

DARK SIDE HYPNOSIS



Alright, so the “New Reality” Pattern.

This pattern is one of the ones that is not quite as bad as some of the other techniques, and you may be able to find some use for it in a positive way, and that’s what I’m going to do, I’m going to give you an example of how you can use it in a positive way.

But as with any of these techniques ... use with caution.

Ok, so the first thing that you’re going to do is elicit something from your subject which they are uncertain about.

So you would say something like...

You: “Ok, I realise this is a personal question... but is there a belief either about yourself or about things generally that you would like to believe more... or maybe you’re a bit uncertain about something...”

And then they might say something like...

Subject:” Well I guess I’m a little uncertain about how well I’m doing in college, I feel like I would like to believe that I’m doing well and I can be successful.

Ok... So, now what you’ve just done is elicited that they’re uncertain about their career and maybe they’d like to be doing something else.

So let’s say right now you’re face to face with your subject, and as your subject was answering your question, they went inside their mind and they accessed that part of their brain where they’re uncertain about something, and as they access that part of their mind, you need to pay attention to their eyes...

So let’s say you saw that their eyes went up and to the left.

So now what we’re going to do is play with the images that your subject makes in their head.

So first of all, what you need to do is hold up your right hand with your palm facing your subject as if you have that image that they made in their head in the palm of your hand... so to you, from your perspective, your right hand is held up, with your palm facing them, and it's slightly to the right of you)

And then when you do that you can say.

"Ok, now that image is sort of not quite certain somehow, is that right?"

So now you've elicited that feeling of uncertainty, and then you're getting your target to reaffirm that that is correct.

And then what we do is we anchor that feeling by using your left hand to reach across and touch their left shoulder as you say... "When you look at it... you don't feel confident about it... you don't feel sure about it, it's kind of difficult to grasp, doesn't feel solid, and doesn't feel certain."

Ok, so far we've elicited something which our subject feels uncertain about so now we're going to elicit something which they feel is absolutely true, and we need to pay attention to where their eyes go.

So ask them this question and keep a lookout for their eye movements.

Ok, so tell me. Where do you live?

Subject: I live here in LA.

So as we were doing that, as I said, you need to pay attention to where their eyes go.

So let's say you noticed their eyes go up and to the right.

So you reach over with your right hand and create an anchor on her right shoulder, and hold up your left hand with the palm facing your subject just like we did before as if you are holding that image in your hand.

And then you can say.

You: Now you know that when you think of that... you know you live in LA... that's solid... so you know that's a solid picture and you feel... that, that's definite... you definitely live in LA?

And then as you say that, your subject will agree with you.

So then after they agree with you, you can then hold up your right hand again, palm facing them just like before when we elicited something they were uncertain about and you can say.

You: And the other one is a bit different... Now look, if you take this other image... the one where you're unsure about how well you're doing in college.

(And then as you say that, you're still holding up your right hand and you're showing them this image of uncertainty... so as you do that, reach over with your left hand and set of that anchor of uncertainty by touching the subjects left shoulder.

And as you do that you can say.

So yeah, this image feels a little bit kind of uncertain and difficult to grasp.

(Now reach over with your left hand to where your right hand is and move that image over using your left hand as you lower your right hand, so now the uncertain image is locked into the certain part of the brain)

Then you can say...

“If you move that over here... and take that same image of you being able to succeed and lock that into place which is just there isn't it... now when you look at it... does that feel more certain.”

Subject: Yeah it does.

You: So as you look at it now... that image of you being able to succeed and write your paper, how does it feel when you look at it?

Subject: It feels clear and very sharp achievable.

You: And achievable... now be honest with me does that make you now feel like you can do it.

Subject: Honestly it does.

You: See what's interesting is that little change which took ten seconds can make all sorts of changes... so you can just plant that little see and you can make all sorts of changes in your life and I don't know what they're going to be but I'm sure you'll find out what they are.

So right now we know where they store the images in their mind for something which they are uncertain about and something which they are completely certain about.

So what can we do with that...?

Well you can move their images around so that it greatly benefits you.

For example:

You're waiting for a job interview and someone is also their waiting and you want to convince the other guy not take the job interview... all you need to do is make them feel uncertain about taking the job.

There is a girl or a guy you like but they are uncertain whether they want to go on a date with you or not... just move their images into to certain location.

There is someone in your office who is really cocky and sure of themselves and they're always putting you down... move their images so that they are no longer so confident and sure of themselves.

You're with a woman and she has never had an orgasm and she is even unsure if she can have one... move he images so she thinks she definitely can have one, she just hasn't met the right guy... until now!

There is a girl or guy you really like but they are all ready in a relationship with someone else... move those images in their head so they are uncertain about that someone and so that they're certain about you.

The possibilities are endless, and as always with this kind of metal technology they are only limited by your imagination.

