

*S Y L V E R*

*S T A G E*

*C L A S S*

*H A N D O U T S*

# Stage Hypnosis Training Course

- Types of Shows
- Necessary elements of a successful show
- How to build your own character
- How to gain rapport with your audience
- How to deal with challenging subjects
- How to deal with hecklers
- Effective marketing and promotion
- How to gain extra income from product sales
- Promotion of hypnosis/hypnotherapy practice

## **PREFACE**

The purpose of this course is two-fold. First to shatter all the myths about hypnosis and particularly stage hypnosis. Second to teach you the subtleties of the hypnotic show.

This is the most informative and precise course of it's kind on the topic of stage hypnotism. You will find in this course all that you need to know to deal with the most challenging elements of the stage show as well as how to present yourself as a professional entertainer. This book will teach you simple induction techniques to produce genuine hypnotic phenomena. You will also learn the power of the hypnotic show as a promotional tool for hypnotherapy and a teaching tool for those interested in mind development.

The techniques and procedures found in this work are very real and the most effective Mind Technology available. After learning these processes you will realize that this is a very powerful and yet simple technology. IT IS!

What you believe is true. Believe all you are learning. Experiment, find out what works best for you and then take action. You are made of star stuff and all the universe is a stage.

# Routining The Show

**Establish Rapport:** Monologue

**Gathering Subjects:** Keep Talking

**Induction:** Ten Count

**Reinforcement:** Hand shake or Hand Clasp

**Group Suggestions:**

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**Half Group Suggestions:**

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**Singular Suggestion: Medley :**

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**Power Suggestions: Standing (body catalepsy), Firewalk, Glasswalk, Past Life Regression.:**

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**NOTES**

## OPENING MONOLOGUE

Good evening and welcome to \_\_\_\_\_, my name is \_\_\_\_\_ and tonight we are going to sleep together. Now when I say sleep in the hypnotic sense I don't mean the sleep you sleep at night, I mean an extraordinary state of mental, physical, and psychological relaxation. During tonight's show I will be the M.C., the stars and sometimes superstars will be you and your friends who are intelligent, open minded and trusting. Three very important qualities. The only other things you need are an ability to concentrate and a desire to be hypnotized.

There are two types of people who cannot be hypnotized and those two types are ... Idiots and Imbeciles. Now if you come on stage and you're not hypnotized, that doesn't mean you're an idiot or an imbecile... Although your friends might say otherwise, it simply means you didn't concentrate as fully as is desired.

It may be that some of you wish to give up certain habits, such as cigarettes, alcohol, or sex. I didn't mean give up sex, I meant additional suggestions for additional sexual power. Now I see a woman pushing her boyfriend forward. In a moment I am going to say the word go, the moment I do I want all of you who desire to be hypnotized to come forward and fill up the chairs. I promise you that you will walk away with more confidence, motivation, and self esteem.

If you are ready to relax I am ready to show you how. The moment I say go simply come forward and fill up the chairs. On your marks, get set, ... GO!

## **Stage Show Hand Clasp Induction Script**

**The hand clasp induction can be a powerful way for you to induce trance with a large group of people in a setting where you have already established rapport. I also use this when I am in need of a substantial amount of deepening to reinforce trance response from a ten count induction.**

"Place your feet flat on the floor, look at me now and do not look away."

"In a moment I'm going to hypnotize you, it will take less than a second."

"In a moment I'm going to tell you to extend your hands straight out in front of you. When you do you will place your hands approximately twelve inches apart. After that I will tell you to close your eyes."

**As you are giving them these directions you are also demonstrating with your own hands what you want them to do. (Without closing your eyes of course!)**

"The moment you close your eyes it will feel like there are magnets in your palms and your hands will begin pulling and tugging together."

"The moment your fingers touch the will *now interlock and clasp firmly* together."

**As you are reading the above you are moving your hands together and putting them through the motions.**

**Repeat the above a second time and then continue.**

"Look at me now," **(Gaze directly into their eyes making sure you get eye contact with every subject, and command them to ...)** "and simply close your eyes!"

"As you close your eyes your hands begin pulling and tugging, tugging and pulling, pulling and tugging together. **(As you are saying the previous words you should be snapping your fingers in rhythm with how you are speaking, this gives the subject a post secondary distraction and also enhances responsiveness)** As if there were magnets in the palms of your hands are being drawn together. Pulling and tugging, tugging and pulling - locking down, sealing shut, clasping tightly together the moment they touch."

"Locking down, sealing shut, clasping tightly together the moment they touch."

**At this point some of the hands will come together. As they do, move forward and squeeze them together for reinforcement.**

If you encounter any resistance you can tell the subjects that: "As I count backwards from three to one the pull will get stronger, three - pulling and tugging, tugging and pulling, pulling and tugging and tugging. Three two, pulling and tugging tugging and pulling and tugging and tugging. On the next number your hands lock down seal shut and lock tightly together, three two and one. Locking down, sealing shut, clasping tightly together.

**If you encounter continued resistance you can also use the forehead tap method:** "In a moment I'm going to tap you on the forehead and as I do the pull becomes stronger." **The resistance of the subject will determine the intensity of your tap. The more resistive the harder your tap! (Remember to be nice!!!)**

**After their hands have come together you continue:**

"In a moment I'm going to count backwards from three to one. The moment I say the number one you will try to unclasp your hands. The moment you try to unclasp your hands you will find there is *nothing* you can do say or think that will allow your hands to separate. In fact, the more you try the more securely locked down your hands will become."

"On number three your hands are locking down, sealing shut clasping tighter and tighter together. On number two it feels as if your hands were carved from a single block of wood. There will be nothing you can do, say or think that will allow your hands to separate. On the next number you will try to unclasp your hands. The more you try the more securely locked down they become, number one, make the attempt and satisfy yourself."

**After a few seconds of trying continue:**

"That's fine, stop trying. In a moment I'm going to touch your hands. The moment I touch your hands they will easily and readily unlock. In fact the moment I touch your hands you will relax every muscle in your body and become as limp and loose as if you were made from a hand full of loose rubber bands. The moment I touch your hands you will relax every muscle in your body and become limp and loose."

**Touch their hands and give a LOUD command to: "SLEEP!"**

**When I do the handclasp I always push the subjects down onto each others shoulders. This sets you up for other suggestions such as the laughter or a bouncing.**

"That's fine, you're doing perfectly. In a moment I'm going to count from one to three. The moment I say the number three you will open your eyes feeling refreshed and revitalized, fantastic in every way. The next time I want to relax you I will simply say . **(You must set your post hypnotic reinduction to give you a means of controlling the subjects for the rest of the show)** One, two, and three."

**This script is to be used as a guideline and certainly is to be adapted as necessary to fit a more natural delivery for each individual.**

## Real Stage Hypnosis

### AFTER THE SHOW DE-PROGRAMMING

After each and every show I take the time to work with the subjects for many reasons. One reason is I also conduct hypnotherapy sessions and sell products (audio cassettes, videos, additional shows, etc.). The time after the show when everyone is excited about what they have just seen is an ideal time to do this extra business. I have increased my income substantially simply by taking the extra ten to fifteen minutes after the show to work with my subjects. Another reason that I work with my subjects after the show is to explain to them about what they have just been through and to give them additional suggestions of their own choosing. If you are working at a nightclub the club will also gain more drink sales as many people will stick around to watch you work with the subjects. You can expect that quite a lot of people will stay to watch this time and it can be most powerful. Since this deprogramming or trance removal is done off to the side of the stage, people who are watching this will recognize that this is not part of the show. (You know it is, but they don't). Since they still do it legitimizes all that you are doing and quite often will win over the last of the die hard skeptics. The final reason I do the trance removal is for liability reasons. If someone were to leave the place of the show and get into an accident they may try to claim it happened because they were hypnotized. Even though this would never stand in court you can save yourself a lot of trouble by following the simple script that follows. What I do is after the show I arrange the required number of chairs in a circle and stand in the center. With the subjects seated all around me the script goes like this:

"Sit back in your chairs in a comfortable position. If you have anything in your hands, cigarettes, drinks, purses, put them away from you so they will not be in the way as you relax. I bring subjects over here after the show for two reasons. First to explain to you what you have just been through and also to give you suggestions of your own choosing. What you expect you will tend to realize, what you believe is true. No one will actually see or feel the things I suggest on stage on a conscious level. What you will do is create the images or feelings so strongly in your mind you will respond accordingly. Just as when you create the image in your mind that you are a non-smoker, when you walk, think, and move like a non-smoker you have in fact become a non-smoker. When you believe you are worthy of money and it comes easily and readily to you, you are and it does. You always move in the direction of your dominant thoughts. What you think about most will come to pass. In a moment I am going to relax you. In addition to suggestions for confidence, motivation and self esteem, are there any other suggestions I can give you at this time? Very quickly, shout them out."

At this time point directly at the subject, if they don't reply, move directly to the next person. Each person will in turn give you a suggestion. Some of the more common are weight loss, non-smoking, nail biting, release of certain habits, better sex and so on. As they do simply remember what they tell you and then go on like this:

"Once again sit back in your chairs. In a moment I am going to relax you, as I do, simply let go even more than you have all night. You will remain stuck tightly to your chair and will relax against the person beside you. Breathe in deeply, breathe out."

**Do your rapid reinduction and continue.** "You are a wonderful, powerful, intelligent human being, you are worthy of all the fantastic things this life has to offer you. In a moment I am going to count backwards from three to one. As I do I will say one word. As I say that word you will allow your eyelids to remain closed and you will repeat that word to me. When you say that word in the future if you desire to **(use examples they gave you)** lose weight, when you say that word in the future you will gain a clear image of yourself as you truly are, as slender attractive, beautiful human being. You will refrain from eating fatty foods and deserts and have an overwhelming desire to eat only when you are genuinely hungry and your body needs food. When you say that word in the future if you desire to become a non-smoker you will have an overwhelming desire to make your lungs stronger, your heart healthier, and your mind clearer. If you reach for a cigarette you will simply say this word and have the strength to make the decision that will move you in the direction you truly desire to be."

**Go through all of the areas of concern that your subjects had and create suggestions similar to the examples above for weight loss and non-smoking. As soon as you finish the individual suggestions continue:**

"Breathe in deeply, breathe out. As I count backward from three to one I will say one word, as I say that one word simply allow your eyelids to remain closed and repeat that word to me. Three, two, one, \_\_\_\_\_!" **(Use your own post hypnotic word, the two that I use most often are POWER or FREEDOM)** If some of the subjects open their eyes simply say "Sleep deeply" and say that word aloud again, "\_\_\_\_\_!" \_\_\_\_\_ to become and remain slender and attractive. \_\_\_\_\_ to release yourself from the slavery of smoking. \_\_\_\_\_ to take charge of your life and continue living exactly as you desire to live."

**Go through all the suggestions requested by your subjects and bring them back to full awareness like this:**

"In a moment I am going to count from one to five. The moment I say the number five you will open your eyes, stretch and say the

word \_\_\_\_\_ out loud. When you open your eyes all the effects of the hypnotic show will be removed. The only effects that will remain will be the effects of \_\_\_\_\_ in your life. When you rest your head upon your pillow tonight the moment you desire to sleep in night time sleep you will drift off peacefully and easily and will awaken refreshed and revitalized, eager to face the challenges of your day. On number one from the top of your head to the tips of your toes you feel good, relaxed, refreshed and revitalized. On number two it feels as if there is a natural, wonderful energy coursing through your veins, you are coming back to full awareness and feeling fantastic. ON number three it feels as if your body has been washed in a crystal clear brook, you feel refreshed and revitalized. On number four it feels as if your mind and your eyes have been washed in that brook. You are seeing and thinking more clearly. On the next number, number five, you will open your eyes, stretch, and say the word \_\_\_\_\_ out loud, feeling refreshed and revitalized in every way, **(Loudly)** NUMBER FIVE!"

That's the final trance removal that I use after the show. When you finish it be ready to pass out alot of business cards. I make sure to do the removal where I can be seen. This is not a part of the formal show although numerous people will watch. Use some dramatics, have some fun with this and you will make considerable extra money with all the extra shows you will book and if you do sell product, the extra product you will sell.

## Dealing With Hecklers

Obnoxious audience members or hecklers as they are commonly called are a common occurrence in the hypnotic show. The greatest reason you will encounter so many people in the hypnotic performance that shout out or interfere with the show is that the show is an interactive one in which you walk a fine edged sword. On one hand you want the spectators to participate with their positive response to the subjects and at the same time give the same respect and consideration that they would give to any live performance. You must at all times maintain complete control over your performance and your audience and there are many ways to do this. One way is to carry a loaded .44 magnum in your costume and use it as needed. A much more clean and effective way. (*and much more subtle*) is to have in your arsenal what I call heckler stoppers. To use heckler stoppers it is important to recognize the reason a person would ever become a heckler in the first place. In the hypnotic show an individual will should out for two reasons. Either they are so caught up in the show they momentarily forget they are at a live performance and certain manners apply or they are looking for attention. It is important to surmise what your heckler is doing to determine the best way to handle them. The heckler stoppers I am now giving you are given in the order that I use them. Remember that your main objective is to entertain the entire group and if handled properly you can indeed turn the heckler around and actually gain great respect from your audience by showing them how easily you overcome challenges. REMEMBER: The heckler usually doesn't know what they are doing.

1. IGNORE THE HECKLER That's right, just pretend you didn't hear them. If the rest of the audience didn't laugh or respond then quite often they will just shut up as their attempt to be noticed was ignored by the majority of the audience that is enjoying the fantastic performance you are giving. If the heckler was shouting out in their excitement then their momentary lapse of intelligence will be forgotten soon and to draw any attention to it will only fan the flames.
2. LOOK DIRECTLY AT THE HECKLER AND SLOW DOWN YOUR DELIVERY OF MATERIAL. Once again, this is used only when the person has shouted out something to which you audience has responded to little or not at all.
3. USE A STANDARD HECKLER STOPPER. I work the majority of my shows before adults. Adults are usually more trouble in this area (*heckling*) than young people. It is important to let them know firmly that it is not funny, it does not affect you, and if they continue to shout out and distract the rest of the people watching the show, you will deal with them more severely. I have collected and written a number of one liners that have helped me put the heckler in their place and add a

touch of humor to an uncomfortable situation. These HECKLER STOPPERS should be used only when you have complete rapport with your audience and you know that they too are a little annoyed with the moron who is blowing off steam. I'm only slightly kidding when I call this person a moron. They are truly only a temporary moron and at this point still can be won over to be a supporter for the show. These heckler stoppers are given in their order of severity and should be used in this order:

- A. "I guess you had a tough day and you want to take it out on me, that's OK, I understand."
- B. "Yeah, I remember my first beer too."
- C. "Do I wake up early on trash day and bother you when you're doing your job?" or "Do I come down to MacDonald's and tell you when it's time to flip the burgers?" or if a lady, "Do I go down to 5th and Vine and bother you when your working?"
- D. "May the fleas of a thousand camels infest your armpits."
- E. "I was about to do an imitation of an idiot, you just beat me to it."
- F. "Why don't you press your face into some raw dough and make some dip head cookies."
- G. "Same your breath, you'll need it to blow up your date later."

Once again, use these heckler stoppers sparingly. Also remember you must have complete rapport with your audience and use these only when the remark from the heckler was heard by the rest of the audience. If you don't have complete rapport with your audience when you use these, you will have a very unhappy group on your hands. They are very powerful in stopping any further distractions when used correctly.

If I am working in a club I also have a code that I use that let's the club security know that someone is getting out of hand and I would like them to take care of it quietly. I simply ask for a soda water with a lime. The clubs know if I ever ask for anything with a lime in it I have a heckler that I want taken care of.

One last word on taking care of hecklers. Always remember it is truly your job to give everyone a good time, that is the reason you are entertaining. Make sure you do everything in your power to achieve rapport with that person. You will strengthen your position with the rest of your patrons and that is the sign of a professional entertainer.

## Subject Hecklers

A subject heckler differs from a heckler in the audience in that this is an individual who volunteers to be hypnotized and then feigns being hypnotized. You can spot this person readily by many elements. One characteristic to look for is the over-responsive subject, one who is responding to the point that your audience thinks they are faking it. Remember to protect the integrity of hypnosis and at the same time present an entertaining show. If the audience seems to be in a "Yeah, sure attitude" about whether that particular subject is hypnotized or not, you are better off simply removing that person from the stage and working with the rest of your volunteers. Another characteristic to note is if you are getting laughter at a place in your performance that you usually don't, most likely you have a true subject heckler on your hands. You have an individual who is pretending to be hypnotized and every time you turn your back they will open their eyes, wink at the audience, do something silly, and the moment you look back once again close their eyes and pretend they are sleeping. What I do to find the subject heckler is continue without pause in the show (*I want the subject to think I still don't know what is going on*) and simply step back to a position when I can see all of the group. Within moments you will see what or who is the cause of the laughter. When you hear the laughter in that inappropriate place and you have determined who is the cause, take swift and assertive action. Walk to the subject, if their eyes are closed touch their neck and say *"The person whose neck I am touching, on the count of three, open your eyes and all the effects of the hypnotic show are completely removed."* Count to three and then off the microphone say softly and firmly *"Go back to your seat and don't volunteer again until you are ready to respect us all."* If their eyes are open when you approach them just tell them to go back to their seat. When someone attempts to disrupt your show they are not only being disrespectful to you, they are also being disrespectful to the audience who came to see a hypnotic show. When you make this statement firmly and confidently you will get rid of the challenge in a professional manner that will actually increase your perceived aptitude to the audience.

## Prerequisites of the Successful Stage Hypnotist

Take this test to see if you have what it takes to be a powerful stage hypnotist:

1. Can you do anything you sent your mind to?  
☐ YES            ☐ NO
2. Do you really think there is such a thing as hypnosis?  
☐ YES            ☐ NO
3. Do you have a voice that is pleasing?  
☐ YES            ☐ NO
4. Do you have good diction?  
☐ YES            ☐ NO
5. Do you pay attention to your grooming and are you willing to be realistic with yourself and your grooming habits effect on others?  
☐ YES            ☐ NO
6. Do you have a love of or can you become genuinely loving of your fellow man?  
☐ YES            ☐ NO
7. Do you feel comfortable on stage or in front of people and if not are you willing to face your fears to achieve personal success?  
☐ YES            ☐ NO
8. Are you willing to live, eat, and breathe hypnosis for as long as it takes you to gain the necessary confidence?  
☐ YES            ☐ NO
9. Are you willing to constantly change and to always be on the lookout for ways to improve?  
☐ YES            ☐ NO
10. Will you alter your personal life style to benefit your career as a stage hypnotist?  
☐ YES            ☐ NO

## Scoring Your Answers

Let's look at the importance of each of these questions.

1. This question is actually determining whether you have the single most important quality to hypnotize another individual - CONFIDENCE. The successful hypnotist knows that they must be confident in all they do and display that confidence boldly for the world to see. There is a definite difference in being confident and being cocky and egotistical. Confidence is quiet power and self-assuredness. Cockiness or ego is usually loud and insecure. Confidence is humble and yet proud. Ego doesn't have the time or the ability or recognize the talents of others.
2. It is of the utmost importance that you are congruent in your belief of hypnosis. If you have never been hypnotized I recommend you are seen by a competent hypnotist or hypnotherapist. You must know exactly what your subjects are going through to be able to fully educate them.
3. Don't let this scare you if you don't have a voice that is smooth and dulcet at this time. Voices for the most part are not born, they are developed. The voice of the hypnotist must ring with confidence and security. It must be pleasing and free of any quality that may be annoying or distraction to subjects. Voice quality, diction, and proper use of the language are the signs of a true hypnotic professional.
4. While working on diction is should be kept in mind that your ability to communicate your thoughts easily and clearly is critical. For the subjects to respond to the suggestions you give them they must know for certain what is expected of them. (Note: some of my most entertaining routines have been developed through individuals mis-interpreting what the suggestions given were.)
5. Understanding that when you are working with subjects you are working in a close physical proximity, keeping in mind also that you must maintain rapport with your subjects, it should be obvious why you must be attractively groomed and free from any amount of disagreeable body odor.
6. Stage hypnosis has taken a bad rap for many years due mainly to the performances of (I am ashamed to say) the majority of people working in this profession. The elements that have in the past been prevalent that are now inappropriate are belittling your subjects and making them feel embarrassed, an extremely egotistical attitude, and performers who do a stereo-typical performance of what the public believes a hypnotist should be. The subjects must be the most important element in your life during your performance. For long term

success you must always have the goal in mind that every subject you hypnotize walks away feeling better about themselves than when you met.

7. Since the greatest fears in this country are fear of falling, fear of public speaking, fear of fire, a great majority of people have reservations about getting on stage. Each and every time you perform it becomes easier, you become more confident, and therefore more effective. We will deal with this emotion later in the course.
8. The beginning of any project is difficult. Hypnosis is the most challenging profession I have ever been involved in, it is also the most rewarding. The majority of hypnotists I have come in contact with are on the extremes of the spectrum between good or bad. I really don't believe an individual can become effective unless they make the commitment to become completely submerged during the learning phase.
9. In one of the above paragraphs I made mention to the stereotypical hypnotist. I have noticed that there is an almost unwritten code among stage hypnotists to put together a show and then never change it for 23 years. To be effective you will have to find effective material and then constantly refine it to keep yourself on the cutting edge of your new profession.
10. If there is one flaw I have noticed in otherwise entertaining and effective performers of the hypnotic show it is the incongruency of the hypnotist and what they are presenting. A performer who is demonstrating the wonderful abilities of the mind who is fat, or smoking, or dressing shabbily just ruins the credibility of what they are presenting. You may have some plus/minus personal challenges now, if you plan to be in the select few who are superstar material. You will have to take a hard and ego-less look at yourself.