

DARK SIDE HYPNOSIS



Alright, so the first technique this month is The Fear Remover.

The Fear Remover is all about getting over your fears or any phobias you might have, and literally removing them.

Now the reason I wanted to give you guys this is because when Dark Side Hypnosis was first being developed there was a lot of attention given to making yourself the absolute strongest you can be so that there is absolutely no part of your personality that is going to hold you back in life, and it became clear that a lot of people have phobias and fears about all kinds of different things.

And there were a few people who had the kind of phobias you would expect like fear of spiders, fear of flying, fear of drowning or fear of dying which are all understandable.

So that's the main reason that I've included this section this month and the following technique may be of real value to those of you who suffer from any fears or phobias.

Alright, so this whole technique will feel completely comfortable and you'll be fine doing it, and afterwards you'll begin to notice that your phobias just aren't there anymore.

The Fear Remover works by completely eliminating any irrational, paralysing fear that you have, and then you're left with a normal, balanced and healthy reaction.

So The Fear Remover is based on the fact that a person who has a fear of a phobia, for instance a person with a fear of spiders most likely had some kind of unpleasant experience involving spiders when they were younger.

Now, as an adult whenever they see a spider they go into a state of panic and fear because the trigger of seeing a spider sends them back into that mental state and they re-associate with that early memory.

So what's really happening is the person's protection mechanism is just overreacting to the situation and the persons instinctive reactions are going completely overboard.

So the way to fix this is to give your mind the message that you're better off without the overcompensating mechanism and then these reactions are generally happy to stay away and not come back.

So the way The Fear Remover works is by making it very hard for the mind to re-associate with the old memory by making you feel distant from it at that reactionary and unconscious level.

Alright, so before we start with The Fear Remover I need you to think of any fear or phobia you might have.

It can be anything, it could be that you fear public speaking which is a very common one, or it could be that you have a fear of intimacy, it could be that you fear flying, it can be anything.

I just want you to think of a fear or a phobia that you have and then I want you to just remind yourself that it's real by just imagining the phobia trigger for a second and then noticing the bad feelings that come with it.

So if it's a fear of public speaking then just imagine for a second that you have a meeting today where you have to give a presentation in front of a large group and then just notice those feelings that you get, so that's the phobia trigger, and at this point we're doing this just to remind yourself that these feelings are real.

The reason I want you to do this is because in a few minutes after you've done the exercise, you'll notice that those feelings have completely vanished and you'll begin to wonder if you even had a phobia in the first place.

Ok so first off, just pause the CD right now and just imagine the phobia trigger.

Then when you feel those bad feelings and you're sure the phobia is real then you can hit play again.

So press pause now and imagine the phobia trigger.

Alright, welcome back.

So by now you should be sure that you have a legitimate fear or phobia and you're ready to begin The Fear Remover.

Alright so this is how The Fear Remover works.

The first thing you're going to do is close your eyes and get comfortable and then you're going to imagine that you're sat right at the back of a movie theatre. You can picture a real movie theatre that you know, or you can just imagine one in your mind if you don't know one already.

Then you're going to watch a movie of the incident that led to that phobic response that you have, but instead of the movie being projected normally on the screen it's actually going to be a very old and black and white movie that you're starring in, playing yourself.

And the movie instead of being projected on the whole screen will actually only be projected in the middle of the screen in a small rectangle.

So you'll be able to see the entire movie, but it's all being played inside that small rectangle, and also the picture quality is a bit fuzzy and washed out as if it's a really old movie, and there's no sound, instead there is comical style music playing.

So remember, you will be seeing yourself in the film, so this will be a new way to view this event, the best way I can describe how you can see this event is in the style of an old Charlie Chaplin comedy movie, with the kind of old comedy style music.

Ok, now before we start playing your movie we're going to do a similar exercise to the one you learnt in The Empire Man.

So what I want you to do is think of a situation where you feel really confident, it can be any situation, so maybe in your job, or maybe when you're at home with your family, or if there's a particular sport that you're really good at.

It can be absolutely anything, just choose the one thing that makes you the most confident.

Ok, so I'll give you a few seconds to think of something.

Ok, now as you focus in on this feeling and then really feel this feeling, just let it flow into every part of your body, let it grow as it doubles and triples inside of you, and as you let it grow you just feel more confident like you can do anything, and really exaggerate that feeling, and notice how it feels, now let your body remember this feeling and let your body be in this state when you watch the mental movie in your head in a minute.

Now when I say "Go" in just a minute you're going to watch the movie. But before you do I just want you to notice that up above you is a little projection room... so if at any point during the movie you need to get more distance from the film, if you're not feeling good about it then you can leave your body and just float up there where you can look down on yourself watching the movie from the back of the cinema.

Ok, now in a second when I say "Go" I want you to pause the CD, close your eyes, put yourself back into that confident state that we just identified, and then I want you to play the whole movie in your mind seeing it in the small rectangle in the middle of the cinema screen, the movie will be in black and white, and it will be kind of fuzzy, and there will be a Charlie Chaplin style of music playing.

Then when you get to the end of the movie, freeze frame it, keep your eyes closed and press play again on this CD.

Ok, so before I say "Go" just make sure you know where your pause and play button is so you're able to keep your eyes closed at all times.

Alright, so when I say "Go" hit the pause button... Ok, ready "Go".

Alright welcome back. Now keep your eyes closed and keep the movie frozen on the last frame. Now float up from your seat and keep yourself in that confident state, and then float down into the picture on the screen and meet your younger self.

Now congratulate your younger self for being so brave, and for having survived an unpleasant experience.

Now move into that body of the younger you and look out of their eyes.

Now even though you're right at the end of the movie, make the picture now all colour as you look out of the eyes of the younger you.

Now in a second you're going to run the whole movie backwards really fast with you inside it viewing everything from the first person perspective.

The same Charlie Chaplin music will play backwards at top speed.

The whole movie playing backwards will be over fairly quickly.

And when you get back to the start you can open your eyes and that will complete the process.

Ready.

Ok, so get ready to close your eyes again and get ready to play the entire movie in full colour really fast backwards, with you looking out the eyes of your younger self.

Ready... Go.

Good, eyes open. Now we just want to check that it has worked.

Just take a second, think of the old trigger again and notice how different you feel.

The old feeling has gone right?

Ok, but that's not the end. We're not finished yet. The final step is to your new helpful response in reality and memory be searching out the old trigger and noticing that you can be completely happy and ok in its presence.

So if you had a phobia of spiders then it's really important that you now go and hunt down a spider and notice the difference in the new reaction.

This is a really important part of The Fear Remover, you need to get your mind used to not being scared to really root the new reaction in there so that it starts to feel normal and familiar.

Ok, now one thing I will say is if you've tried the whole exercise and you test it and you find you're still feeling your fear or your phobia then you maybe didn't give yourself fully to the imagination tasks, or may you need someone different to walk you through the steps.

If you think that's the case then find a friend and ask them to help you through the steps by reading the pdf I'm giving you.

I've seen The Fear Remover work for many people many times and I'm sure it will work for you because phobias are actually surprisingly easy to lose.

If it didn't work for you the first time then try again and really make sure you follow the steps.