

Igor Ledochowski - Hypnosis Questions and Answers

Hi, it is Igor here. I am in sunny, beautiful Thailand. I have escaped here after my crazy seminar schedule of last year. Now I have another crazy schedule, which is the launch of a new DVD set which I am really looking forward to. It is going to be a lot of fun.

I thought what I would do is I would take a few days out and invite you to my home. I hope you enjoy it. Take a few minutes to answer some of your questions. Now as you can see I live in a residential area and at the moment there are a lot of people just getting up and going to work.

There are a lot of you who have asked fantastic questions. I see on the Blog there are over 100 questions, so you guys are really keen, I like that. So here is what we are going to do.

I have ordered all the questions in order of importance. I have lumped together the ones that are the most similar; so by answering one question, I will be answering three or four people's questions at the same time.

Then I am going to start with the biggest questions, the most important questions, work my way through, and get as far down that list as I can go. I think you will agree that is a really fair way of doing things.

1. Here is the question from Paul. He wants to know how you can use hypnosis as a tool for self-improvement, self-realization, and so on.

Really what we are talking about here is primarily self hypnosis; how to apply these skills on ourselves so that we can change our characters, overcome character flaws, fears, anxieties, phobias and so on.

Here is the beauty. All change, all learning, all behavior occur unconsciously first. By using self-hypnosis, we get to address all those things in our lives that we don't like about ourselves, or we would improve about ourselves, and make those changes much more quickly than if we try to use willpower or sheer repetition or anything like that.

2. Our next question is from Debbie. She is a student; I believe it is pharmacology or something in that line. She has a great question about how we use this hypnotic state of heightened awareness to be able to observe our clients better, see what the responses are better, and get a better result because of it.

The question as I understand it is "How do we know when to get into it and maintain it, so that we get the maximum value out of it, so we really make an impact on this?"

Igor Ledochowski - Hypnosis Questions and Answers

The first thing you notice is that if you are thinking about it, you will not be in it. You are thinking about it and it is inside your head. If you seem to be wondering, am I here, am I here; well you probably just popped yourself out.

We have a very simple sequence to get ourselves into that. We are going to use the body's natural mechanism. It is called the relaxation response.

Just like the fight or flight have certain physical characteristics, so does the relaxation response. Fight or flight is all about tunnel vision, narrowing down and seeing less, but very specific. On the other hand, the relaxation response is about seeing more, expanding, opening up, and so on.

Here is what we do. We use our vision as a cue to let us know that we start that process. Our breathing will also shift, because of course when that shifts automatically, in other words we do not try and shift our breathing; when it shifts automatically, it is a secondary cue for us to tell us "You are here now".

We begin by something like the focus with the eyes as the technique explains. You look at a certain point, stare at it so that you have got tunnel vision and narrowing of focus.

Then you allow the vision to expand, which is your peripheral vision being activated. That is plugged into your parasympathetic nervous system, which is the relaxation response.

When you have done that for a few seconds, it is usually 10 or 20 seconds, it depends on the person, what you will find happening is your breathing will naturally shift. That is your cue. You are pretty much where you need to be.

At this point you don't ask yourself "What am I seeing"? Then you start intellectualizing again and you are removing yourself from the environment. You want to stay in the environment as much as possible.

At first, the irony is, you won't really be aware of all the things you are aware of. It sounds really crazy for me to say this. What happens is, because this is an altered state, mildly so, but an altered state, we're not used to processing information this way.

We are used to looking someone directly in the eye, seeing exactly what is going on, and processing thinking about it.

Igor Ledochowski - Hypnosis Questions and Answers

Now we do not look at anything specific. I can still make eye contact with you, be aware of the green plants over here, the bit of stairs leading down to the road over there, but nothing in particular grabs my attention.

At first you sort of rest in this state while talking to people, so that you do not end up looking like a zombie like uh-huh, let's – talk – hypnosis - now. That is weird. It begins to violate the social contract.

After a while, what'll happen is things start popping out at you. You're talking to someone and suddenly you'll notice a weight or a shift and you go "what just happened"? What was that? You first cannot really make sense of it, so you ask them what that was. What just happened? They will tell you, and you go "Wow". I realized something happened but I don't even know what it was.

Then over a longer period of time as you get more used to the state and your mind knows what to do with the information and how to present it to you, you will actually see the signals. You will see the twitch. You will see the slight frown. You will see the slight pulling back and all these little minimal cues that you go through. But that comes with experience. Really, just think of this as a fun, relaxing way to absorb information without having to try and make anything of it.

3. We have a question from Bernardo which is awesome. It's about accelerated learning. How can you learn things more quickly? In particular of course, a lot of people are interested in this, so they can learn hypnosis more quickly.

The first thing to realize, is again, all learning behavior and change occur unconsciously first. So we need to learn to trust our unconscious mind.

Hypnosis and trance are a great way of building that relationship of trust. Hypnotic induction, and self-hypnotic experiences are fantastic. It's exactly how I used to do it with myself. I still do whenever I want to learn something new.

The next thing to realize as far as accelerated learning goes; it's not a question of what you do. Believe it or not it is a question of what you stop doing.

Accelerated learning is not some super-human function that you plug into. It's actually the way that people are supposed to learn, it's just that we have stuff that comes in the way; beliefs, anxieties, fears, stuff around school, stuff around how we should have done it, and how it has to happen, and so on. That is not how it works.

Igor Ledochowski - Hypnosis Questions and Answers

If you let your mind guide you in terms of how you want to study, how you want to apply said information; you will build it up much more quickly because your unconscious mind will find different ways of connecting with the information.

As a rule, the quieter your mind is, the better your learning ability because you do not have as much mental chatter coming in the way. Things like fear, and doubt, and criticism, all these things, you want to shut your mind down from that.

What is the simplest way of doing that? As I talked about before, it is trance. It is a hypnotic trance. That is why we use self-hypnosis.

We can use self-hypnosis to create a, shall we say belief, an expectation in the unconscious mind that we learn things quickly, easily, and naturally.

That's how I passed my law finals by having done; I think I started my revision one week beforehand. But for two months before I started doing my finals, every single day, morning and evening, sometimes three or four times a day; I would sit down and I would go to self-hypnosis and put myself in trance and rehearse taking the exam and acing it. I was so calm by the time it came to the exam, it really was a breeze.

Now, there is the other piece that I was doing at the same time. I made sure I went to all my lectures. I read all my books. I took all my notes. The information was coming in, in the first place. This is not some kind of psychic learning program. You need to put information in so your unconscious mind can do something with it.

Here it was another really nice trick. Think about the heightened awareness exercise. We use it as hypnotists in order to be able to see more of what the subjects are doing, and also to be able to plug into our own unconscious intuitions about how to do better hypnosis.

Now, if you enter the same state while in a learning environment, then you begin to absorb so much more of what is going on than initially meets the eye.

This is, by the way, the secret to how I would learn when I would go and see other hypnosis masters and I wanted to pick up their tricks. I put myself in trance. I would open my eyes in a mild trance, let my peripheral vision expand, and I just sit there all happy and benign nodding my head, just watching. Not trying to analyze it or trying to think about it or trying to do something with it.

Every now and again they would do something, and this huge emotion would rush up. It is like, wow, I just recognized something. Sometimes I didn't even know what that was,

Igor Ledochowski - Hypnosis Questions and Answers

just that I had recognized 'something'. It would take weeks until the actual idea fully formed and popped into my mind.

So this is how you put information in. Then you use self-hypnosis to process the information, and ultimately when it is time to reproduce it, well, it will just be there for you when you need it.

4. So we have a great question from Joe. We have been talking about this whole idea of self-hypnosis so far, and how to apply it to ourselves to get more out of life, get more out of our hypnosis practice.

Now what Joe wants to know is, how does it relate to the program? There does not seem to be any mention about it when we are talking about the DVD set and the hypnotherapy training and so on.

Well, you are quite right Joe. This is a hypnotherapy training, not self-hypnosis training. Now, whilst we have a stand-alone self-hypnosis product too, I happen to agree with you.

I think learning self-hypnosis or at least the essence of self-hypnosis is going to be crucial to us as hypnotists. Why? Because it will help us learn it more quickly. It will help us understand the stakes more easily, because it'll help us to go first more easily.

In other words, when we go through these states ourselves and have the experiences ourselves, then we will know what our clients feel like when we are taking them through other experiences. Our instincts are more finely honed, let us put it that way.

Because of this, we are including a special set of bonuses which go alongside the DVD set. Remember, the main DVD set is about hypnotherapy training, and it's only about hypnotherapy training.

I want you to become a great hypnotherapist, and I want you to be able to do it conversationally. That means of course, for those of you who are not so interested in hypnotherapy, but more conversation hypnosis, you will get a very interesting angle on conversation hypnosis.

Everything you learn there will still apply in non-therapeutic settings. The understanding you have to have is this is a therapeutic training. This is about hypnotherapy, not about influence in the more wide sense, shall we say.

Igor Ledochowski - Hypnosis Questions and Answers

But to help you I have included some of the bonus as well, which we actually gave to people in the live seminar. One of those things is a DVD; I think it is like an hour, or an hour and 20 minute session, teaching you a crash course in self-hypnosis.

I want to teach you a couple of tricks that a lot of people doing self-hypnosis don't know about.

For example, how do you manage to visualize, when you don't think you can see pictures inside your mind? Things like that. This is a hypnotherapy training, and that's what the DVD program is all about, focusing on that exclusively.

To assist you further, we are going to throw in some bonuses. One of those is the crash course in self-hypnosis; my personal self-hypnosis method, and things I use myself. Just so we can make sure that you get everything you need from this.

5. We have another great question from Mimi. We're talking about conversational hypnosis here. Mimi wants to know, "What do the shy people amongst us do to be able to even start up a conversation, so you can do conversational hypnosis in it"?

This is a really good question, because what it shows is that Mimi understands intuitively that hypnosis always happens in a context.

You can't do conversational hypnosis by walking up to a stranger and suddenly doing stuff. It doesn't work that way. You have got to have a conversation. You have got to allow it to evolve, building trust in the relationship, and so on; and then start feeling your hypnotic language, et cetera.

Now, in order to deal with the exact same situation, some time ago I actually recorded a little crash course. It's a two CD program on the art of great conversations, just to teach people the essence of how to develop these wonderful conversations with others.

That is not included in this program. This is hypnotherapy training, so it's a little bit beside the point. However, the other thing you can do and you can do it very, very well, I've done it myself, is to use the self-hypnosis portion which is in the free bonus to work on your own issues.

People who are shy can use self-hypnosis to overcome their shyness, be friendly, chatty, and have fun. Here's the key to overcoming shyness. Number one, making sure that through self-hypnosis or whatever else you want to do, you realize that you are a worthwhile person, someone worth talking to. That's all about self-esteem.

Igor Ledochowski - Hypnosis Questions and Answers

Number two, is to begin to anticipate that you are going to have a good time. When you talk to people, it is going to work out.

Think about when you talk with your friends, you just feel relaxed and natural because they're your friends. If you have the same anticipation about people you are just about to meet, well guess what? They will fall into the friend category much more quickly.

Number three, the third thing we want to do is learn to trust our intuitions, our unconscious mind. One of the problems in a cycle that people have if they are shy, is they get nervous. When they get nervous, then they don't know what to say. When they don't know what to say, they'll try and say something, and the wrong thing comes out, or it doesn't sound right, so they get embarrassed, which of course makes them more nervous. The cycle continues.

The key around the cycle is, to realize that you don't have to find anything good to say. You just have to say it with genuine enthusiasm, and with genuine emotions. That's what people find charismatic.

You can sit there and talk about a sandwich you had, and it's an amazing sandwich you found at a sandwich store, and a man made it for you fresh. Notice how it means nothing. What am I talking about? A sandwich, come on. Are you kidding me?

It's the emotional undertones that people like. You have a lot of leeway. The only thing that happens is, as you start building trust with your unconscious again, it makes you think of a sandwich and you go, well okay, I'll start to talk about sandwiches.

What happens over time is that there develops this bond of trust, and you will always have themes and topics that you can talk about, which are both interesting and allow you to engage your emotions fully.

6. Here is another great question related to Mimi's question. This is from Alex, and he wants to know "How can you build rapport very quickly and very powerfully"?

Now, there are a couple of things for you to know. First of all, you always want to go first. If you're hesitant, you're sub-communicating all these tensions that other people pick up on. Suddenly they go "Oh my God, this is going to be awkward". Of course then it is.

When you yourself are relaxed, you have a smile on your face, you feel happy inside your own body; well, that projects these things.

Igor Ledochowski - Hypnosis Questions and Answers

We have something called the instant rapport technique. We talk about it in the power of conversational hypnosis course. Essentially it's this. Think of a great friend. Think of someone you know and love. Someone you really have good rapport with. Feel those feelings intensely inside yourself. That's the great first part.

Now to the extent that it helps you, think of that feeling like a color. Some people may call it purple or red or blue. It really doesn't matter what the color it, just as long as you have a handle on it so your unconscious understands it is a symbol.

Now, allow that color to fill you up as an individual. This is kind of a little self-hypnosis practice. When it fills you up, let it leak out of your skin. When I say leak out of your skin, I don't mean just imagine it leaking out of your skin. I mean literally feel that feeling welling up in front of you until it's sort of bursting in front of you, and that color is just a way of keeping track of it.

Then send that color towards the other person. Surround them with it. Let it impenetrate them. That tells your unconscious mind; let that person be the same thing, be the same feeling as I have inside. That sets you up for those instant sub-communications.

The second thing is, well, trust builds trust. Show trust in the other person, and they'll show trust back to you.

The third thing is trust is built through promises that are fulfilled, making lots of little promises. For example, I have a little leaf and in a moment I'm going to put it down as I keep talking to you. Now that might seem like a silly thing, and it is a silly example, but I've made you a promise and I've kept it. If you do that successively, the unconscious mind puts a lot of trust on what you say.

7. Here's another great question from Glenn. Glenn wants to know "How do you go first with your clients, when you're doing hypnotherapy?"

This is a great question, because actually this is one of the most important things you're doing as a hypnotherapist, as part of a session. You see, what you don't want to be doing is getting caught up in the person's drama. If you get caught up in their drama, well, they're the hypnotist. They're running the session, not you.

The other thing you cannot be doing is being caught up in your own drama. At that point, you're going to do therapy on yourself, but not the client. That's not what you are being paid to do.

Igor Ledochowski - Hypnosis Questions and Answers

In order to go first, number one, put yourself in a trance, a hypnotic trance that allows you to interact with the other person. That's what this heightened state of awareness is all about. The peripheral vision. The sense of seeing everything without really judging anything in particular.

I just said a very important word there; judging. You want to switch the judging mechanism off and just accept what is going on. So now you're going first with the person because you are in a light trance state yourself, and you're not necessarily judging whatever they experience. Whatever experience they're having is the right one.

Whether or not your induction is "succeeding" is irrelevant, because it's the way their unconscious mind is responding. You have to have that attitude inside yourself.

So now here I am. I am in an altered state. I am not thinking any particular thoughts. I am watching my client like a hawk; not narrowing down, but every part of them trying to help absorb and fill up, breathe in, and drink in every aspect of what they're doing and what they're saying.

Meanwhile of course, my hypnotic technique is kicking around in the background, it's naturally turning over.

Here's a very important thing. When you see your client, especially when you make a suggestion to them, you want to think about that as being an absolute reality. If I see a client in front of me for example, and they could have the most miserable life, they've had terrible things happen to them, they're unhappy, the IRS is coming to get them, and they've lost their kids, and it is just a terrible thing. If we buy into their story, then I'm not going first. I'm following them.

If, on the other hand, I look at them and I see through this veil, a little tale they're trying to tell me, behind that is the true Wizard of Oz. I see that person. I see them being whole, and healthy, and happy, and strong, because they have that potential. Then I'm truly going first.

It's kind of like a mild version of a hallucination where you are hallucinating things so healthy, so happy that all the other stuff becomes distracting stuff, and you think to yourself, how can they cut all this distracting stuff out so I can see that person again?

Now every now and again they will peek out and you will go, what just happened? Who is that? That's the one I'm interested in, because then your hallucination and reality start combining.

Igor Ledochowski - Hypnosis Questions and Answers

This is kind of a wordy thing for something that is just more gut level and intuitive. Really, once you go through the hypnotherapy training, especially if you look and watch the DVD set; a lot of these intuitions will start building up inside you. That is part of what it has got to be. It has got to be an intuition, an instinct.

The simple answer to your question is H plus. Get massive amounts of H plus and it takes care of everything for you. That means you're in an intense state. I mean intense, not tight intense, but it absorbs every ounce of your attention.

Number two, you want an intense desire for this person to experience trance. They do not have to experience trance, but you want it for them. This is a very key distinction that we really play on and really build up throughout the course.

Number three; you want something very positive for them. You don't want anything from them; you don't expect anything from them. We intuitively pick up when someone expects something from us to try to get something from us. That's no good. People resist that. They don't like that.

If you want good things for them, it's just a question of helping the unconscious mind see, 'hey, look at all these wonderful things you could have'. What do you really want? That attitude really transfers. That's really what going first is all about in my opinion.

8. Here's a question from Peter about people who are very left-brained, and how do you bypass the critical factor.

When we talk about left-brained, I am assuming Peter means they are very analytical, very cerebral, they think a lot, and so on. Now believe it or not, these kinds of people can make great hypnotic subjects if you understand what is going on.

The one thing that can destroy a hypnosis session; the one thing is the critical factor. What I don't mean is, do the people have the ability to think? The critical factor is just one part of should I say their conscious response set.

The problem is people who tend to be very analytical might trigger their critical factor more easily. If that's the case, it's a defense mechanism. Chances are they have, shall we say, some self-esteem issues, something happened to them when they were younger, and they used the critical factor to keep information at a distance rather than risk being wrong or laughed at for believing something a bit crazy. Right?

Igor Ledochowski - Hypnosis Questions and Answers

That's a very different scenario to someone who's actually a true intellectual, who'll consider ideas and go, "that's an interesting idea, I hadn't thought about that, what do you think about this? What about that?"

That's a very different kind of person. You're going to love these people. Why? Because they'll dive in with both feet into experiences. You'll say to them "Okay, I want you to imagine this, and have this experience. Now try that." They'll go sure; I'll give it a go. They'll reserve judgment until later. That's the first step.

You have got to make sure what kind of person do you have here. Are they very judgmental, very opinionated, which basically sounds like a critical factor in disguise, in which case you're going to do something slightly different? Or does this person just like to think a lot, in which case your job is easy.

The second thing you've got to realize is people who are very analytical, people who are very conscious mind, process oriented; these people would drop into trance quickly more easily than slowly.

You see, if you give them a chance to think, they will think. If you have these loooooong, sloooooow, relaaaaaaaaaxed inductions, then their mind's going to go, this is all well and good, but just move on with it. What about the next thing? Come on.

As a rule, with very smart people and with people who think very quickly and think a lot, you want to move more quickly than them. My advice is start with instant inductions.

Guess what? You get a whole training on instant inductions completely free as a bonus with this DVD set. It's really simple when you understand the essential nature of an instant induction, very, very simple to do. I can virtually guarantee that if you watch the video, you'll know exactly how to do it.

Instant inductions are great. Why? Because they short circuit their mind straight into a trance, and then you're going to ride that pony for all its worth. Do not lose your momentum.

Once they've been cycling through that for 10 or 15 minutes and you've been doing all these wonderful things with them, then you can slow down and let them experience it and so on. Why? You've switched their mindset enough. You've jolted them out of their normal mindset, and it is fine.

Igor Ledochowski - Hypnosis Questions and Answers

The difference now is what do you do with people with an overactive critical factor? This is where the Own Awareness set comes in. The Own Awareness set uses people's own experiences to get them to doubt their ability to doubt what's going on.

It's an ingenious piece of work. I picked it up from Milton Erickson, and a couple of other hypnotists who were his students. They do this, but they don't even know they're doing it. They just fit this into their other inductions without realizing it. It's an absolutely ingenious way of working.

You see at this point, you're going to turn this doubting mechanism back on them. So rather than doubting you, or what you're saying, they start doubting themselves. They start doubting whether or not they're still awake. They start doubting whether or not they can resist going into a trance. They start doubting whether or not they're still in normal reality. At that point their doubts are your best friend.

That was a great question. Hopeful you have learned something from that.

9. To follow up with this, Ed is asking the question “How is the quickest way that you put almost anyone in trance, and maybe do it subliminally”?

This is a question that gets asked of me a lot. Really it is more a question about, shall we say, the assumption the person asking the question is making, than about hypnosis itself.

The reason people look for the instant technique, the one that always works and never fails, gets everyone all the time, and is done covertly and secretly; really primarily, it's because they have performance issues. They think to themselves, what if I fail? I'll need a technique that can never fail, and I'll need to do it so secretly that no one will ever know if I do fail.

That's not a healthy mindset to get into, but I can totally understand it. The place that this idea comes from is purely lack of understanding. You see people do stuff, and you go, I wish I could do that. Then you try it, and you get a little bit inhibited, and maybe give it a go, and maybe it does not quite work out right. The reason it doesn't work out right, is only one reason. You don't necessarily have all the principles in place, so you do not know how to move through, navigate through the waters to get the job done. That's all there is.

When you understand the essential nature of hypnosis, and you've built these instincts; in other words, you have the techniques that express these principles, and there are some on an unconscious level that just happen automatically now; at that point this

Igor Ledochowski - Hypnosis Questions and Answers

kind of question disappears. I guarantee it. You'll never ask yourself "what is the proper technique" again. In fact, you won't want one. Why? You're having too much fun inventing your own.

In fact at the last hypnotherapy training we did in Vegas, we had people on day three go out on the strip to the Bellagio and other places, and they were putting people in trances left, right, and center. This is even though they were just in hypnotherapy training. This was not a stage hypnosis or street hypnosis training.

Yet, they understood the principles so well that putting random strangers into trances on the streets was no problem. They even put a professional stage hypnotist so deep in trance; he decided to give them free tickets to his show because he was so impressed by it. Three days of training. That is all it took.

The better question to ask yourself is, how can I train myself to be such a good hypnotist that there is no context I won't be able to approach with confidence. I know exactly what to do here. I know exactly how to respond. Even though my first attempt may have "failed", I know where to go with this. I know what to do with it.

That's why I'm teaching you how to do that. That's what the hypnotherapy training is all about. That's how I do all my hypnosis training to get people into those states.

Now, let's take a little aside from that. That's really the place you want to aim for. If you want to have a technique that'll work with the most amount of people, as quickly as possible, and is as reliable as possible, that is what Instant Inductions are all about.

In the DVD set the Hypnotherapy Training that we are talking about here of course, we happen to include a special bonus day. It is, I believe, either three or four hours or something in that order, of instant inductions training. Why? It's very powerful. It's not conversational by any means, but it's a very powerful way of working with people.

If you're doing a hypnotherapy practice, I normally recommend to people that you start with an instant induction, that's your default, and all the other ones are things you would move into if you need to. It's as close to a direct answer to the question that you asked as possible.

Really, the better answer is learn hypnosis so well you don't even care what happens, you'll always be on top of it. This program will certainly do that for you.

Thanks for the great question. I think a lot of people will have learned something important.

Igor Ledochowski - Hypnosis Questions and Answers

10. Here is another great question from Pedro. Pedro has been experimenting with his own conversational hypnosis. He has been using language patterns, probably power words, and so on, as far as I can tell. He found something interesting, which is, you talk to someone and you start bringing language patterns in, and they start looking at you like hey, what the hell are you on? Why are you being so weird? What are you talking about? The question was how do you prevent that from happening? How do you use hypnotic language in such a way that people just go into trances rather than pushing back from them?

The first thing I would say is congratulations Pedro. You're doing it. You are actually going out there and using hypnosis, and you're actually asking a fantastic question as a result. This is the kind of question that is not a theoretical question. It only comes from people doing and practicing getting a new experience.

The first thing to realize is the reason that people push back like that is usually because you've moved too quickly too soon. The way I recommend people normally doing conversational hypnosis is to build it up, use the language purely, just power words, with no intentions at all.

I'm not going to try and make you think of anything, or do anything, believe anything, or have any kind of experience. I'm just going to use the language. When you can talk with that smoothly and naturally, what happens is your unconscious mind naturally sets frames that allow you to speak in these ways.

The next thing that happens is you think to yourself okay, I'm good at this, now what do I do? Well the next thing is you start introducing hypnotic themes.

Now here's where it gets a little bit interesting. If I'm just standing there meeting someone in a bar and go "hey, what's your name?" "Joe". "Hey Joe, my name is Igor. How are you doing?" "I'm doing good". Now, "I dream of fascinating things; when I dream I go into..." Right? Guess what I've just done. I've rushed a conversation.

They're going to go "who the hell is this guy? What is he doing? Why is he talking about dreams? I don't even know him". So, as a rule, it means you've moved too quickly into a new topic.

There are a couple things you can do here. The first thing is, how do you frame topics? I like to throw out a rapport hooks, or little hooks that get them asking me questions.

You have a little chat, and what're you doing? I had a great holiday and stuff like that. You had an awesome holiday. It was kind of like a dream holiday, is it not? Yeah. You

Igor Ledochowski - Hypnosis Questions and Answers

know, I had a really weird dream. When I was a kid I was dreamt of being on this wonderful desert island and so on. This is nothing like it. I had read here so much more. Then they will go yeah, it is fantastic. It's a real dream come true. Right?

Now I've opened the idea of dreams. Then you go yeah, but it's the good kind; not like the kind I had the other night. Now I'm going to wait. If I have enough rapport he will say why, what happened to you the other night? Now I go into my dream sequence. If on the other hand he ignores it, well guess what? It's too soon to be talking about dreams or changing to that kind of topic.

So I'm offering him something, I'm waiting for him to engage me; I'm going to the next phase. That's one way to do it.

The other way to do it is to just set frames more smoothly. You start them about a dream holiday, and then you start sharing stories around that. Then you talk about some friends who went on a dream holiday, but it wasn't quite what they dreamt of. Then you can say maybe your friends had a tough time. Then you tell him about a dream someone had, to sort of encapsulate the kind of tough time they all had.

At this point you've framed the idea of dreams completely. Now it's time to introduce your own dreams. He might share his own dreams. Now if you talk about someone else's stuff; if you start framing things and they push back already in the frame, let alone before we start going into the meat or content of your hypnotic process, well, you drop it.

You carry on with normal chit-chat and then introduce a different frame to see how that one works. It might be a different vehicle. It might be my friend John, and see how he responds to that. It might be a different story, and see how he responds to that.

Who knows, right? The point is you're throwing out those little rapport hooks constantly, see what he responds to, and that gives you a topic that's going to become your vehicle for proper hypnosis. Then you can jump on that.

11. The next question actually comes from a whole group of people. There's a theme that seems to be recurring in some of your questions along the lines of "how do you use hypnosis to work with X, Y, Z and so on".

These are very good questions. It shows that you are thinking already along the lines of what a good hypnotherapist thinks like. The problem with thinking in terms of here is one problem, how do you deal with that? Here is another problem, how do you deal

Igor Ledochowski - Hypnosis Questions and Answers

with that? Its very technique oriented. Problem X has technique Y. Problem Z has technique A, and so on and so forth.

The problem with that is, if a new problem comes in the door, what the hell do you do? You're stuck. You don't have a technique for it. If you have too many techniques, you forget which technique this problem is supposed to be for.

Now here is a truth. As a rule, any technique will solve any problem if you understand hypnosis well enough. It means all the principles are being packed into the technique this way or packed into the technique that way.

You need to understand the principles. That way the technique; you can do the dropping leaf technique and it will still work. It'll just be a lot harder because you have to have a lot more subtlety to set up what you're doing.

Another problem happens when people go to hypnotherapy trainings. They come out and they are fresh-faced, excited, and keen. They see their first client and they will get stopped and go, what do I do, where do I begin?

This is nothing like in training where the guy said here is the problem to give them and here is how you solve it and so on. I want to take care of all those problems for you. I know what it's like. I actually was there the first time. The first client I ever saw, I was more scared than they were and they were petrified. Right? I had no idea what to do. I had lots of techniques, but I had no idea which ones to apply.

I want to get the idea of techniques out of your head for a moment, and think in terms of instinct and maneuvers. The way that conversational hypnotherapy training is put together is, I just love it, I think it is one of the best things, because it solves exactly this problem.

What you do is, no matter what the client comes in with; you begin with the same pattern. You'll adapt it to the person, absolutely. In other words, you'll find out what the problem is, how you would be different, and those sorts of things. It gives you your parameters.

You feed straight into the first conversational pattern. Either it works or it doesn't. You obviously don't care which one it is, if it works, you've done a great job, lovely, well done. If it doesn't work, they will push back in a very specific way. It always happens, actually, in one of two ways.

Igor Ledochowski - Hypnosis Questions and Answers

If they push back in the first way, you automatically go to pattern number two. If they push back in the second way, you automatically jump to pattern number three, because it's always triggered by the same conditions.

In case you want to know what those are; when someone has a very strong emotion, a negative emotion, you go straight to pattern number three. Then, if you are in pattern number two, for example, and you are running through that, this is a reminding, language, unawareness set type stuff, again, that stuff will just flow pretty much everything out of the water, unless someone comes up with a strong emotion.

Now you can still use mundane language and have strong emotional reactions, but it's much easier to go to pattern number three, which is the regression stuff and just follow it straight back.

As soon as someone comes in the door, you're going to know exactly how to deal with it. You will go great, have a sit down. What do you know about hypnosis? Great, let me show you something. You what? Okay, you've got tinnitus. How is that a problem? How do you want to be different? Write down a few notes. You are awake. How is that a problem? How do you want to be different? Write down a few notes. Go straight into your induction, then straight into your first pattern.

Half way through a pattern you notice this person is not responding too well. You ask the magic question. What is happening now? They will go, I don't want to say. Tell me. It is just fine. What are you experiencing? What is going on? Well, it's all well and good what you are saying, but. Now we have it, as soon as you hear that but, the resistance and the belief are coming through.

Perfect. They've given me the perfect territory for unawareness set to work, or a dynamic induction, or even better a mind-bending language sequence which I just love, it charms me to pieces.

So then you start running loops and loops around these people's problems. The very fact that they're resisting you, the very fact that they're going 'what you are doing is not working' is actually making this phase work beautifully. Let's say you resolve it this way. Great, you are done. That is great.

Halfway through this process, if they suddenly just flood with tears and go "oh no, this is terrible, I just can't think this way", a lot of novices might think oh, I don't know what to do here. My technique just failed. Look at them. The poor buggers, they're crying their eyes out now. Well guess what? This is perfect.

Igor Ledochowski - Hypnosis Questions and Answers

Their regression, which is step three in the process, works perfectly now. You have to do nothing. In fact, if anything, you have to work to keep them out of the regression enough to actually do the work with them. It's so simple. So pretty much any problem people come into you with, you will be able to resolve in exactly the same sequence.

You start it at point A, if that fails point B takes over automatically. The perfect conditions are set for it. If that fails, the perfect conditions for point C are there, so step number three.

If they go away, they resolve and they come back for whatever reason, step four takes care of that too. It really requires very little thinking, but it does require that you understand principles, so that at each step and each level, whichever of the three or four patterns you are working through, you understand the principles and actions so you can really apply them.

At that point, you have tremendous freedom. You can work with any technique, any technique at all. When we weave these conversational patterns into it, you think you are doing one technique, but you are actually doing another. Or we can just do it straight forward as it's done in the book. Or you can do it very conversationally, with a friend having a chat in a bar. That requires a little bit more skill, because you have got to be able to do it more conversationally and not alert them to the fact that you are doing something, but it's absolutely possible.

It is just amazing what people are capable of. The reports people get back to me are in terms of how easy and simple it was. Really, you have to experience it to really understand how much simpler your life becomes.

All the questions you are asking now are great. They will disappear once you've got the full cycle inside you. It just takes care of it all for you.

So as far as what these patterns are, this is really what the [conversational hypnotherapy training](#) is all about. We spend in the live program six days, and in the DVD set I believe it is 17 DVDs systematically building up all the skills or pieces you need and all the principles. At the end of it, there are only four things you have to remember.

Number one, it is called a hypnotic bliss. Someone comes in and you give them like a hypnotic pep talk. You are using all the skills you have in terms of language and building in resources, and so on to overload their consciousness with such a positive message they just go whoa, what's going on here? I feel great. Try and have a problem. I can't. Great.

Igor Ledochowski - Hypnosis Questions and Answers

Pattern number two, which is in case this one fails. If you start doing all these lists, like look how amazing you are, and you are feeling these resources. Every time this happens and this thing here will happen instead, and so on and so forth. If they go “that is all well and good, but I have tried that, and it is not working”, you instantly switch.

Pattern number two has one of three levels. You can work with the symbolic level. You can work with a physical level, an unawareness set. I like to do that if it's some sort of physical meaning that needs to occur. Or you can use mind bending languages, which works great with beliefs and so on.

They say for example, “I have tried all that but it has not worked”. Well, what has happened? “Well, every time I do X I just feel terrible”. You might just toss the thing around that. Beyond the terrible that you have not felt, what are the things that you are not doing with X that could be more than you are now? And they'll go, “what”? Guess what? You have them eating out of the palm of your hands. Your mind bending language loops are just ready to rock and roll. It is a tremendous amount of fun when you get them.

Now, let's say you're doing these mind bending language loops and for some reason they start just, and it can happen, they just start welling up. Some people do it very quietly; some people do it very dramatically. What the heck do you do then? Do you carry on? You think maybe I am pushing too hard. Maybe saying these crazy things are really sending them over the edge.

Guess what? As soon as that happens, while you could carry on that part by the way with much more fine tuned feelings to make sure you do not traumatize them by accident. The much simpler thing is to move straight to pattern four, the regression.

The hardest thing in a regression, is to get the actual regression, believe it or not. Now, when someone has a strong emotional reaction, guess what. They are already regressed. That's where the actual emotion comes from. It's not from today. There's no reason for them to be crying in your room right now.

It comes from they were five years old, and it is kind of frozen inside them somewhere, and now it is being reactivated. They've done the hard part for you; the regression just becomes easy at this point.

You now have to keep them out of the regression long enough to help them work through the content so they can release it. Now at this step, if you even get this far, well most of the problems you will face will be dealt with.

Igor Ledochowski - Hypnosis Questions and Answers

Occasionally something happens. People leave. They are doing great for a couple of days, but then they come back and say “It’s not working”. What do you mean it is not working? “Well, I was doing fine for a week and it was working, but then it started deteriorating here”.

Well, what that shows you is that there is some kind of a secondary gain issue that has not been dealt with yet. In other words, you have dealt with the problem, but there are other reasons for them to have it as well. Until you deal with those, the problem cannot go away for good.

Then what do you do? You do a simple parts integration, so that they can have their cake and eat it too. The model is beautiful. It’s simple. It will deal with 90 percent of the kinds of problems people come to hypnotherapists with.

For the other 10 percent, well, they’re specialist cases anyway, so you need to get more training. Until you have that, you may as well just refer them on because it would not be ethical for you to work with them at the start of your career anyway.

Hopefully you will see how simple this is, and how it makes all your concerns just disappear. It’s all done for you.

12. Here’s another great question from Jim. Actually, it kind of represents a lot of the questions that you guys have been asking in general, which is “How do you get good at hypnosis fast”?

Now in Jim's case he’s asking, as some people say, it takes 10 years to master something, and so on. I will disagree in terms of a specific time. As a rule, it takes one thing to be great. That is correct practice over time. It’s as simple as that.

The more we practice correctly, the better you become at something. It’s not just rote practice. It’s correct practice, practice with mindfulness. In other words you have to understand what you are doing.

It has got to be principles led. When you have principles and practice putting them together, well this is it. This is the recipe for being a master.

As a rule, I think 1000 trials of something, 1000 hours, and 1000 experiments of something will make you an expert. 10,000 will make you a true master.

If you do like 10,000 inductions, I can pretty much guarantee you will be a master of whatever process you have been using at that point. So if you do 10,000 really varied

Igor Ledochowski - Hypnosis Questions and Answers

inductions and processes and hypnotic techniques, in other words, hypnotherapy stuff; you will be pretty damn good at it.

If on the other hand you just do one thing 10,000 times, you will be great at that, but not the whole hypnotic ballgame. So it's important that you have scope as well as depth.

This is what we do in the hypnotherapy training. We give you as much scope as we need to make sure that you have your finger in every pie. We give you massive amounts of depth. We drill over and over and over and over again so you really engrain those patterns inside of you. At that point, it takes very little time to get good.

If you recall the other question about accelerated learning, everything I said there still applies here. Learning to master hypnosis really quickly is less about what you do, it's more about what you stop doing.

You stop doubting. You stop trying too hard. You stop trying in one particular fashion or another. At that point what happens is the unconscious mind starts naturally producing results.

Here's something I recommend to everyone whether they are in a private hypnosis club or they are my students in hypnotherapy training or any other training.

Number one, immerse yourself in the field. Learn lots of things. Keep listening over and over again. Listen to other masters. Watch DVDs and so on. That builds your mind up with information. Don't try and analyze it, don't try and make something of it, just fill yourself up with it. Enjoy it.

Number two, have a simple routine, instant induction for example, or unawareness, it doesn't really matter what it is. Have a simple routine that you can build some faith in, and do it everywhere. You meet someone on the park bench say "Hey, I'm a hypnotist. Do you want to see"? You meet someone on an airplane say "Hey, I'm a hypnotist. Do you want to see"? You do it over and over and over again.

Meanwhile of course, you're still listening to all the other things. You're still watching these other DVDs and so on.

Now what happens is you're having massive input of information. Your unconscious mind is processing it. You also have a field in which you are actually expressing your hypnotic knowledge through, the instant induction itself.

Igor Ledochowski - Hypnosis Questions and Answers

What will happen is your unconscious mind, and you can't help this, it's called a Freudian slip to use the positive version, your mind will kind of hijack whatever you're doing, and you'll end up finding yourself doing other things by accident instead.

Your mind's got an instant induction of somebody. You think of a whole dream machine induction. You think "where the heck did that come from?" Well, that came from your unconscious mind. Your unconscious mind went hey, here's an opportunity, we're doing some hypnosis here. I've been playing with this idea, so we're just going to do it now.

The problem starts with people who think, I have to watch everything first and get really good at it before I'll do it. That simply is not the case. You see, it's not about doing things to, shall we say, it's not about learning things that can make you first. Learning by rote, so that if you memorize enough you can do it.

You'll be great once you start doing, and all this other learning you're doing feeds in to start improving things bit by bit. Otherwise, you get what's called academic dilemma. The academic dilemma is someone who knows a lot about stuff, but cannot do it. It's their intellect that knows it, whereas their body and their unconscious processes need to be able to perform it, and there's a disconnect from the two.

If, on the other hand, you start with performance, even if you don't know what you're doing - some of the greatest hypnotists I've come across were great at hypnosis, and were not having a clue as to what they were doing - that knowledge comes afterward.

That's how you really learn something. You build instincts first, and you have experiences first. You put conscious knowledge on top of that second. So if you want to be great at hypnosis that's exactly what you do.

If you want to have a step by step formula, here it is. Number one, watch the bonus video on Instant Inductions that's included with the Hypnotherapy DVD set. Watch it. It's so simple you will smack yourself in the head and go how did I ever think this could be difficult? Do it with everyone you meet, everyone. I mean everybody as much as possible.

Number two; watch the main course over and over again. As a bit of light reading or as a kind of variation, listen to other stuff. We have plenty of hypnotic material to keep your mind engaged, alive, infused, and to excite it. Carry on doing your instant inductions, but expose yourself to these other things.

Igor Ledochowski - Hypnosis Questions and Answers

From time to time you'll have this instinct, like you know what? I feel like playing with this person. I'll do a little bit of this. I saw this other thing on the unawareness set, and now that I've got a little bit of the induction going, I'll try a little bit of that. Perfect. See, now your unconscious mind is teaching you what to do next, rather than you trying to force yourself to do something that you really don't have instincts for yet.

Hopefully that helps you in understanding how to become great. Ultimately, I cannot do this for you. I can prepare you, and I can prepare, you believe me. I can show you the steps. I've been through every possible conceivable blind alley there is to deal with in hypnosis.

I can teach you all the principles that will make you great. But if all you do is watch and listen, well honestly they're a waste of money. They're a waste of your time. Do not get anything.

Listen with the intention of becoming great, with a passion. Do something. If doing this induction is too complex or out there for you, just do the power words. You've got the free video for the power words. It's in the DVD set as well, with many more nuances around it. Just start sticking that into your everyday conversations. Then you are still expressing self hypnotically.

It does not take much. You talk to people? Hell yes. Can you talk to people and say the word 'because'? Because you just feel like it, and because they are your friends they might actually accept it? Well maybe. Can you maybe cause them something else like whenever? Whenever you talk to someone, you find some way of saying 'because' just because you feel like it? Whenever you do that, you are doing hypnosis. Whenever you are doing hypnosis, the 'because' are getting through and will help you to express all the other stuff that is inside you. It does not take much.

It takes next to nothing, but you have to give that something. Hopefully that helps you, and more importantly I hope you really enjoy the journey. It's a lot of fun when you just do this everywhere.

13. There's another general question that a lot of you guys are asking which is "How can I learn from DVDs?"

It's very simple. The experience you have watching a DVD is virtually identical to the experience you have in the seminar room. Why? You hear every word I say, which means you will be influenced in just the same ways.

Igor Ledochowski - Hypnosis Questions and Answers

You will hear the exercises step by step, sequence by sequence, so you'll know them in exactly the same way as had you been there live with me in person.

There's only one thing the DVD set cannot do for you. In a seminar I can chivy you and say hey, get up, get off your butt, find a person, and do the exercise. I can't do that when you're sitting at home.

What you can do is watch it with a friend. As soon as the exercise comes, pause it, do the exercise, watch the DVD and go "Oh my God, I did it exactly the same way as everyone else is doing it".

There are lots of questions and answers included in the DVD set. Why? Precisely for this reason. When you come back and you go "I'm not quite sure if I did it right", I can virtually guarantee someone in the live session or someone on the DVD set had exactly the same question. He asked it, and he got a full and complete answer. So will you.

Can you learn from a DVD set? Of course you can. The only thing you need to be able to do is make sure you do a little bit of practice. If you don't do any practice at all; in other words never use it, then that's just something you do not do. You're not going to psychically somehow pick this all up.

As I said to you before, you don't have to do that much. You only have to find some simple thing you enjoy doing, and do it a lot. Everything else expresses itself through you.

When you're doing it, you're like a sponge. You're soaking up the information and eventually the sponge starts to drip. You have to engage with someone to put that little bit of pressure on the sponge to make stuff come out. If all you do is just sit there and pour water into a sponge and you leave it alone, well, it's not going to take you very far.

One thing I want to add to this, another very important thing to realize; **I cannot certify anyone by correspondence long distance.** Why? I've got to see you. I've got to see you from across a stage. I've got to see your character live to make sure you have the right character for hypnotherapy.

After I see what your experience is like, how you are shaping up in terms of what you're doing, I have got to know that when I let you loose on real people with real problems, you're going to do good work so you're not going to damage them.

Igor Ledochowski - Hypnosis Questions and Answers

I've got to know these things and I've got to be able to see it or have someone that I know and trust see it for me. Which means we can't do any certification by long-distance.

If you are already a hypnotherapist, this stuff will make you really good, guaranteed. If you are not a hypnotherapist yet, this stuff plus a hypnotherapy training, a live training will really stand you in good stead.

If you happen to come to my course, I would love to see you in person. Perhaps you go to someone else's. Really it's not for me to tell you how to do that. I can tell you though, watching the DVD set is just like being there in person.

14. Here's another question from El Mano. It is a very common question again. El Mano is asking basically "How do you put someone in a very deep, zombie-like trance, so they sit there and listen, as opposed to having any kind of thought patterns going on still".

This is a question that is asked one way or another a lot. Essentially, he's asking how you get someone in a really deep trance so that your hypnosis will work.

This is important. There is a hidden assumption that is not necessarily accurate. The assumption is, you have to be in this deep zombie-like state in order for hypnosis to work. That simply is not the case.

Now, how do you put someone in a deep zombie-like trance like that? It's very simple. The quick version is instant induction; fractionate them at several times bringing them in and out several times. Tell them what to expect at each level.

Do some covert tests like eye locks or building up some energy inside them and so on. Then tell them that everything you say will be the absolute reality. You are basically training them how to switch their mind off and just absorb your hypnotic message.

The thing is though; you do not need to do that. In fact, sometimes that actually is going to be bad for doing a therapy. How the heck can doing a deep trance be bad? Well, because then you don't have access to the full range of their problems.

Their beliefs at one level; their beliefs at another level, their experiences at another. If they're in a zombie-like state, where all they do is listen, it does not necessarily mean that they will actually accept all of your suggestions.

Igor Ledochowski - Hypnosis Questions and Answers

There is a rule with hypnosis which is this, primacy. If there is a pre-existent suggestion with attachment to it; in other words it has to be relatively strong, then whatever you suggest afterwards simply will not budge it.

Now, there is an exception to this. If you identify where the blocks are along the way, you can burst through them and you can remove them directly. You have to be able to target them very specifically. That's really where the skill in hypnotherapy comes in.

By negotiating with your unconscious as to what elements you let go of, what elements you keep, and how their new stuff can emerge. You do not necessarily want to put people in as deep a trance as possible. If you just want to amuse yourself, by all means, do that.

The better question to ask is, how do you know if they are deep enough? Believe it or not, that is what the four space protocol does for you. Every stage in the protocol takes them through a different nuance, a different type of trance, and makes sure it's the right level for what you need to be doing. At that point, it really becomes easy. The question of depth disappears.

To wrap the whole thing up, depth is an illusion. It's actually not really relevant. Depth becomes relevant when you want to start exploring say, psychological phenomena as opposed to doing hypnotherapy. This is taken care of automatically in the process that we talked about, the four step protocol.

It becomes really easy, so put your mind at rest once you understand how the sequence works together. The very fact that you are doing something will automatically put them in the right state that you need to be in to get the result that you want. You can start at pattern one, and if that fails it has already triggered the right trance that you need anyway. If the next one fails, then again it's only because it has triggered the third stage which is the regression. It just becomes very, very simple for you.

15. Here is an interesting question from, I believe it is Age A-G-E. It's asking, "Apart from Milton Erickson, who are the top five influences in terms of my hypnosis career?"

Well the top five hypnotists are number one easily without a shadow of the doubt on the top of the list, a man called John Overton. He has taught me so many wonderful things. The real heart of how to do 'good' in the therapy, with heart, with a real passion. He's also the foundation for my mind-bending language concept. I first came

Igor Ledochowski - Hypnosis Questions and Answers

across the concept from the work he was doing, then developed my own, shall we say, directional map. He is definitely number one on the list.

Numbers two and three are tied in the same position. Ironically, it is these younger versions rather than the older versions, of the classic duo Richard Bandler and John Grinder.

I remember back in the really early days of my hypnosis career, I picked up a book called Transformation: The Original Transformation. It was a transcript of how Grinder and Bandler were doing a hypnosis seminar with people. I fell in love with that book. I fell in love with the language in that book, the techniques, the skill, and the understanding. I thought my god... these people are amazing what they are doing.

That book alone has influenced me to just, I cannot even begin to tell you just how much that influenced me. It was an amazing discovery. It really taught me what hypnosis is possible, what you could be doing with it, as opposed to, at that time, hypnosis teachers were being exposed to was, shall we say, a little bit mediocre.

In fact, that book is the reason I could recognize that John Overton was such a good teacher. The minute I heard one of his audio segments, I went "that's it, he's got that X factor that I am looking for". Those would be numbers two and three.

Who else? I am going to tell you who the biggest influences in terms of my training were, as opposed to who I think are the greatest hypnotists. They're slightly different questions, just because now I have met so many people, who have got so many different styles, but I did not originally meet them until later on in my career. I've learned a lot from them, but the foundation was built up with these three people and another couple that I'm going to mention in a minute.

The next two, again the type of position fourth and fifth place, I do not care where you are going to put them. They are Stephen Brooks and Stephen Gilligan. In fact, both of these hypnotists that I am mentioning, when I said that they do an unawareness segment they are not even being aware of it, in fact is the irony. They do the unawareness set, and are so unaware of it they are not even aware that they are doing an unawareness set. That must be true mastery, mustn't it?

Stephen Brooks and Stephen Gilligan; one is a Brit and one is an American. They both worked extensively with Milton Erickson and corresponded with him or worked directly with him. Amazing hypnotic style. They've taken their own hypnosis in different directions now; they're doing their own thing. That's great. It's not where my interest

Igor Ledochowski - Hypnosis Questions and Answers

lies of course. When you see them doing their more indirect hypnosis, I'm sure Ericksonian style hypnosis, it's just a pleasure to watch, and I picked up so many things from these guys.

That would be my top five list in terms of people. Bear in mind that everyone moves on, does start doing different things. I'm giving you who influenced me back in the day.

A lot of these influences actually came from what they had written, or from videos from them doing their earliest bit of work, it was the most Ericksonian. My passion has always been to really break down and understand how Erickson worked his magic.

Since then of course, I have rounded off as a hypnotist. I've done more stage stuff, more direct hypnosis stuff, street hypnosis stuff, and all these different things. I have lots of influences.

Everyone has heard of Darren Brown by now, the TV magician. He does amazing things. It is not all hypnosis, just so you know. The stuff that is hypnotic is fantastic. The stuff that is not hypnotic, well he hides it really well. There are other ones.

The stage hypnotist I will be doing my Vegas seminar with, Spencer, Don Spence; amazing hypnotist. He has a huge range. I had the pleasure of doing co-therapy with him. Two therapists with one client, you won't believe. These poor people were like rabbits crawling their head, I mean two mass hypnotists going off at two different angles. Wow. All I can say is it was just so much fun working with him. Great hypnotist. Absolutely top notch.

Really, if you want to know the people I really admire and think do great hypnosis, listen to the interview to the Masters Series. I really bring to you those people I think are the best, the ones that really have influenced me the most. I interviewed them. I show you how good they are. I show you what it is about them I really like. It's all in there.

Final Comments...

Thank you for spending an interesting morning with me. I've enjoyed myself. These questions have been fantastic. As you can tell hopefully, I love hypnosis, I love speaking about hypnosis, and I love sharing these ideas. Hopefully it's been valuable to you guys. I certainly enjoy it. It has been good as far as I am concerned. All I have got to say is thank you for listening to me.

Igor Ledochowski - Hypnosis Questions and Answers

Just as a general closing thought, I know you guys have tons and tons of questions. I have done my best to answer most of them and really get as many people as possible to have answered their question.

I would like to just bear one thing in mind. Most of the concerns here, most of the questions you ask are very good questions. They show me that your mind is in a certain place. In other words, it's missing certain key bits of information, that if you had it, those questions would not exist. They cannot exist.

Concerns about fast induction, deepest induction, and resistance. All these things disappear once you have the right principles in place at the right time. Everything, and I mean everything you will need for that is in this DVD set, guaranteed.

Everyone who has been through the Cause of Life course has told me it has been life changing. The DVD set says exactly the same thing. You will see exactly the same principles, the same demos, and everything.

My ambition is that most of the questions that you heard me answer today; most of them you will be able to answer at exactly the same level of depth once you have been through the course.

Once you watch a DVD set and importantly, have done the building block exercises that will build up your skill, at that point, you don't need me. At that point, you just need you, and your instincts. That's what we are trying to do here. Hopefully you will join me on that journey, and make hypnosis and hypnotists of this world just much better than they have ever been before.

Thank you so much for all your comments everyone. In closing, please post your comments on the comment section below. Let me know what you think about this. I really do pay attention to these, as you can see. Other than that, it has been a real pleasure.