them all together and construct some stealth hypnotic language patterns.

Phonological ambiguity is when you use the word "by" instead of "buy" or "cents" instead of "scents".

Phonologically ambiguous words are two words that sound alike (such as mind and mine) yet have entirely different meanings.

You can also do this with short phrases, like "entrance and in trance". When the unconscious mind hears a word, it has to refer back to all of the possible meanings the sound of that word or phrase has. The words do not even have to sound exactly alike. For example you could substitute the word "chew" for "you" in a conversation and it would go completely undetected by the listener.

This doesn't mean much in idle conversation. However, when you are embedding commands into someone's unconscious mind and stacking phrases the unconscious mind will try to figure out what you really mean.

Punctuation ambiguity is when you make it difficult, with your voice, to determine where one sentence ends and another begins. One way of using this is to have a word or a phrase that you tack on to the end of the sentence which is also the beginning of the next sentence.

By using the proper tonality in the embedded commands in the first sentence with unconscious mind will automatically associate that phrase with the end of the first sentence. You might use words like "now", "for me", "to me", "with me", etc.

For example:

“I am sure that if you want, you can easily **feel that intense connection. Now with me,** when I feel that wonderful.”

Do you see how the command “feel that intense connection now with me” is actually part of two different sentences?

You can also use punctuation ambiguity in full sentences and the listener will not really consciously recognize it but the unconscious mind will associate the two together. Throughout the rest of this book, notice the use of punctuation ambiguity and you will find many ways *you can do this*.

Have you noticed that in this entire chapter on language patterns that there are no “why ” questions?

The reason for that is that “why” questions have very little value and the result when you ask one is usually a long explanation or a justification which has nothing to do with the situation. When someone asks you why, a simple “because” is the only answer you need to utter to get them to agree.

Hopefully, you have learned a lot in this very long chapter which was designed not only to provide you with the heart and soul of stealth hypnotic mind control but also to give you many choices in your conversations. Beliefs, universals, nominalizations and rules all are limiting. They place limits on you and isn't it liberating to finally know there are no real limits except the ones you impose with language?

When you ask the right questions to learn the consequences, you can open up the floodgates in large areas of your life. You will be able to identify and change your own limiting beliefs and those of the people you are trying to influence. That is the most powerful use of language patterns there is.

Chapter Six
Engaging the Unconscious Mind

As you practice you will begin to notice how much more *comfortable* using language patterns feels and soon it will become *second nature* to you. Obviously, this will enable you to be able to create your own stimulating language patterns so that you will enliven your listener's soul, touch their imagination, and cause them to feel intense pleasure, satisfaction and enjoyment.

I don't know if you can now imagine being able to do this and with enough practice you can talk comfortably about the most sensitive subjects, confidently deliver your hypnotic commands, and love knowing that you are using the most powerful communication technology known to man- stealth hypnotic mind control- on others *with ease and authority*.

Now that you have read this far, you are ready to begin practicing and using stealth hypnosis in all of your encounters with other people.

Because you now know the scientific reason that hypnosis is possible is because people are still looking for external authority and guidance...how to open conversations...how to speak to someone's nature...how to use fluff talk to elicit feelings and information...how to use your hypnotic voice...the formula for delivering embedded commands...language patterns, psychological devices and triggers...now you have all of the tools and knowledge it takes to begin using this technology *in the real world*.

In order to use this stuff in real life in a way that is easy, natural, and second nature to you, not only will you have to practice (simply by using stealth hypnosis on others), you will need to know how to put all of these skills together in the proper sequence for maximum impact.

Learning stealth hypnosis is like learning a foreign language. Once you know the words, the grammar, and the various ways in which you can use particular words and phrases, then you must know how to put them all together to carry on a conversation in the real world. And you must practice by having actual conversations with people in that language.

Stealth hypnotic mind control is the language that the unconscious mind speaks and you are learning that language. What you have learned up to this point has prepared you to now put it in the right order to carry on a conversation with someone's unconscious mind and the best way to master this stuff and become fluent is to practice by

having as many conversations with people's unconscious minds as possible.

As you continue to read this fascinating book, you will begin to pick up on how I am using hypnosis *right now as I am writing this*. Before you can practice in the real world, you need to know how to put it all together, so lets get right to it...

You will obviously begin a stealth hypnotic conversation with someone as you would begin any conversation. ***However, now you will be talking to the other person with intent- the intent to eventually start speaking directly to that person's unconscious mind.***

Even though the other person does not know that you are putting them into a trance, you have to assume as much responsibility for your power in this relationship as any professional hypnotherapist would by imagining that the other person is actually putting themselves into a vulnerable position without even realizing it.

A person, without knowing it consciously, is clearly putting themselves in your hands and allowing you to take them beyond the realm of their consciousness.

Therefore, they should feel like they have confidence in you and that they trust you. If you have been reading this book carefully and in order as I know you have so you can learn to master stealth hypnosis, than you already know what to do to establish this confidence and to establish yourself as this person's external authority figure.

In other words, you cannot successfully engage the unconscious mind unless you have established yourself as the authority and gained their trust through building rapport.

Even though stage hypnotists have caused us to believe this, it is not possible to simply *snap your fingers* and put a person into a trance (unless you have previously put them into trance and successfully installed this anchor, which is a *highly advanced method* you can use yourself when you master this stuff).

Nor is it possible to follow the methods we will be covering in this chapter without first guiding the person into a relaxed state and suggestible frame of mind. This means that you have to pace the conversation and lead the person into the trance so that you can engage their unconscious mind.

Consider your previous conversations with the other person and the “fluff” talk as sort of a pre-hypnosis interview where you gather information about the person, their model of the world, their representational systems, and their limiting decisions and beliefs. These previous conversations will also help you to know what language patterns to use and what specific words and phrases to use and what emotions you want to elicit.

In the every day trances we experience, such as watching television, we are in our own world *with no one else*.

When you are guiding another person into trance, especially without them being consciously aware of what is happening, your role is crucial.

This is why we spent so much time on rapport and trust. In order for someone to go into trance, they must be able to trust you enough to relax, and relax enough to allow themselves to go into an alpha pattern, or what is commonly referred to as a trance.

Once you know how to *pace and lead*, you will be able to capture someone’s imagination and lead it where you want to go, and fully engage the unconscious mind to successfully deliver your commands. The simplest way to capture someone’s imagination is by bringing attention to what is obvious and they are not aware of. An excellent device to use to do that is the *linguistic bind*. Another way to capture their imagination to lead them is by asking questions, or using *presuppositions*.

In simple terms in order to bring someone into trance to engage their unconscious mind, first you have to set them up to go into trance by establishing rapport and then pacing and leading them directly into the trance so you can install your commands.

Pacing and Leading

Pacing is an art and at first it might seem complicated and you will soon realize it is actually simple and natural if you allow it to be as simple as you now know it really is. To help you out, I will be providing several examples of language patterns and templates to help you better understand how they can be used and as you continue to

practice so you will become fluent, you can begin to create your own unique language patterns.

In a nutshell, pacing is simply stating the obvious that someone is not aware of so that they become focused on what they must be experiencing (feeling, seeing, hearing, tasting, or smelling).

The way to begin is to simply start a *normal conversation* with the other person, and first get into rapport by matching and mirroring, talking in their language, and adjusting your rate of speaking to theirs. You already know how to do this. *You want to make every effort to get into their skin.* Once you have established rapport, then you begin to take control of the conversation by pacing and leading.

This means that you will begin to alter their state, the pace of the conversation, and the person's thoughts and feelings using pacing statements.

Pacing statements are statements of bringing awareness to obvious things that are in a person's unconscious mind to their consciousness through the use of their physical senses.

When choosing these, you want to use all of the senses, but primarily focus on their dominant representational system and feelings.

So a pacing statement is something you feel, see, hear, taste, or smell that might not currently be in the person's consciousness. A simple example would be something like, "As we sit here really *getting to know each other*,... you will *notice your breathing*... becoming slower and deeper, and... as you *notice how my hand feels on your arm*... and *hear the music playing* in the background, you can really begin to **feel... relaxed.**"

If you take a look at that statement, there are four pacing statements and one leading statement. The pacing statements are in italics and the leading statement is in bold.

A leading statement is a suggestion or a command about what you want the other person to do or to feel.

A pacing statement is what you want the other person to notice that is obvious but perhaps not in their consciousness.

For example:

1. The rise and fall of their chest as they breathe, or any awareness of their breath.
2. The sound of the music in the background (or the traffic, or the office noises, or the murmur of conversations, etc.).
3. The colors on the walls (or the sky, water, trees, clothing, whatever).
4. The weight of their body (or a specific body part such as the weight of their eyelids. Since eyelids have such small muscles, they will get heavy first).
5. The beating of their heart (or the pounding in their chest, or the feeling of their muscles relaxing).
6. The sound of your voice.

Once you have someone consciously focused on something obvious that they might not have been aware of (and you can use a chain of pacing statements which we will cover in a minute), you can then begin to *lead them into trance* and *deliver your commands*. To continue the example:

*“Now that you are noticing yourself *becoming more and more relaxed*, you can probably *feel the weight of your eyelids* and *even the weight of your body in the chair*, and this might cause you to **begin to notice things** you have not noticed before like *the color of my eyes*, and the *sound of my voice* as you **listen to me** and **begin to understand** now how **this will work for you.**”*

Once again, the pacing statements are in italics and the leading statements or commands are in bold.

Did you notice how distracted you became noticing your breath, and the weight of your eyelids, and even visualizing the color of my eyes and the sound of my voice? This feeling of distraction means your conscious mind is shutting down and allowing your unconscious mind to take over which is a really powerful state to be in when you are learning.

Many times when you are first beginning to practice stealth hypnotic mind control on others, you might actually prepare a script in advance and memorize what you want to say. However, you cannot possibly prepare for every situation and you will want to be able to create pacing and leading language patterns on the fly. This is simple when

you follow the formula. Just point out a few things that are obvious but that they might not consciously be aware of (like the smell of the coffee and the heat of the cup in their hands) and deliver a command (as you **take a sip**) and then another if you want (and **listen to me** carefully). Then begin the process again for the next string of commands.

To continue the example above, lets now get a little fancier and make the conversation even more hypnotic:

“And you can probably *feel the heaviness of your brain* as it sinks in, and even *feel your heart beating* when you **begin to wonder**...you understand now how **this will work for you**... and when you can **begin to understand** how it works, it just makes sense that it is simple to **create your own language patterns** as you **get good at it**- its fun and you will **see what I mean** when you **try it**, won't you? (said with a downward voice inflection unless you are a woman speaking to a man).”

As you continue to practice stealth hypnotic mind control you will automatically discover a variety of ways you can create dynamic language patterns.

And let me share a secret with you. I invite you now to go to my home page at <http://www.secretsofmindcontrol.net/thankyou.html>. And when you do, you will see just how many *different paragraphs* contain these language patterns and commands and it will give you an *excellent* idea of how you can create your own unique language patterns. And when you are done reading that, you can go back and read each paragraph in this book again and notice the hypnotic effects and embedded commands I have used throughout the book...and notice how even this paragraph is hypnotic.

In fact, the examples most likely set you up to receive the commands and led you to fully receive the commands in the paragraph above even though you were aware of them.

Pacing is all about bringing something in the unconscious mind to the attention of the conscious mind.

For example, even though there may be traffic sounds outside of your window or birds singing, or even the air conditioner running, until I mentioned it now, your conscious mind was probably not aware of it. However, your unconscious mind is aware of everything going on at all

times. In order for your conscious mind to focus, it must filter out these experiences. For example, until now, I was not consciously aware that my kidneys were filtering and filling up my bladder, but now that my bladder is full my conscious mind can feel it as my conscious is commanding me to get up and take a bathroom break.

Any sensory statement, question, or presupposition you use to bring something into the other person's conscious awareness is a *pacing* statement, and every command is a *leading* statement.

In other words, pacing and leading is all about establishing rapport, then pacing the person in the right sequence, so that you can effectively lead them to act on your commands.

When you use pacing statements and leading statements in a *specific* order, you will put the person into a trance where you can then fully engage their unconscious mind in a very productive conversation full of commands.

The key is to use your sensory acuity to notice all of the things that the other person is probably not focused on and thinking about and bring them into their conscious awareness. When you do this you can actually watch their eye patterns as you catch them going inside their minds to access the information. When this happens, you will know you are *now talking to their unconscious* and you can slip your commands in.

Putting Someone Into a Trance

Professional hypnotherapists have many methods of taking their subjects into a trance. However, the best way to do it when using stealth hypnosis is what some people call the *Step Method*. This can also be referred to and you can remember it much easier as the 5,4,3,2,1 method.

Now you can either use 5,4,3,2,1 or 4,3,2,1. It really does not matter. It is all a matter of preference and choice and what the conversation is all about.

This formula will effectively put the other person into a slight trance or a state where their alpha brain frequencies are more dominant than their beta brain frequencies so that their unconscious mind takes over and listens to your commands.

This is all it takes to put someone in a trance:

1. 5 pacing statements;
2. then, 4 pacing statements followed by 1 leading statement (command);
3. then, 3 pacing statements followed by 2 leading statements (commands);
4. then, 2 pacing statements followed by 3 leading statements (commands);
5. then, 1 pacing statement followed by 4 leading statements (commands).

This is why you want to learn to chain your pacing statements and your leading statements together so they sound like ordinary conversation.

Remember, you could also simply start with 4 pacing statements followed by 1 command, then 3 pacing statements and 2 commands, then 2 pacing statements and 3 commands, and then 1 pacing statement and 4 commands.

Either formula will have the exact same results. It will put your subject into a trance and enable you to speak directly to their unconscious mind without them knowing it.

How about an example?

*"As you sit there in your chair listening to the whirring sound of your computer and noticing the size of these black letters and **the white background**, you can begin to feel the weight of your body sink into the chair and **just... relax.**"*

Notice there are 4 pacing statements followed by the command "just...relax." Also notice that I pause between the words "just" and "relax" for maximum hypnotic effect. When you practice saying the words out loud, you will notice that the "just" part of the command sounds like it goes with the previous part of the sentence when really the unconscious mind picks up the command "just relax."

To continue, you would then follow up with 3 pacing statements and 2 commands:

"So now that you are noticing your body becoming more and more relaxed you might feel the sun coming through the window

and *notice how your breathing is becoming deeper* because you are beginning to **feel excited** that **you know what to do** now."

To continue, you would then follow with 2 pacing statements and 3 commands:

"You *feel your heart beating* as you *see these words* because you know that when you **practice... it will be really easy** when **you can influence people.**"

And finally, to make the trance deeper, you will use 1 pacing statement followed by 4 commands:

"And this makes you *aware of your mind* racing because **you are so excited to finish this book** and **practice with real people** to see how it will **quickly change your relationships with others.**"

And just like that, you have put someone into a trance and are leading them to follow your commands. Now you know it is simple, extremely powerful and difficult to detect.

Okay, so you also know that it doesn't matter if you use this 4,3,2,1 method or a 5,4,3,2,1 method and it really doesn't matter when you use it because they both work equally as well. You may be wondering, though, how you would use the 5,4,3,2,1 method. The answer is anyway you want and to make it even easier I will give you the following example. You might want to use this when you are seducing someone:

"Do you *notice how nice this feels?... I am sure you can notice... the smell of my skin, and the... weight of my stare* as you... *begin to notice how your breathing matches mine* and you *become aware of how my hand feels on your arm.*"

These 5 pacing statements will now be followed with 4 pacing statements and 1 leading statement:

"And as you *realize how nice it feels on your skin*, you are probably *aware of the music* and you *feel your body relax* into mine, and you can *feel the heat coming from my body* because **you are getting more comfortable.**"

And of course, then you would continue with 3 pacing statements and 2 commands like:

*"Listen to the sound of my voice and notice the sound of my breathing as you begin to notice things you have not noticed before like the shape of my mouth, and you will begin to **feel the intense connection we have** and **you just know this is right.**"*

Which would then be followed by 2 pacing statements and 3 commands such as:

*"As you become aware of how comfortable you are, and feel your blood starting to pump through your body, you will **start to relax** into the moment and **let it take you away** because **you want this** like I do."*

And then bring it home with 1 pacing statement and 4 leading statements:

*"And you begin to notice that you can feel your heart beating in your chest because **you want me...to...you want me to kiss you...and you want me...you want me to touch you.**"*

Did you notice how I embedded the command "you want me" into the sentence so that it went completely unnoticed? And did you notice how I used pauses and punctuation ambiguity?

Now, I am sure you are feeling *excited and intrigued* because you are full of ideas about how to use stealth hypnosis and can get others to follow your commands. And you want to succeed, so you know that it takes more than simply reading about these powerful secrets all day. You will know you are learning these tools when you begin to use them and you will feel confident and good about what you are doing.

You will experience a lot less frustration with people once you take these tools into the real world and see them working for you.

Supercharged Conversations With the Unconscious

Now that you are beginning to get really excited about the possibilities of what you can accomplish with stealth hypnosis, you might be wondering where you are going to use it first.

You can certainly use the psychological devices and triggers in your every day casual conversations and you can supercharge your persuasive powers when you learn how to develop stealth hypnotic language patterns that will deliver the kind of results you want. You may even be *stunned and baffled* by some of the incredible results you will get right away.

Remember, a language pattern is simply a way that you put words and phrases together systematically to speak hypnotically or to the unconscious mind.

You might in the beginning *write a script* that you memorize that is about 2-3 paragraphs long and takes a few minutes to deliver that you can use for a specific purpose or at your convenience. Eventually, you will be good enough at this to create your own language patterns which you will soon find you can do *automatically*.

Once you have a few language patterns down cold or have created a few of your own you will find that you will be able to use them repeatedly to recreate your success. These language patterns will also make you appear to be a fascinating and interesting conversationalist to other people because it will give you a way of speaking that makes the other person feel good to be around you although they will not exactly know why. As you grow more popular, your circle of influence will become larger giving you even more opportunities to help, persuade and influence others.

Developing a language pattern is actually very simple once you understand the pattern and can simply fill in the blanks. The recipe for creating a successful language pattern is actually quite simple. You answer six basic questions in no particular order, you inject some emotion, add some hypnotic phrases, sprinkle on some psychological devices and poof you have a language pattern that is supercharged with emotion for maximum impact.

The blue print for any language pattern are these six questions:

1. What is the problem?
2. Why hasn't the problem been solved?
3. What is different?
4. What is possible?
5. What do I want my subject to feel, process and/or experience?

6. What should they do now?

That's it! The answers to those six questions will help you develop 75% of your language pattern. And each of the answers only needs to be a few sentences long so this exercise really only takes a few minutes to complete. You really do not want to make anything involving the unconscious mind complicated.

Let's try one now:

Let's suppose I am creating a language pattern to help you with your desire to become a more persuasive and influential communicator.

"You want to learn how to use your people skills to communicate with people so that you can influence their actions, behaviors, and choices based on what you would like them to do. Is that right?"

By making you aware of the problem, pain, or predicament and gaining your agreement that this is indeed the problem, I have answered question number one: What is the problem?

"The good news is that it is completely possible that you can influence and persuade people to agree to act, behave, feel and do what you want and the better news is that this is very easy to accomplish."

Now I have answered question number 3: What's possible?

Why hasn't the problem been solved?

"See, most of us just talk and communicate without understanding how it affects the other person and then we wonder why in the world we are not getting people to cooperate and do what we would like them to do. This is not your fault. We were never taught as children the right way to communicate to persuade and influence others."

This answers question number two: Why hasn't the problem been solved?

"I have helped other people with this and I can help you too by showing you how to talk to other peoples' unconscious minds using stealth hypnotic mind control. This means that I will teach you how to use hypnosis in your regular daily conversations so that a person's unconscious mind will pick up on your suggestions and do exactly what you tell them to do and they will not even know what you are doing or what is happening. This means you will be able to increase your sales, get more dates, get intimate with more people, get people to listen to you, whatever you want really. You can even get someone to maybe fall in love with you."

This answers question number four: What is different now? The answer to this question will cause the other person to become incredibly interested in what you have to say.

"I tell you what. Why don't you check out my web site. You will find the answers to a lot of your questions and some very enlightening and powerful information."

This answers question number six: What should they do now?

What I decided I wanted you to do as a result of this language pattern was to go to my web site and learn more about stealth hypnotic mind control. When I use this language pattern with people I meet, most of the time they are dying to find out all about it right then and there because they become fascinated with what I am saying.

And I have done all of this and successfully created this powerful language pattern without adding any hypnotic elements to it. The closest I came to delivering a command was to tell you to go to my web site and I said that directly to your conscious mind.

So, all by itself, when you answer these five questions, you have the makings of a powerful, influential and fascinating language pattern.

Now, to supercharge it for maximum impact, you want to add hypnotic elements such as emotion, psychological devices and triggers.

This is what question number 5 should take care of. Add your hypnotic voice to it and you will have created a very brain busting, irresistible

language pattern. And you will find people falling over themselves to obey your commands.

Adding emotions, devices and triggers will supercharge any conversation.

Using Emotional Influence

When you inject emotion into your language patterns even a *boring* statement immediately has more *impact* and *value* to a person. And all you have to do to add emotion is add a word or two to the language pattern you have already created.

Let's take the statement, "how to develop hypnotic language" and supercharge it with compelling emotions. First, you want to ask yourself, "What kind of hypnotic language?" Let's use the word "irresistible". How to develop irresistible hypnotic language. See how just by adding that one emotionally charged word it now sounds a lot more appealing? You can do this with just about any of the sentences in your hypnotic language pattern.

Open any book, newspaper, or magazine and try dressing up the boring sentences with emotionally charged words for practice and before long you will have the hang of it. And if you are having a hard time thinking of a variety of words, open up a thesaurus for hundreds more possibilities.

You could entirely change the sentence with two *different* words and have it be equally as compelling. How to develop psychologically riveting language. Now that you are getting better at it, expand it and make it more compelling by adding some linking phrases to it. "Discover how to develop psychologically riveting hypnotic language quickly and easily."

And there you have it.

I am sure you are clearly beginning to understand how easy this is and what kind of an impact it can have on others which of course makes it incredibly effective for you.

Now, you simply need that sprinkle of psychological devices and triggers and you will be an expert at developing supercharged, irresistible language patterns.

The Power of Psychological Devices and Triggers

If we keep working with the example:

“Discover how to develop psychologically riveting hypnotic language quickly and easily.”

-you will begin to understand how to quickly and easily turn it into a hypnotic language pattern.

A hypnotic language pattern will speak directly to a person’s unconscious mind.

This means once you add this last element, devices and triggers, you will be able to use your language patterns as stealth hypnotic mind control tools to empower you to get others to do what you want for them to do. It is important to remember to always deliver your language patterns in your hypnotic voice, paying attention to when you pause and how to drop your tonality when you deliver the commands. In fact, you probably want to practice saying the following pattern out loud a few times:

*“Have you ever thought to yourself, “I wish I had more power over others?” Maybe you can **remember a time** when you really didn’t get the response you wanted from someone and you **felt like** you were missing something and **you couldn’t figure out** what you were doing or saying wrong. It could have been **anything** or it might happen in any situation. If you have ever **failed to have a date turn out the way you wanted**, or **you failed to close the sale** when you **probably should have** or perhaps **you are not making** the number of sales **you really should be making** and you want to **find out how** to **make an improvement in your communication technique**.*

*There are several different ways now **you can learn to do this**. As you **continue to think about** all of the changes **you would like to make** perhaps socially or at work, there is one particular technology you should **really pay attention** to when it comes to easily **getting what you want from people** and that is learning how to **develop irresistible hypnotic language patterns**.*

*You have probably heard of hypnosis before and while **you find yourself becoming more and more fascinated** with the idea of it you will realize how surprised you will be to **discover** that most*

people have the wrong idea about what hypnosis is. Some people **think it is** like being asked to "follow my watch and obey my commands" on a therapists couch, and other people **believe** it is about making people do silly things in stage show and some people **think** it is just a bunch of hype. You will **come to realize** as you **continue to listen to me** that when you **develop stealth, conversational hypnotic skills** you can **quickly and easily compel other people** to do what **you want** and they will never detect that you are doing it.

*Now, would you like to know how to do this? Or have you already moved past idle curiosity to **find yourself more intrigued and excited** than you ever thought possible and **you want to begin** developing these skills **right now**? Clearly, by the look on your face, **you are ready to get started**. Here is my card. And try not to **get too excited** on your way home as you **find yourself thinking** about all of the wonderful ways **you will be using stealth hypnosis** after you have read your book that is waiting for you while **you are getting online**."*

Were you able to spot all of the different commands and psychological devices I used in that language pattern? Don't worry if you didn't, soon you will notice I have used several different language patterns including many of the stealth phrases I gave you earlier in the book. To make it simple, I have put the commands in red letters, the stealth phrases are highlighted, and the emotional words are in normal bold font.

Also, you probably noticed I *began with a question*. I did this to arouse curiosity to get the other person to think about all of the things they would like to change. And throughout, I use *certain devices* to keep reminding them unconsciously about all of the changes they would like to make. Then I move on to provide a compelling solution to their problem and make sure they do not have any misconceptions about hypnosis that might keep their mind closed off to the idea about how powerful it can be for them.

Next, I use a *presupposing double question* which provides a benefit. *This is quite tricky and very effective*. This is followed by an even more powerful benefit that they cannot possibly refuse or argue with. Then I make them consciously aware of the look they are giving me and tie the presupposition "obviously" to the meaning of the look. Next, finally I paint a very vivid picture of them driving home and suggest what I want them to do by telling them not to do it (get too excited) because

I know the unconscious mind only hears the command “get excited” and “think about hypnosis and all of its possible uses”.

Finally, I presuppose they will read the book by suggesting “after you have read” and tell them to get online as soon as they get home because their book is waiting for them, so I have presupposed ownership of the book as well as the fact that they will read it.

Now, it should becoming clear how incredibly simple it really is to create supercharged, irresistible hypnotic language patterns.

I am sure you likely have some questions and you may even be doubting your ability to speak to someone like that because you are most likely afraid they are going to know what you are doing. Stick with me. Not only will you never get caught, you will be able to speak with someone like that with ease and confidence real soon once we cover some of the individual elements in more detail and show you how to use stealth hypnotic mind control in real life.

Take another look at the language pattern we just created and look at each individual element that has been highlighted for you and then come back to this section and I will show you how I can hypnotize anyone with a single sentence.

Hypnotize Anyone With Just One Sentence

You can honestly craft a single sentence in such a way that it has a hypnotic effect. You might put your listener in a slight trance first or not, and either way a single hypnotic sentence can have a very powerful effect.

This is when the *stealth phrases* I listed earlier in the book really come in handy.

All you need to do is use a stealth phrase congruent with the state of mind, process, or experience you want the listener to have and combine it with a command which can be embedded into your sentence.

For example:

“When you read this sentence, you will notice the contrast between the black letters and the white page.”

I begin with the stealth phrase “when you” then the commands “read this sentence” and notice the contrast. And did you? Did you find yourself suddenly becoming consciously aware of the contrast on the page. This should be proof positive that the stealth phrases really do work.

Imagine the endless possibilities of commands you can make someone feel, experience, or act on simply by using a stealth phrase in its simplest form!

You can also use a stealth phrase or a command and a distraction or interruption in the middle of a statement. This will confuse the conscious mind, allowing you to speak directly to the unconscious mind while inducing a slight trance. Let’s modify our example so you can really get how to do this:

“When you read this sentence and read these words **as you find yourself becoming more and more intrigued**, you will notice the contrast between the blackness of the letters and the white page.”

I modified the statement a bit because I added another stealth phrase and command in order to literally **double the intensity** and effect of the sentence. The hypnotic element I added is in bold.

The unconscious mind not only thinks in pictures, it also puts these pictures together to form a story, actually more like a movie. This means that each hypnotic sentence you deliver is like a mini story and the person’s mind will be compelled to pay attention to the ending.

This is a powerful concept because when a person reads that hypnotic sentence their conscious mind will fixate on finishing the sentence or the story.

So as they hear the middle part, they will not stop and argue with it. More often than not, they will simply accept it as true as they continue to listen or read and finish what they started. This happens because of the commitment/consistency element we discussed earlier.

This gives you the perfect opportunity to slip in a sub-section embedded command which will be comprised primarily of the emotion or emotions you want them to experience as I did in the example by using “find yourself becoming more and more intrigued.”

What this means is that you can give a tremendous amount of power even to a single sentence.

Now that you understand how to engage the unconscious mind by pacing and leading, putting someone into a trance and delivering supercharged language patterns and powerful brain busting sentences, let's take a look at how you will use stealth hypnotic mind control in the real world.

Chapter Seven
Using Stealth Hypnosis in the Real World

Congratulations! You have learned all of the ideas, models, structures, devices, and tools you need to persuade and influence *virtually anyone* using stealth hypnotic mind control in your *every day conversations*. Now, it is important to tie it all together and learn how to apply this powerful technology in the real world, in real situations, and with real people.

When you practice enough, you will find that applying stealth hypnotic mind control is a no brainer, and I have made it even easier for you by providing some actual templates you can use in the most common situations you will encounter in the real world including how to use this technology to distort time (which you will learn is very useful and powerful), to create an instant bond with someone, to get someone to change their mind, and to create physical desire and emotion.

And you will notice how easy it is to secretly influence someone's unconscious mind while they continue to believe you are simply carrying on an innocent conversation.

As you read through these real world situations and the patterns, you will also notice you can alter them to make them easily fit the various situations you are likely to encounter in sales, dating, relationships, parenting, and even captivating an audience while giving a speech or a lecture.

It is important to understand that there is a proper sequence to any pattern.

The first step is for you to create an intense connection, which can be felt as love, fascination, a feeling of having known you forever, feeling at ease with you, trust, intrigue, etc. To do this you will use phrases like "What is it like when", "I am wondering if", "have you ever" and other stealth phrases and process descriptions. The next step is to create a highly emotional state.

You will do this by causing the other person to focus on feelings in their body using tools such as anchoring, stories, quotes, and describing another person's experience.

Now that you have their attention and have them feeling close to you and trusting what you say and how you make them feel, you want to

spell out the *exact sequence* you want them to process unconsciously. You do this by creating intense emotions and feelings that will cause them to feel compelled to do exactly what you say.

Here is an example of what a pattern looks like:

“Did you ever **pick up a book** and **immediately know that you would be completely fascinated by something as soon as you began to read it?** I mean, maybe as you **continued to read this paragraph** and **begin to notice the weight of your body on the chair** and the **feeling of the clothes touching your skin**, it allowed you to *go deep inside* and remember a time when learning was **easy**, accelerated, things clicked and were instantly processed and fun?”

Now, it is very important to remember that first you must create a state of powerful connection for your listener that will elicit a strong desire to follow the commands you give their unconscious mind so that they do what you say.

When you do this, frequently you will find that creating this feeling is all it takes and you won't have to go to the extra effort to use the patterns I am about to give you. If you set someone up properly with an intense enough feeling of connection and trust, they will listen and obey your commands almost immediately.

In the example, you will notice the opening language pattern sets you up to go into the state of mind where learning is accelerated and also fun. If you were to say the phrase “instantly processed” out loud you would notice that it acts as a *subliminal hit*. A subliminal hit is a phrase that allows you to draw out 5 syllables with your voice in a chant like rhythm like this:

IN-STANT-LY-PRO-CESSED

At the end of the subliminal hit, you raise your voice *ever so slightly* as you say it in an almost devious sounding manner, however, very slightly as you only really want the unconscious mind to notice. Then the word “fun” should be delivered just about a half step lower than the tone you used for “instantly processed”. What you are aiming for when you say “fun” is to drop a half note so they hear it and tilt your head so the message hits the person's unconscious mind. Try this now and you will understand what I mean.

It is also important to keep in mind that everyone is different. Some people are highly suggestible and others are highly resistant. Those people who are highly suggestible will follow anything you would do or believe anything you command or say while others will simply be so dead inside that you will just end up feeling sorry for them and perhaps will just decide to let them be. What fun are they anyway?

Now that you understand that, before we get into some of the real world situations you need to understand the importance and value of time distortion.

The Importance of Time Distortion

Time distortion is a mega watt taser gun in your new age stealth hypnotic communication arsenal and after you have used it a few times you will look back on the moment you learned it right now as having been one of the most powerful tricks you have ever used and realize that reading this now is where it all began.

Hmmm...did you notice what I just did? That's right, I shifted your sense of time around. This is so easy to do after just a little bit of practice and is one of the most powerful and versatile techniques you will use in this book.

As you may have already noticed and will notice even more when we get into the patterns for real life situations, is that they all distort a person's sense of time by making it seem like they have already done what you are describing and so therefore the unconscious mind accepts that they have felt that way for some time and so it is natural to feel that way now.

When you encounter resistance from someone, time distortion is an excellent way to nip the resistance in the bud before any part of the conversation becomes argumentative or confrontational.

If you are in sales, you encounter resistance from people many times as they naturally have their guard up when they get around sales people and many times that resistance is very strong because they will compare you to every other salesperson they have ever encountered and project any bad experiences they had in the past onto you. Sometimes this resistance almost seems like outright hostility.

As a sales professional, it is your job to show them how much different you are from all of the other sales people they have ever met and now you have an arsenal of powerful tools to accomplish that such as matching and mirroring to build rapport, using fluff talk, building patterns around the 6 questions, and installing anchors to influence them and win them over.

And now you can add the stealth power tool called time distortion to your arsenal for an extremely powerful way to make the sale and have them walk away happy and excited enough to tell everyone they know to buy from you.

Time distortion is simply a way to shift someone's focus to a different level of time than the one they are currently in and perhaps even adding a hypnotic command to it at the end if you want. When you distort someone's general sense of time, you cause them to see the situation from a completely different point of view- one they might not normally think of. First, you need to be able to determine what level of time they are currently in. Then you shift their focus to one of the other two levels.

People are either primarily thinking in the past, the present, or the future. Therefore if you notice they are thinking in the past, you can shift them to the present or the future and vice versa. Most people cannot focus on multiple levels so you will find that a person will choose only one level for any event or situation.

For example, someone who is purchasing a home, might think of the last time they purchased a home and their motivations are fixated on that memory of the past. And some people might be focused on the future, thinking about their children growing up in the home and so they are fixated on the future, and some will be thinking about the current property values, taxes, interest rates, and economic climate and so their fixation during purchasing a home will be in the present.

Time is such a powerful motivator and we normally will choose a different time frame for different situations.

You can think of time as the foundation by which we base our choices and make decisions.

Most often you will find that people in general are motivated and influenced the majority of the time on one particular level. To

determine what level someone is on, listen to them paying attention to their time oriented phrases such as:

PAST: "I have been there and done that", or "I don't want to make the same mistake" or "I have never done that before".

PRESENT: "live in the moment" or "lets just have some fun" or "oh, I want that now" or "carpe diem" or "on the spur of the moment" or "on a whim"

FUTURE: "there is always tomorrow" or "you never know unless you try" or "I wonder what happens when" or "let's see if"

What I like to do is use a pattern which shifts the person's focus around all three levels of time and you will notice that is exactly what I did in the example. I like to get my subjects thinking about the past, then now, then into the future and I paint a picture for each level of time for them to visualize.

Being able to shift a person's sense of time is very powerful because most people only generally experience one level of time and will often be fascinated when you can give them a new perspective. If you want to have some fun and see how this works, try the following language pattern out in someone:

"...if you were to think about what you did yesterday you might find what you did useful to use tomorrow and today and as you think about two days from now you might as well do the same as you think about two days ago and what you did then too and then two days from now and yesterday then today and how that can help you too."

You are probably laughing, but when you jerk someone around between the different levels of time it becomes difficult to make sense of but it motivates a person to follow what you are saying as their mind is getting shifted all over the place.

Now that you know about time distortion and how much of a powerful hold it can have on us, I want to encourage you to free yourself from this hold and open your mind by making a conscious effort to use all three levels of time to help you make better decisions.

Now that you understand time distortion, you will have an easier time understanding the real life patterns that I am about to give you to use with people in every day situations.

Creating an Instant Bond With Someone

There are two different and yet equally powerful ways you can create an instant bond with someone. This is the first way....

You can use this pattern within the first few minutes of meeting someone and you can use it with someone you already know after you use some fluff talk and get into some sensitive subjects. You can use it in person, on the telephone and even in writing. However, these patterns always work best in person because then you have the ability to use all of the tools and pay attention to the other persons non verbal communication and eye patterns.

And of course, when you deliver this pattern you want to remember to make full use of your hypnotic voice, to pause, to sound enthusiastic by putting meaning, emotion and energy into your tonality, and of course to embed your commands.

1. **You say:** "Have you ever felt an instant click with someone? (create an anchor as you gesture to yourself subtly). Like maybe you stand there, looking at them and you started to listen carefully. It was like there was an invisible force (gesture between the two of you) working back and forth from you to them. And as that invisible force began to grow, with the warm feeling of that bond, maybe you were even able to clearly picture a time in your future, say 10 years from now (or however long you want them to feel it), still feeling that sense of incredible bond and looking back on today (gesture again to yourself-subtly and very casual like) as having been the beginning of it."
2. **They say:** "Oh, yeah. Or they will give you a look like "what are you talking about? In that case, or if they don't respond you should continue without waiting for an answer. But if you can it always helps to get them nodding in agreement to confirm what is being said and so you have an indication that it is being unconsciously processed."
3. **You continue:** "See, I think it is so funny and fascinating how people can just do that and let it happen immediately (snap your fingers) because for me it takes a little bit longer."

But I do find that over time as you really pay attention and listen to someone (point to yourself) and you begin to realize those values and qualities in them that you hold so closely for yourself (pause) with me. That is when you can create that click and really feel that bond intensify and strengthen.”

Did you notice the punctuation ambiguity “for yourself, with me”? Did you see how I used stealth phrases and time distortion and added the gestures to install anchors?

This pattern clearly causes someone to experience in their mind what it would be like to have a bond with you now and in the future. And they will feel this bond if you embed your commands properly using the proper inflection and putting enough emotion in your voice.

You can also try this pattern to create an instant bond. It doesn't matter which one you use. They are equally powerful choices:

1. You say: Did you ever instantly and immediately know you were going to love (enjoy, like, trust) someone for a very long time? Like, maybe even though you only knew them for a short period of time, it seemed like you had known them your entire life- as if there were a priceless and timeless connection between you and them (gesture from you to them). I mean when I think...you know that feeling of intense bonding, when all the walls and barriers between you and they...just melt and crumble away and you just feel so absolutely comfortable...safe and at ease with them. And its like maybe you were even able to imaging a time in your future say 6 years (however long you want them to feel it) still being sensationally close to this person (point to yourself again) and looking back on today as having been the beginning? I just think, and find it interesting how that's the neatest thing when a person can go inside and instantly recognize and realize all those qualities and values in that other person that lets that bond take place with someone (pause for a split second) me, it usually takes a while for that to happen.

I hope that now you can really begin to see how powerful these language patterns are and how you can use the format to place the ideas, thoughts, and feelings you want to introduce to your listener.

Here is a template you can use to plug in your own words, feelings and commands:

Did you ever instantly and immediately know you were going to _____(what you want them to begin to experience, process, think or do)? Like maybe even though you only _____ (point out what is obvious about the situation) it seemed like you _____ (give a more detailed description of what you are talking about or how they should feel whatever you suggested in the first sentence)? I mean, when I think _____(describe how you feel) when all the walls and barriers between you and _____(whatever you want them to open up to or let go of) just melt and crumble away and you just feel so _____ (how should they feel)..._____ (Similar feeling the one you have just mentioned) and _____ (another similar feeling) with _____ (whomever or whatever you want them to feel it with). And its like maybe you were even able to imagine a time in your future say _____ (how far into the future they should picture in their mind) still being _____ (insert a power word and feeling process or experience) to this _____ (person place or thing- NOUN) and looking back on today as having been the start of it?

I just think and find it interesting, how that's the neatest thing when a person can go inside and instantly recognize and realize all those qualities and values in that _____ (noun) and lets that _____(what you began your pattern with) take place with _____ (what you have been describing)...(pause for a split second this next part is optional) ME it usually takes a for that to happen.

Changing Someone's Mind

This pattern can be used to create a change of heart or to change someone's mind and will work on anyone anywhere. You can use it in personal relationships, romantic relationships and business relationships and it works in just about any setting. When you use this pattern you are going to use the stealth phrase "have you ever" to create the right state, use quotes to them amplify the state and add an anchor to grab and cement the state so you can fire the anchor off and instantly put the person back into that state.

You say: Have you ever _____ (what is obvious) _____ (who what where or when) _____ you weren't really _____ (what they aren't doing and you would like to change) but then

for whatever mysterious reason you just suddenly found that you started to THINK THINGS DIFFERENTLY and SEE _____ (one word describing what they should change their mind about) _____ IN A WHOLE NEW WAY? (create anchor)

I mean, I think sometimes people really don't know what they want, at least consciously...but then it's like YOUR CONSCIOUS MIND DIPS DOWN (gesture down) into your unconscious, and just (gesture back up) BRINGS BACK UP ALL THOSE DESIRES AND IMAGES AND FEELINGS INTO YOUR MIND.

I mean like my _____ (friend, family, roommate ,etc) looks at me one day and right out of the blue he/she looks me square in the eye and says "Can you IMAGINE IF _____ (what should they imagine?) and _____ (something/someone) was _____ (verbing) _____ you exactly the way you like to be _____ (same verb(ed)), _____ (another verb(ing)) you exactly the way you like to be _____ (verb(ed)) and you were starting to FEEL _____ (power word and the feeling) so _____ (repeat the feeling) you had to _____ (what do they have to do)? Can you believe _____ (who you were talking about) said that?

Now see if I had wanted to have some fun and play back with him/her I would have said something like "oh yeah? Well you know that feeling you get just before you _____ (describe an intrusive powerful feeling). When the pleasure is just building and warming and throbbing all through your body? If you could IMAGINE THAT FEELING, could you FEEL THAT RIGHT NOW? _____ (create anchor- maybe slide your finger across their arm or squeeze their shoulder).

How to Create ANY Feeling, Amplify It, and Arouse a Strong Desire to Act On It

This next template can be used if you want to accelerate someone's state of mind even more than the ones the previous language patterns do, so if you want to intensify the feeling you just created, or if you want to arouse someone's desire to take a specific action then this would be the pattern you would want to use. Only use this after you are in rapport and have created a sense of comfort and connection, established some trust. You want to also have used some softening statements in preparation for using this template.

You will notice in this pattern that you will be talking with the other person about their experience. Doing this is an excellent strategy to get someone to experience what you want. When you sound casual and innocent you will encounter very little resistance and the other person will follow and comply with what you say with this approach:

Like first, as he/she looks at the_____ (noun/this person) and starts to REALLY PAY ATTENTION he/she just becomes aware of certain things like the rise and fall of his/her chest and the beating of his/her heart and the_____ (outline, colors, temperatures- whats obvious about it that they can notice) of _____(the same noun)...so as he/she becomes aware of all these things, one particular feature of_____ (the noun again) just starts to capture his her attention so he/she becomes completely and totally absorbed in the_____ (whats") taking place...and as that's all happening, its like the _____(warmth, rich texture/exotic color, etc) of_____ (noun/his/the table-anything!)_____ (noun/energy, voice color) the deep rich warmth of it just starts to penetrate his her_____ (consciousness/mind/thighs- ahem) and spread all through his her body and as his her heart beats faster and his her breathing accelerates that _____(what were you describing/warmth) just_____ (what does it do? Heats up into a fire/blows up in raging oblivion, etc have fun)_____ spreading through his her chest and down through his her belly as the pleasure of it just starts to pound and pulsate all through him her_____ (down around wherever) to where he she really desires to _____(have it go/let it go/ have it really go BOOM, etc) until that desire for_____ (what are they desiring) just BECOMES AMAZINGLY OVERWHELMING and he/she just _____(surrenders to it completely/goes for it immediately/grabs it instantly/buys it instantly, etc)

Hopefully you are now really beginning to catch on to how easy it is to make up your own language patterns to create the kinds of states you want someone to experience. You will notice this pattern is delivered as though someone else is experience it (in the third person) this causes the person you are telling to actually begin experiencing it for themselves in order for their mind to make sense of what you are describing and their ideas, or fantasies, thoughts, dreams, desires, emotions and feelings are all at your will and your mercy.

All you have to do is plug in your ideas and play!

Now, you might be wondering if the other person is going to suspect what your are up to when you use these strong and powerful language patterns. Let me give you three good reasons why this will not happen so you can relax and put your mind at ease about this nagging concern:

1. If you used softening statements, you will find you can talk to them about being horny if you wanted to and easily get away with it.
2. Because you are talking about someone else, it will seem like a completely innocent conversation.
3. I have been using this pattern for years and the closest anyone ever came to picking up on anything fishy was when someone once said, "I know you are doing something and I just can't put my finger on it, but I like it." And left it at that.

I encourage you to try out some of your own unique language patterns using the templates and if you follow all of the strategies we have learned you will be blown away and completely stunned with the results. So please write to me because I would love to hear your success stories.

And if you are excited about the patterns I have given you so far, hold onto your hat because this next one is the best one of all! In this next one, you will start from a different place. And if it makes you uncomfortable, you can always re-structure it using quotes and talk about how your sister or your friend or whomever was telling you the story, kind of like we just did.

You will find it a lot of fun as you get used to using this stuff and become very comfortable with it and confident in your delivery to push boundaries and limits and sort of live on the edge of what is possible with stealth hypnotic mind control.

As promised, the best for last...

Creating Physical Desire and Emotion

And this is what you say:

"If you were to waltz through the day and suddenly realize that you were (what are they deeply and profoundly feeling) with

(who/what), how do you think your body would feel differently when you were near (who/what)?

How do you think you would (command/feel that rush etc) as they/it (what did they/it do?) to you, the (describe a kinesthetic feeling) when you (hear their voice, look in their eyes etc) as that longing in you builds the longing to be (verbed) exactly the way you like to be (verbed) until that (feeling- get specific, excitement, exhilaration) built so strong inside you and you were getting (so what / so hot so fast) that you were begging to be (what) in a way a man/woman can long to be (what were they begging for?)."

By now, you must know that I have made this stuff as easy as I believe anyone could possibly make it. All you have to do is plug and play. Just fill in the blanks and shazaam you are using stealth hypnotic mind control like a pro! You can use these templates anytime you want in a multitude of situations. It is exciting when you think about it.

Conclusion
Some Important Parting Advice

Now, as you go out into the real world and begin using this technology on real people sometimes you might begin to think people will call you out or catch you using these stealth techniques. I know it seems uncomfortable at first to practice these language patterns and the strangeness of them is what is causing you to feel that way. However, I can honestly tell you that it simply is not true.

You will not be noticed and your language patterns, as awkward as they may sound to you, will go completely undetected and be completely followed by the unconscious mind.

One of the reasons it might seem so strange, obvious and transparent to you, and therefore you think it may seem that way to others, is because I have put the *idea* of stealth hypnosis into your conscious awareness and taught you all of the tricks and the methods so now you are very cognizant of what is going on and how odd it actually could sound. What you are going to find though, is when you deliver your language patterns in your energetic, hypnotic voice that the other person will be smiling and nodding their head going right along with you and most likely just thinking you talk in the most fascinating and engaging way. As a matter of fact, people who you already know will probably find you much more interesting, fun, and comfortable to be around.

The impact of stealth hypnotic mind control is truly amazing and I do not want you to be afraid to go out there and find out for yourself how drastically your life can change once you use this extraordinary technology.

That being said, there are certain things you must make sure you remember in order to use this technology on people without being detected. And of course, a *simple 3 line pattern* is going to be much different than talking for five minutes straight. Therefore it is important to balance the length of the pattern with your rapport building.

In other words, the longer the pattern, the greater rapport you should be in with a person.

You certainly would not want to approach the checkout girl in the grocery store who you think is cute and may even be on a first name basis with and launch right into a full on out Instant Bond pattern. You

want to start with a few suggestive lines to perhaps get her to go out with you so that you can deepen your rapport before launching into an all out hypnotic delivery.

And always remember that it is important to follow each one of the steps that were laid out for you in order and never skipping a step.

For example, do not be in so much of a hurry that you build rapport and launch right into your pattern without using fluff talk and pacing and leading. These steps are not only important to remaining undetected, they are critical to speaking to the unconscious mind so that the other person does indeed obey your commands.

You also want to watch the other person closely to look for the signs you will surely see when they are paying attention with their unconscious mind. One of the most common signs is laughter. When someone laughs at what you are saying, that is a very positive sign that it is working. I know this seems like an odd reaction. One of the reasons people laugh is because, and you will notice this as you get better and better using stealth hypnosis and become more comfortable with the language patterns, the more you talk using language patterns the more you become aware of how a person is feeling when you describe something to someone in hypnotic pattern style.

What I mean is if the other person is feeling happy by your standards, then simply saying "feel happy" will not do the trick. A more subtle and powerful approach would be to say, "Have you ever been with someone that makes you just feel so happy as you begin to notice that feeling grow and the more it grows the better you feel?"

See how easy it is to cause someone to feel just about anything you want them to feel? Stealth hypnotic mind control is like a powerful drug.

So when you say something like this to someone and they laugh as you say it, this is a sure sign that they are feeling exactly what you are describing, because they can't help but to feel it. I don't know why they laugh exactly. Perhaps they are blown away thinking, "How could you possibly know?" or "I am not sure how you are doing it but I am really feeling that."

Language patterns have the added benefit of making you appear to be a fascinating, sensational person that people naturally gravitate towards.

When you create and deliver stealth hypnotic language patterns, people actually enjoy your company immensely and they will introduce you to people, tell people about you, and your popularity and circle of influence will grow in ways you can only imagine as you sit there reading this right now.

In addition to laughter, there are other signs people will give you that the hypnosis is working. Their face will flush, they might squirm or lean in closer to you or tilt their head to listen more closely.

Whenever I communicate using language patterns, I always like to include a version of the command "listen carefully" or "pay close attention". I have found that when you use these commands near the beginning of your language pattern and then at the midpoint the listener stays focused on what you are saying and it allows you to get the message to the unconscious mind much clearer and more precisely.

Because you don't have the advantage that the hypnotherapist has of getting the other person's cooperation and then putting them into a deep trance to deliver direct commands, you must instead keep the person consciously distracted long enough to make sure the unconscious mind hears your commands.

I will leave you now with some constructive attitudes for you to make sure you develop so that you never get caught or called on this stuff. When you incorporate these attitudes when you are communicating with people, then it will be virtually impossible for people to know that you even know that these psychological devices exist or what you are doing:

1. **Have a purpose.** Always communicate with a direction or outcome in mind. When you talk to a person, never do it just to be talking. Think of the states you want the person in and then use your skills to direct them there.
2. **Always get into rapport and bond first.** First create states of fascination, connection, feeling an intense bond, trust, or

comfort before you move for the kill. Most people will not feel comfortable if you go right at them and attack.

3. **Never tell anyone you know how to do this.** Keep your skills a secret. Any technique works best if it is hidden and unexpected so do not tell anyone that you know this.
4. **Keep a humble attitude.** Always be as low key and understated as possible in the application of your skills. Not haha I am manipulating you but "hmmm, isn't it so interesting how our minds work."
5. **Go for results not clarity.** The purpose of your communication is not to get the person to necessarily understand what you are saying. The purpose is to get the result you are after. Stealth hypnosis works by manipulating and directing unconscious processes not by getting their conscious agreement. It is difficult to argue with a conscious mind. It is easy to convince the unconscious mind.
6. **If you are not having fun, you are not doing it right.** Stealth Hypnosis is fun!! If your attitude is not playful and fun, then you are not doing it correctly!
7. **Never resist or argue.** Never resist what a person offers- turn it around and use it as leverage. Any response a person gives to your moves can be turned on them and used to get what you want if you relax and don't argue or ask "why?"
8. **Trust and authority are musts.** Always go from least intrusive to most intrusive. Some techniques I show involve getting people to picture things inside their heads in a certain way. This is something you always want to do last when they are already trusting you and utterly fascinated by you. Never go deep or intrusive until you have established trust and authority.
9. **There is no failure, only feedback.** Challenge is where the fun is. If you find that what you are trying isn't working, that's an open invitation for new power and understanding.
10. **Everyone is different.** The less responsive they are to you or the less a person expresses feelings the more you will have to rely on firing up their body feelings to get them to act. You will find that every person you encounter varies. Watch what responses you are getting from them and respond accordingly.
11. **Use softening statements often.** Use softeners often and sprinkle it in your conversation. By doing so you will be able to introduce the wildest topics and ask the most intrusive questions and still seem like a respectful, normal person, instead of a pushy person.

Well, that concludes "The Hidden Secrets Of Hypnotic Mind Control"
You'll want re-read this book and listen to the audio program over and
over again to really master these techniques.

Now, go have some fun and HYPNOTIZE SOMEONE!