

**Hypnosis Without Trance™ Presents...**

# **Hypnosis Beyond the Trance Myth**



**A Special Report for Hypnotists,  
NLPers and the Curious!**

**By James Rolph (AKA James Tripp)**

<http://www.hypnosiswithouttrance.com/>

<http://hypnosiswithouttrance.wordpress.com/>

## **DISCLAIMER**

The information in this report is presented to you free of charge and with the very best of intentions. Please, however, be aware that you are a responsible human being and any experimentation with the ideas presented in this report is undertaken at your own risk and responsibility.

For the most part, hypnosis is safe and enjoyable providing you pay attention to your subject's health and safety, and even safer when you stay away from 'trance' (and especially any form of regression). Please remember that you have a duty of care when hypnotizing to both your client and any spectators.

If you are unsure as to how to look after your client, please seek further advice before proceeding, and remember, regardless of the advice the responsibility is still yours.

At all times when practicing hypnosis, it is your responsibility to ensure that you comply with the laws, regulations and codes of your home country, region, state or territory.

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## Introduction

About 3 years ago I was sitting in La Concha Wine Bar in Letchworth Garden City (where I live), chatting to some friends about this and that, when the subject of hypnosis came up. At that time I had been practising as a Hypnotherapist for about a year, and had taken various trainings and read various books, so naturally people were seeing me as the expert at the table.

*But the truth was I knew little about hypnosis beyond the myths that I had been taught, and even then those myths didn't seem quite right to me.*

In my hypnotherapy practise, I used mostly NLP based techniques and rounded off the session with some 'trance' – and I always used the same inductions (overlapping pacing and leading, progressive muscle relaxation). I never elicited any strong hypnotic phenomena because I had never been taught to and wasn't really sure how.

But in that moment sitting in that bar I decided to try something that I had never done before *and go for a little bit of genuine hypnotic phenomena*. I had recently been listening to an audio recording of a teaching seminar called *Hypnotic Techniques* by a hypnotist named David Calof (recommended listening), and right near the beginning David does this thing where he has delegates hold up a sheet of paper and very quickly sets it up so as they are unable to drop it – *their fingers become hypnotically stuck!* No obvious trance induction and all done in under a minute.

This piece had caught my imagination for some reason so I had listened to it on the audio over and over – and now, for the first time, I was going to try it on a real live human being! I set up my subject holding my business card between thumb and index finger and then began the piece proper (making like I'd done it 1000 times before, of course ☺)...

And it worked!!! Well, kind of. By my standards at the time it was a raging success, because for about 10 seconds the subject (my friend's girlfriend) was unable to drop the card. No lengthy trance induction, no obvious signs of trance (she was talking quite normally at the time), but the card was stuck in her fingers! (My subject was sceptical and claimed it had something to do with the position of her wrist making it hard to drop the card, but this just isn't so.)

Now, I still do this piece, but after many subjects, many repetitions

and many learnings I do it a lot different now and get much more consistent results. I have also expanded out from this routine to develop a whole range of 'induction-free' hypnosis pieces, from various 'sticks' to amnesias and the occasional hallucination or two.

One thing I have come to realise over this time is that hypnosis has little or nothing to do with 'trance' or any other kind of altered state that people are 'in' or 'out' of or 'under' in any way whatsoever. Hypnosis is much more about everyday cognitive processes being drawn into what I like to call a **hypnotic loop!** Now, over time I have built a model for this loop, which serves to underpin my understanding of hypnosis and allows me to routinely elicit strong hypnotic phenomena from subjects without apparently doing any actual 'hypnosis' at all! And I am going to share the fundamentals of this model with you in this report.

But I am getting ahead of myself because I haven't even introduced myself yet!

My name is James Rolph, and I am truly delighted that you have taken the time to download this report and are now taking the time to read it!

Obviously I'm a Hypnotist... It took me a while of experimenting with hypnosis before I was comfortable saying that, but I now can and I am!

I'm also an NLP'er and a Mentalist (no sniggering please, just look it up), and over the last 4 years I have been experimenting with hypnosis and hypnotising across a range of different contexts – in formal hypnotherapy, mentalism performance settings, impromptu demonstration and educational contexts.

During that time I reckon I have discovered some things that I think are pretty important - stuff that you **need to know if you really want to get into hypnosis and reach the top of your game!**

Now I know that that's a bold claim, which is part of the reason I have been hesitating in giving this information out, but I really think that it is time to start sharing this stuff because people have been asking me and I'd like them to have the chance to judge the value for themselves.

I also want to make it clear up front that I'm no hypnosis guru and make no claim to be – I'm actually pretty new to this field really!

I'm also no university professor or big-brained Einstein type, but what I do have is an inquisitive mind that just won't accept things that don't fit, and over the last few years what I have found is that ***virtually everything I have ever read or been taught about what hypnosis is and how it works just doesn't ring true!***

So I have let much of it go and built some new models to explain hypnosis in a way that ***helps me to do it better!*** But of course it is no good to you if it only works for me – so I have been sharing bits and pieces with friends and colleagues to test out my approach. Here's some of the feedback I've had so far:

*"James, it has been a pleasure to see you work! You have some great ideas and an infectious attitude to everything. In my opinion, you are one of the few hypnotists working today with a modern attitude to both the performance and the theory behind it."*

Harry Guinness - Ireland's Premier Street Hypnotist (Dublin, Ireland)

*"James has the unparalleled knack to spot the leverage points that create the largest number of choices for his (hypnosis) clients with absolute minimal effort".* Kader Bensetti – NLP Master Practitioner and Trainer (London UK)

*"I love how you can pace and lead with this stuff, so you stick all their body parts to anything and everything as you springboard: So as x sticks even more, you can notice that y is happening! Great stuff - cheers James!!"* Darren Altman – Hypnotist (London, UK)

(Talking about the 'hypnotic sticky fingers' sequence) *"I knew the routine worked well, but James has helped me understand some of the finer points of why it works and how to make it rock solid and reliable. He has turned it into a flexible routine that can be used at any stage of the hypnotic process."* Anthony Jacquin – Professional Hypnotist, Hypnosis Trainer, author of *Reality is Plastic* and creator of *The Manchurian Approach* (DVD's and Live Training)

And of course it is my hope that through this report and my blog (<http://hypnosiswithouttrance.wordpress.com/>) you will be able to learn enough about my approach to experiment a little and hopefully transform your own approach to hypnosis for the better! (If you do, please do let me know how it has helped you!)

## **Why should I read this Report?**

There is no should - if you do hypnosis as well as you wish to and are happy with what you do and what you believe, then there is really no need to bother.

If, on the other hand, you are looking to deepen your understanding and become a more effective hypnotist, the ideas contained within will really help you to do this.

I believe that to be the most effective hypnotist you can be, you need to do only that which works and strip away that which doesn't. For all kinds of reasons the world of hypnosis seems to be filled with myths and confusion about what hypnosis is and how it actually works - myths that originate from the 19<sup>th</sup> and 20<sup>th</sup> century pioneers of hypnosis and are passed down to us through successive generations of hypnosis teachers and authors.

Now, these myths all had their moment, but sometimes it is time to move on, because, to paraphrase Brad Blanton (Radical Honesty, Sparrowhawk Publications):

***Yesterdays liberating insight is today's jailhouse of stale thinking!***

I think that it is time to challenge the hypno-myths of old and bring hypnosis fully into the 21<sup>st</sup> century. I am not claiming to be doing this single-handedly, but it is part of my personal agenda, and I think you'll benefit from it becoming part of yours. When you do this and streamline your thinking and approach, it will make a real difference to your efficacy as a hypnotist.

This is what this report is about – the first steps taking a modern, streamlined approach to hypnosis that cuts out all the 'hypno-theology' that can hold you back.

## What On Earth Is Hypnosis?

I have no idea how many people there are on this planet who are proficient in 'formal' hypnosis, but I do know that *none of them really know what hypnosis is!* Some may think that they know, and many of them have great 'models' or explanations of hypnosis that are useful, but none of them really know 'the truth'. And that goes for me too.

Now I also know that you don't need to know – but to be your very best as a hypnotist you need to work by a set of assumptions and models that liberate and guide you to take only the most effective action.

To me, hypnosis is a way of *altering a person's subjective experience through means of verbal and non-verbal communication.*

So you may have someone experience their hand as being stuck to a table, or their name as gone from their mind, or the experience of a powerful emotion, or the relief from physical cravings for cigarettes... or whatever. So this is my most basic definition - hypnosis is:

***The alteration of a persons subjective experience through means of verbal and non-verbal communication.***

This definition is OK, but it is limited because it says nothing of *how* communication can alter experience. I believe there are 2 key elements here:

- 1. The engagement and modification of beliefs.**
- 2. The capturing and leading of imagination.**

Out of these two, the first is primary – it is the modification of *beliefs* that is the key to altering perception. Beliefs are powerful in that they shape our perception and experience. This is too big an area to go into into fully in these pages, but consider for a moment the power of the placebo effect – people experience powerful, positive physiological changes simply because they believe they are receiving effective treatment. Personally, I consider placebo to be a form of hypnosis, or hypnosis to be a more dynamic form of placebo (I haven't made up my mind yet, and may not for some time).

The second key element is *imagination* – it is easy to perception



and experience can be changed through the application of imagination. Here's a quick exercise:

Go ahead and imagine that you have an itch on the end of your nose, and notice how it would feel if you did... even if that doesn't feel totally itchy yet, you can already feel the change in sensation, can't you? How long would you have to focus on that before *you really feel like scratching?*

Now you have read this and maybe tried it out, do it again with full focus (without reading it).

So, essentially hypnosis is a process of engaging *people's beliefs and imagination* in creating for them a *new subjective reality*.

Let me say that again:

**Hypnosis is the engagement of a person's *beliefs and imagination* in creating for them an *altered subjective reality*.**

And effective communication skills and techniques are the tools that enable the hypnotist do it.

You'll note that there is no mention of 'trance' here, or of hypnosis being something you can be 'in' or 'under'. What we have here is a pure *process* definition – no funny states of mind necessary!

Let's deal with 'trance' now!



## The Trance Myth

There is a long history, dating back to hypnosis pioneer *James Braid* (1795-1860), of thinking of hypnosis as some kind of 'special state' often referred to as 'trance' (or simply 'hypnosis'). The belief being that when a person is in that state they become 'suggestible', and the *deeper* they are in that state the more able they are to manifest various hypnotic phenomena on demand. This theory is still by far the most pervasive in the world of hypnotherapy – take a look at the Wikipedia definition (as at time of writing):

***"Hypnosis is a mental state or set of attitudes usually induced by a procedure known as a hypnotic induction, which is commonly composed of a series of preliminary instructions and suggestions."***

Now this definition contrasts quite radically with the definition I offered in the previous section:

***Hypnosis is the engagement of a person's beliefs and imagination in creating for them an altered subjective reality.***

The most basic distinction is that the Wikipedia definition describes hypnosis as a 'state or set of attitudes', while my definition describes a process. So what?

Well, to answer the question you need to consider what it is that you want to achieve with hypnosis.

If all you want to achieve is a relaxed 'trance', then the state model is just fine. But if you want to achieve hypnotic phenomena (what I call a '*new subjective reality*'), then the state model becomes more of a hindrance than a help...

***...because hypnotic phenomena have got nothing to do with trance!!!***

Now, I hope that you are wondering how it is that I know this and can say it with such conviction! Well, it is simply because *I regularly elicit hypnotic phenomena from people without using a 'hypnotic induction' or altering their state in any particular way.* The subjects display no 'trance analogues' (changes in physiology which aid to indicate trance – e.g. breathing rate, muscle tone, pulse rate, skin colour changes, eye movement etc.), and are able to chat and laugh.

If you are reading this then you have probably already seen the video of hypnosis with the girl at the music festival – she is laughing and interacting with me just as she would in a normal everyday waking state *because that is what she is in!*

You may also have seen the video of the guy stuck to the chair in the pub – I ask him “you seem perfectly awake to me” and he replies quick as a flash “I am” – his reply is genuine (not because I hypnotised him to believe he was not hypnotised – I didn’t)

So why is the trance myth so pervasive in the world of hypnosis?

I believe the biggest reason is that people need an explanation for what is happening because it seems so strange and even magical, and a special mental/neurological state fits the bill just perfectly – after all, something must be making all that weird stuff possible!

But the truth is that hypnosis happens every day without us realising it - we just don’t notice because we accept its effects as our everyday reality. It is only when its effects take us out of our everyday reality that we notice that it is happening and *then* we have to explain it away somehow. And explain it we can, *without any recourse to the concept of trance whatsoever!*

Though before we do that, there is one last thing I would like to say about trance...



## Trance is Cool!

Before we move to my explanation of how I believe hypnosis really works (this will be a model, not a truth), I want to be clear that I am not saying that there is no such thing as 'trance' or that trance is wrong. What I am saying is simply that:

- 1. Hypnosis and trance are not the same thing**
- 2. Trance is not necessary for hypnosis**

By trance I am talking about a state of turning inwards (what in NLP would be called a 'downtime trance') characterised by relaxation and a probable shift in brainwave activity (perhaps to alpha or theta). This is the kind of trance that is typically (though not necessarily) marked by traditional trance analogues (changes in physiology – e.g. breathing rate, muscle tone, pulse rate, skin colour changes, eye movement etc.)

Now I use this kind of trance *in conjunction with* hypnosis and value it highly as a therapeutic/transformational tool. Trance is great for transforming habitual cognitive patterning and facilitating access to different levels of client 'self-knowledge', but that doesn't make it hypnosis. In fact, deep trance is actually a *hindrance* to hypnosis - hypnotherapists who utilise hypnotic phenomena (rather than what Jon Chase calls relaxotherapists) will have had experience of this (ever had finger signals disappear when the trance goes too deep?).

So, just to say, I am not suggesting that hypnotherapists stop using trance where it is useful to do so. Only that you *give it up as an explanation for hypnosis and hypnotic phenomena*. And doing this will have a surprising benefit:

***Dropping the trance myth and learning 'no-trance' hypnosis will actually make you a better tranceworker!***

It's true! The reason for this being that trance is most easily generated and managed by hypnosis. You see it has been the other way round all along – *hypnosis generates trance rather than trance generating (or being) hypnosis!* When you learn the 'no-trance' process model of hypnosis that I am going to share with you, you will realise that trance is just a hypnotic phenomena (*altered subjective reality*) like any other.

## New Realities

I want to stress once again that hypnosis is about engaging and leading cognitive processes in order to alter a person's reality. It is important to understand this because without a quantifiable change in reality hypnosis is not taking place. The only way to know if the process is working is if you are getting the outcome you are going for (which, incidentally, may well be trance if you have a use for it!).

As a pre-cursor to discussing the Hypnotic Loop, I want to introduce to you the idea of *Ideodynamics*. My understanding is that the term *ideodynamics* was first introduced by Ernest Rossi and David Cheek in their book *Mind-body Therapy: Methods of Ideodynamic Healing in Hypnosis*.

Rossi and Cheek use the term only to refer to phenomena associated with what is classically called the *ideomotor effect*, a psychological phenomenon wherein physical motor-activity is generated unconsciously in response to ideas and emotions.

The term was first used by William Benjamin Carpenter in his 1852 paper discussing the means through which the Ouija board produced its results. In this paper, Carpenter laid out a theory that muscular movement can be independent of conscious desires or emotions.

In hypnosis, we see the ideomotor effect at work in generating many classic hypnotic phenomena. Arm levitation is a good example - in response to the idea of lifting, the appropriate muscles engage to make it happen *outside of consciousness*. Or the idea that a hand is stuck to a table-top engages the appropriate muscle action to make it so *outside of consciousness*.

But ideomotor action doesn't account for the full range of 'hypnotic phenomena', which is why I use a broader model of ideodynamics when thinking about hypnotic responses.

For my mind, hypnotic phenomena fall into 4 categories:

1. Ideomotor - Motor system responses (e.g. Catalepsies, sticking, movements).
2. Ideosensory - Sensory system responses (e.g. anaesthesia, heat, tingling, etc.).
3. Ideoemotive - Emotional responses (e.g. feeling happy, feeling calm etc.).
4. Ideocognitive - mental processing responses (e.g. amnesia, confusion,).

So I use the term *ideodynamics* to cover this whole range. Please be aware that while some hypnotic responses fall clearly into one or another of these categories, many will actually be cross-boundary compounds.

How is this idea useful? Well, when you are out and about hypnotising loads of different people, you are going to find that different people seem to manifest some 'hypnotic phenomena' more readily than others. So you may get 'arm-lock' but not amnesia - for example. So what is the difference? Those still following the trance model may likely conclude that the subject isn't deep enough for the latter, and so attempt to take them into a deeper trance... and sometimes this gambit works, and other times it doesn't. So let's take trance (once again) out of the equation.

I believe that part of the reason is that people are just different in their 'cognitive styles', and for that reason any given individual will find some classes of hypnotic phenomena easier to manifest than others. So they may find ideomotor easier than ideocognitive.

This is worth being aware of, because you can often 'overlap' from a class that a subject finds easier, to a class that they find more challenging.

Imagine that you are trying to get an arm lift. With someone who does ideomotor well, you can simply suggest that their arm will begin to lift all by itself, and off it goes. But if they *don't* do ideomotor well but do ideosensory more easily, you can suggest a sensation of lightness, or invite them to *feel* where their unconscious mind will begin the movement.

You can also overlap from one to another, for example evoke a strong emotion and then overlap to a ideomotor response.

(The first person I saw so this was the excellent Freddy Jacquin - he had the subject picture someone they loved and feel the

associated emotions, then link that in to the hands locking together. Excellent stuff!).

All of this stuff is useful in developing your flexibility – if you only have one way to approach things, you will seriously limit your success.

While I am on the subject of people responding differently due to their cognitive styles, I will briefly mention the concept that people mentally process across 5 channels (called 'representational systems' in NLP):

**V**isual

**A**uditory

**K**inaesthetic

**O**lfactory

**G**ustatory

I am not going to say much on this because there is so much written elsewhere about it in the NLP (Neuro-linguistic Programming) literature that a quick google search will turn up more than you need to know (search for VAKOG, and don't believe everything you read).

All I will say now is that you can massively increase your flexibility as a hypnotist by learning to tailor your suggestions to match peoples preferred channels (VAK being most important).

There can be a whole world of difference in response between "feel that arm lifting" and "see that arm lifting". I'll say no more on that for now.

I would like you to bear this broader concept of ideodynamics in mind when we look at *the hypnotic loop*, because part of that loop is a *physiological response*, and it is this which produces the motor, sensory, emotive or cognitive effect. Changes in these areas *are* changes in physiology (though perhaps I should use the term neurophysiology so as to rule out confusion when considering the emotive and cognitive areas).

Lets look at the loop!

## Introducing the Hypnotic Loop

Before we go any further, please take a moment to refresh yourself with our basic (trance-free) definition for hypnosis:

**Hypnosis is the engagement of a person's *beliefs* and *imagination* in creating for them an *altered subjective reality*.**

We've talked briefly about *ideodynamics*, but practically speaking how does it all work?

It is my belief that the most fundamental mechanism of hypnosis is what I call the ***hypnotic loop***. I also believe that whilst most hypnotists don't consciously think about the hypnotic loop in the terms that we will use here, all good hypnotists understand it *at least intuitively* – *because you probably need to understand it to be a truly effective hypnotist*. So lets get to it...

As you will remember, our aim with hypnosis is to engage and manipulate the subject's *beliefs* and *imagination* so as to create for them a *new temporary or permanent reality*. To do this we need to generate within our subject a *hypnotic loop*:

**A *hypnotic loop* is a circular process (*feedback loop*) that consists in a self-perpetuating loop of *belief, imagination, physiology* and *experience*. All *hypnotic phenomena* are generated out of *hypnotic loops*!**

The aim of the hypnotic loop is to model the *ideodynamic* process of hypnosis in such a way as practically aid us in making cool stuff happen. So to start with lets see how the hypnotic loop model relates to a practical example:

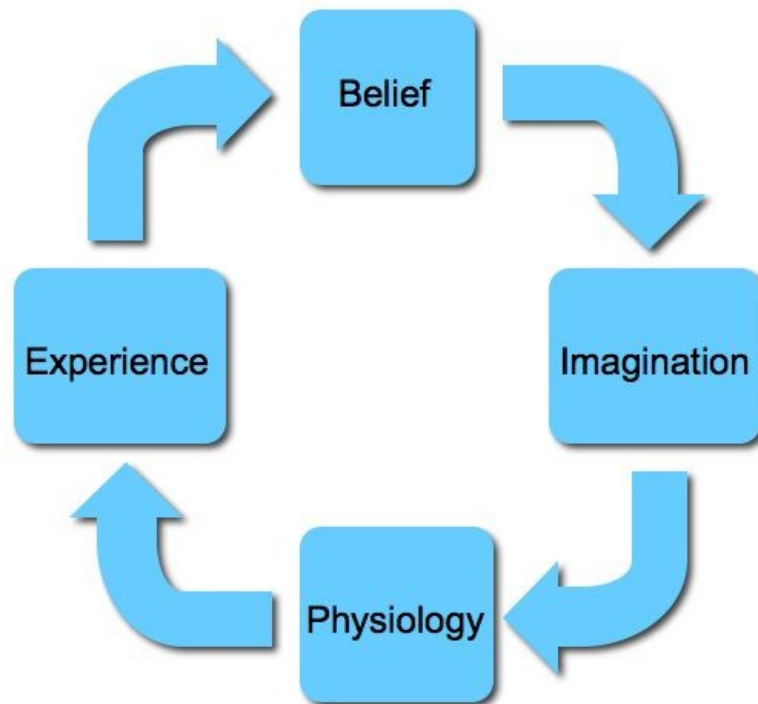
Imagine that we want someone to experience an *altered subjective reality* – we want to stick their hand to a table-top!

To do so we need to engage their cognitive processes in such a way as they *come to believe that their hand is stuck*. Once they have that *belief*, their *imagination* generates a *physiological* response that simulates stuckness. This *experience* of stuckness becomes their *new subjective reality*, which confirms or even reinforces the initial belief – and so it loops back round. The four key elements here are:



1. Belief
2. Imagination
3. Physiological Response
4. Experience

*Belief drives imagination, which modifies physiology, to create an experience which confirms/reinforces belief.*



Without getting into too much detail, can you already see how this model could be useful to you as a hypnotist?

To begin with, it presents four points through which you can enter the loop. Although belief is the prime driver, we don't always have to enter at that point, so we could begin with imagination, or pacing physiology experience, or with leading experience by directing focus.

We can also start to be aware of loops as they are taking place – through this awareness we can guide the loops toward the outcomes we (including the subject) desire, ensuring we pay attention to all the elements.

That's the first look at the hypnotic loop. We'll come back to it again later, but before we do I'd like to talk a little more about belief and share with you another simple model, which I believe can aid our thinking.

## Beliefs, Reality and the Big Because

With the hypnotic loop, *belief* is the fundamental driver - our primary objective as a hypnotist is the engagement and modification of belief. The reason being is that people always reflexively imagine (or perceive, if you prefer) that which what they truly believe to be true (although they can also imagine that which they disbelieve also, and this can be a useful entry point into the loop). Another way of thinking about this is to use the model of the Thinker and the Prover:

As Dr. Leonard Orr has noted, the human mind behaves as if it were divided into two parts, the Thinker and the Prover.

"The Thinker can think about virtually anything. History shows that it can think the earth is suspended on the backs of infinite turtles or that the Earth is hollow, or that the Earth *is floating in space*; comparative religion and philosophy show that the Thinker can regard itself as mortal, as immortal, as both mortal and immortal (the reincarnation model) or even as non-existent (Buddhism). It can think itself into living in a Christian universe, a Marxist universe, a scientific-relativist universe, or a Nazi universe – among many possibilities.

As psychiatrists and psychologists have often observed (much to the chagrin of their medical colleagues), the Thinker can think itself sick, and even think itself well again.

The Prover is a much simpler mechanism. It operates on one law only: Whatever the thinker thinks, the Prover proves."

(Robert Anton Wilson, *Prometheus Rising* - 2005 New Falcon Press, P25)

What Wilson is talking about here is how human beings prove their beliefs as truths – *even going as far as to alter their physiology to do so*. As a hypnotist it is essential to understand this and to develop the key skill to of being able to engage a subjects beliefs on many levels.

Now, understand this: If you are going to have someone believe in the alternative subjective reality that you wish to lead them into...

**...they need to have a plausible reason why what is happening is actually possible...**

...because if they *think* it is not possible, their *Prover* will be sure to *prove* that it's not.

Essentially people need a **because** – i.e. this is possible because the hypnotist has powers, because of chi energy, because of the power of Christ, because of voodoo, or because of a 'special state of mind'

Whatever reason you choose from a practical perspective (though not necessarily ethical) doesn't really matter, *so long as it is plausible to the subject*. I often refer to this reason (whatever it may be) as the **big because** – the overarching reason that makes everything else possible. And by the way...

***...this is where the trance myth can be really useful!***

Now, a lot of hypnotists will need to keep on believing in the trance myth, because they will be uncomfortable telling 'lies' to their subjects, but consider this:

***Nothing that you offer as a big because is a lie, it is simply a way of thinking about things (a metaphor, if you like)!***

And I am not being cute here, this is something I really believe (you may wish to google "the map is not the territory").

When doing hypnosis, please remember the importance of establishing the *big because*, *because it sets the frame for the whole 'hypnotic interaction'* (whether overt or covert). You are looking to get the subjects 'buy-in' because without it you really have nothing. And be aware that this 'buy-in' operates on 2 levels:

- 1. Belief in the process ('hypnosis' or whatever you have named it as being)**
- 2. Belief in *you* as the 'Hypnotist' – that is, belief in your skills and competence.**

It is not enough that someone believes your *big because* if they don't believe in you! The easiest way to deal with part 2 is to *believe in yourself* – believe you are The Hypnotist! This is a point much emphasised by leading contemporary hypnotists such as Jonathan Chase and Anthony Jacquin (I thoroughly recommend their works – see the recommended reading at the end).

When you learn to set up the *big because* with subtlety and finesse

(though these are not always necessary), you will be a good way there to becoming an excellent hypnotist. *Without this skill you will be close to nowhere!*

### **AND ONE MORE THING:**

When doing hypnosis, you'll often find that with the same subject you can get certain phenomena but not others, and there may often seem to be no rhyme or reason to this. *But there is!*

Sometimes it will be just that you managed the loops badly, but often it is because by the subjects current belief system, some of the altered realities are plausible (believable) and some are not. Often you just need to make some small adjustment so as to engage their beliefs towards your outcome. Sometimes you have to introduce new beliefs into the system to make things work.

I have a process of linking and escalating hypnotic phenomena which I call the *hypnotic ladder* There is no space to go into this here, but I will endeavour to teach at least some of it on the blog.

<http://hypnosiswithoutrance.wordpress.com/>

O.K., lets get back to that hypnotic loop!



## A Practical Look at the Hypnotic Loop

So as we have discussed, belief is key – we want to get the Thinker to think what we want it to think!

While the *Hypnotic Loop* model is essentially modelling the same process as the *Thinker/Prover*, it has in it more detail that is useful to us as hypnotists. Here it is again:

***Belief fires and shapes the imagination, which in turn triggers the physiological response, which creates the new experience – and the whole thing is what creates and maintains the altered subjective reality.***

And the really cool thing is that the newly created experience feeds back into the belief system (because it provides evidence to support the belief or modify it further), thus generating, strengthening and perpetuating the loop.

To understand this Hypnotic Loop better, let's move beyond the theoretical and into the practical. We'll use the example of sticking a subject's hand to a table-top. This is just an outline description, for the full 'hand-stick' tutorial, please visit the Blog at: <http://hypnosiswithouttrance.wordpress.com/>

- **Big Because:** We need to give the subject a reason why this is going to happen (although we won't have told them it is going to happen yet). The three becauses I use mostly are 'hypnosis' (whatever they think that is), 'energy' and 'the power of the mind'.

When setting up a big because, I will often do it subtly and indirectly (i.e. I may mention that I am a hypnotist, then do a few simple, self working 'mind tricks'). At this point I am engaging their beliefs in what I can do. Once I feel that they are 'believers' I will then say something like "let me show you something really interesting... this is not hypnosis as such but will give you a good insight into how hypnosis works..."

Through my actions (mind tricks) and indirect suggestions (I can't go into the languaging here, because it is beyond the scope of this report) I have set the frame for the specific hypnotic work.

- **Belief – Loop 1.** The frame is set, so the hypnotist has the

subject place his hand on the table and sets the conditions so as the subject begins to entertain a belief that their hand may be beginning to stick (this is done with a mini loop using pacing and leading language – see the full tutorial for details).

- **Imagination – Loop 1.** The subjects mind imagines what it would be like if it were sticking so as to either confirm or deny the possibility.
- **Physiology – Loop 1.** His physiology responds by firing the appropriate neural pathways and altering muscle tone in such a way that simulates what is imagined.
- **Experience – Loop 1.** The subject experiences a little stuckness.
- **Belief – Loop 2.** The experience of stuckness compounds the belief in the possibility, and starts to morph it into a belief that it is happening.
- **Imagination – Loop 2.** The imagination is further engaged.
- **Physiology – Loop 2.** The physiology responds more powerfully.
- **Experience – Loop 2.** The experience of stuckness becomes more complete.

And so the loop continues *so long as nothing happens to break it.*

And here is one of the primary keys to understanding hypnosis:

***As a hypnotist it is your job to set up, maintain and manage hypnotic loops for the subject.***

You do not have any magical powers and you do not directly create the subjects altered reality, the subject does that for themselves - *you just run the process that sets up and maintains the loops.*

(Incidentally, while you do not possess any special powers, it can be very useful if the subject believes that you do. I never push this overtly, but I don't always discourage it either *until afterwards*, at which point I make it clear that everything that happened was due to *the power of the subjects own 'inner mind'*. This is an empowering gift to give someone – do good things with your hypnosis always.)

## The Power of Understanding The Loop

When you start to understand hypnotic loops and how to generate and maintain them, you can become much more precise and effective as a hypnotist because you can monitor the loops to know where you need to make adjustments to strengthen, perpetuate or modify them:

### **Take care of the loop and the hypnosis takes care of itself!**

But if instead you are relying on 'trance' then you will miss all the detail while you focus on whether they are displaying 'trance analogues' or not (or rely on hoping for the best). And there is a good chance that you get the trance but the responses that it is supposed to facilitate just don't happen ('cause the loops for those responses were not set up properly).

As a hypnotist, I highly recommend that you study this concept of hypnotic loops and find out where it takes you – have a mind for taking care of all the elements! To do this, you'll need to work up a few skills for setting up, monitoring, maintaining and modifying loops effectively and efficiently. I'll be teaching as much as I can about this on the blog:

<http://hypnosiswithouttrance.wordpress.com/>

Thinking about this now, can you already imagine how this will make a difference to you and your hypnosis?



## Key Skills for Managing Hypnotic Loops

To manage loops effectively you need to be able to do four basic things:

- Set up loops
- Monitor and Maintain loops
- Transition between Loops
- Close loops

In doing these things there are a number of skills that are necessary and/or desirable to possess, and these skills are learnable by all. It is beyond the scope of this report to cover these four areas individually or to go into teaching the skills, but I will be teaching much of this on the blog by various ways and means. For now, to give you an idea of some of the more important skills, I am talking about such things here as:

- Establishing and Maintaining Authority and Connection
- Sensory Acuity
- Loop Thinking and Perceiving
- Linguistic Pacing and Leading Skills
- Linguistic Linking Skills
- Seeding Ideas
- Giving Directions and Suggestions (direct and indirect)
- Holding and Directing Attention

If you are an effective hypnotist already, you will possess all of these skills to some level, though you will probably be aware of areas where you can tighten your game. If you are just starting out, get learning and get practising. Wherever you are, the blog is there to be a real resource for your development.





## What Else and Where Next?

I hope that you have got real value from this short report, and that it has got you thinking about taking a modern approach to hypnosis and doing some fresh thinking and taking your understanding and practise of hypnosis to a new level.

Much of what we have covered here is theoretical, but is not just theory for theory's sake. I hope it will have wetted your appetite to find out more about how this stuff works in practise – if so, please visit <http://hypnosiswithouttrance.wordpress.com/> where I'll be going into a lot more practical detail in the video tutorials, not only of the material covered in this report, but also covering additional areas such as the *hypnotic ladder* and hypnotic focus. I'll also be doing a full 'hand stick' tutorial to demonstrate more fully the principles of working with hypnotic loops.

If you have any feedback or questions for me about anything in this report, please do email me or leave a comment on the blog. And I am especially keen to hear how this material is working for you!

Many thanks for reading!

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...and make sure you sign up formally!

## Recommended Reading/Listening

The following books have all *bar two* been highly influential to me in developing my skill and approach as a hypnotist, and it is for that reason that I recommend them. The two that have not are *Teach Yourself NLP* by Steve Bavister and *Amanda Vickers*, and *Clean Language* by Wendy Sullivan and Judy Rees. The reason I have included these is that both NLP and Clean language are two disciplines that have shaped my approach massively, and these I believe are the best introductions to the two fields respectively.

Please be aware that there is no need to read any of this stuff to understand my approach, but all of them are cracking reads and full of excellent information (not all of which I agree with!).

<i>Time for a Change</i>	Richard Bandler
<i>Richard Bandler's Guide to Trance-formation</i>	Richard Bandler
<i>Teach Yourself NLP</i>	Bavister and Vickers
<i>Hypnotic Techniques (Audio)</i>	David Calof
<i>Don't Look in His Eyes!</i>	Jonathan Chase
<i>Hypnotherapy</i>	Dave Elman
<i>Monsters &amp; Magical Sticks</i>	Stephen Heller
<i>Reality is Plastic</i>	Anthony Jacquin
<i>Clean Language</i>	Sullivan & Rees

