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# DISGUISED HYPNOSIS

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WHITING



*Unusual secret methods  
and tricks to cause the  
Hypnotic trance without  
your subjects awareness!*

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## INTRODUCTION

Well informed Hypnotists know it is possible to induce the hypnotic trance without the subject's awareness, knowledge, or cooperation. This method is called "Disguised" or "Indirect" Hypnosis and is primarily used with subjects who are deemed prejudiced against being hypnotized.

A most important fact to keep in mind when trying to induce the disguised hypnotic trance is to never use such terms as;

1. Hypnosis
2. Sleep
3. Trance

Most people believe that a Hypnotic Trance is a state of sleep or unconsciousness. However, this is a misconception. In a Hypnotic Trance, the subject is detached from his surroundings, unconcerned and disinterested in what is going on around him. We use this misconception to our advantage in Disguised Hypnosis. Most subjects believe that they have to be deeply asleep or unconscious under hypnosis, therefore, your subject does not believe he is hypnotized when he actually is.

In addition to disguised hypnosis there are "tricks" and "gimmicks" that are used on subjects who desire to be hypnotized but believe they cannot be. With these subjects it is permissible to mention Hypnosis because we use unorthodox and startling techniques to induce the Hypnotic Trance. This too, is Disguised Hypnosis, yet only the method of Hypnosis is disguised, not the state itself.

## TECHNIQUES FOR DISGUISED HYPNOSIS

### 1. SUPER-RELAXATION METHOD

Have your subject sit or lie in a comfortable position. Tell him that he will be taught "super-relaxation." Instruct him to relax each part of his body progressively, starting from the top of the head and working downwards until he is completely relaxed from head to toe. Suggest:

"You are relaxing, slowly relaxing. Your head is relaxing, relax, relax, slowly now, relax slowly. Nothing will disturb you....all the cares of the day are floating away. Now your facial muscles are relaxing. Slowly relaxing..."

Continue with this form of suggestion mentioning all parts of the body working from head to toe, until your subject is completely relaxed. As the hypnotist, you must speak in a monotonous, soothing voice. Spend about 10 minutes in this process, depending on your subject. Do not let him suspect that he is being hypnotized. When he appears to be fully relaxed, explain that during the "super-relaxed" state the muscles around the eyes are limp and he cannot use them and therefore he cannot open his eyes. It might be necessary to give him suggestions like this:

"The muscles around your eyes are limp, your eyelids are very heavy. You cannot use them. They are limp, and you cannot open your eyes."

If your subject can't open his eyes, he is in reality under hypnosis, but is not aware of it. Once under hypnosis, your subject does not have the faculty of the conscious mind and therefore will not suspect he is hypnotized.

Proceed to deepen the trance by counting. Tell him that with

every count he will become more and more relaxed.

Speak slowly, say:

"Your entire body is now completely relaxed... and as I count...a tingling sensation will come over your entire body. With every count...all the cares and tensions of the day will float away... You will think of nothing...hear nothing but the sound of my voice as I give you friendly suggestions to help you relax more and more. ONE- a tingling sensation is starting at your toes... TWO- this pleasant sensation is rising...up through your legs...over your thighs...THREE- it is going over your hips...FOUR- to your stomach and chest...~~FIVE- your arms and neck have this~~ pleasant tingling sensation. SIX- now it is covering your face. Oh -- how good it feels to completely relax...not have to think...do only as I suggest. SEVEN- this pleasant sensation completely covers your entire body from head to toe as you completely relax. Listen only to the sound of my voice. You will listen only to my voice and do as I suggest as you relax more and more..."

Your subject should now be in a deep hypnotic trance without his knowledge or cooperation. You have achieved the first method of "Disguised Hypnosis."

## 2. INDIRECT METHOD

This simple method of Disguised Hypnosis is most commonly used when hypnotizing in front of a group of people. One person is chosen from the audience as your subject. Tell the audience that you are going to hypnotize this subject, but, in actuality the person you are really going to hypnotize is a bystander. Any method of direct hypnosis may be used on your "supposed" subject. Begin your suggestion by looking directly into the eyes of your "pretended" subject. After a time, unobtrusively switch your gaze to your bystander "subject." Gaze into his eyes as you continue your suggestions. Be very careful not to let him suspect that you are really hypnotizing him. He will already have become relaxed and drowsy from listening to your previous suggestions. Continue to indirectly deepen his trance. Always use a soothing voice.

NOTE: If possible, call the actual person you desire to hypnotize aside, tell him of your intentions to hypnotize "so & so."

Tell him to help you hypnotize this person. Tell him to sit near your "supposed" subject and pretend to follow the suggestions. Make your actual subject believe he is assisting you..and that he will make the "subject" feel more relaxed if he is not the only one being hypnotized. You can readily see how, by getting the cooperation of the real subject you can hypnotize him more easily.

### 3. SLEEP TRANSFER METHOD

If a subject is left in a Hypnotic Trance, this trance will automatically convert to normal sleep. Likewise, you can convert a normal sleep into a Hypnotic Trance. It is possible to hypnotize a person who is already asleep.

Seat yourself near the subject, being careful not to awaken him, and whisper:

"You are sleeping and you will continue to sleep as I talk to you. Even though you are sleeping soundly you will listen to my voice and do as I say. You will listen to my voice and as you do you will go deeper and deeper to sleep. Deep, deep asleep. Your sleep is becoming more and more restful and relaxing. You are going deeper and deeper to sleep. As I count you will go deeper and deeper asleep. ONE..sleep, deep, deep sleep. TWO..you are deep asleep, a deep relaxing sleep. THREE..a very relaxing sleep. With every count you are falling deeper and deeper asleep. FOUR.. you are in a deep, sound, relaxing sleep. FIVE.. sleep, deep, deep sleep. SIX..you are listening to my voice. You hear nothing but my voice. You are in a deep, sound, relaxing sleep and will hear nothing but my voice. You will do exactly as I say. SEVEN..you cannot resist my suggestions. You hear nothing but my voice. Your right arm ( or left arm which ever is more appropriate to the situation) is getting lighter and lighter. It feels like

a balloon is attached to it. It is slowly rising. It is rising, slowly rising and as it does you are falling deeper and deeper to sleep. Your arm is now straight up and you are deep, deep asleep. It is starting to get heavy. It is slowly falling. And as it goes down you are going still deeper and deeper to sleep. Your arm is now at your side and you are deep asleep. You will listen to my voice and do exactly as I say. Your arm is growing rigid, rigid as a bar of steel. Your arm is so rigid you cannot bend it. The harder you try the more rigid it becomes. You cannot bend your arm until I tell you to do so. Alright, relax, relax your arm and go deeper, and deeper to sleep."

By giving these suggestions and the arms rising and falling test you can determine how deep the hypnotic trance is. This mode of suggestion can be used in other methods of Disguised Hypnosis.

#### 4. FALLING BACK TECHNIQUE

This method is used to "shock" your subject into a hypnotic trance without his awareness. Simply have your subject stand with his arms at his side, feet together. Have him tilt his head up and close his eyes. Stand behind your subject and firmly press your two index fingers against his shoulders, one on each shoulder blade, then say:

"I am fixing my stare upon these two points and it will be like a magnet pulling you back. Do not be afraid to fall, I will catch you."

Remove your fingers and your subject will fall. Make sure you are only a little distance from him so that you can catch him before he falls any distance. Repeat this, letting him fall a little further each time. Each time he falls, and each time you catch him his fears are lessened as he becomes confident that you will catch him. Be very sure to stand close and firm enough so that you can catch him without any difficulty. Now, you are ready to shock him into a Hypnotic Trance. Tell your subject to fall backwards again. This time---don't catch him until he is a few inches from the floor, as you do, shout in a firm voice "GO DEEP ASLEEP!"

##### 5. FAKE "NERVE PRESSURE" TECHNIQUE

Tell your subject that by applying pressure to certain nerves you can cause drowsiness and sleep. You may either apply pressure to a harmless point in the back of the neck, or at the bridge of the nose, or some other part of the body where there are no dangerous arteries or nerves. Place your thumb and forefinger on this harmless nerve and tell your subject that, "by applying pressure to this nerve, the blood will always fail to reach the brain and thereby induce sleep." It is important to keep up a succession of deep suggestions while this is being done so that the subject's mind is occupied. The subject, believing that pressure on this nerve stops the blood from reaching the brain will feel drowsy and dizzy. As you apply pressure to this harmless nerve you can massage another point with the left hand. All the time suggesting

sleep. A good subject will soon sag and go limp as the suggestions take effect. Strong suggestions given at the right psychological moment will put your subject into a deep hypnotic trance.

CAUTION: Be sure that you are putting pressure on a harmless point and that pressure is not applied where it can do harm to the subject.

#### 6. EYES OPENING AND CLOSING TECHNIQUE

Place your subject in a sitting position, facing a blank wall.

You sit out of sight and give the following suggestions:

"Completely relax and gaze intently at the wall. Relax now, let yourself completely relax, let all the tensions leave your body....I am going to count and with every count you will close your eyes, and between each count you will open them."

Make sure that he fully understands what you mean. Illustrate it to him by standing in front of him and saying ONE..close your eyes----now open them...TWO..close your eyes again and open them again. You should count at about two second intervals.

Continue:

"Close your eyes on each count, open them between counts. Relax your body, relax. As I continue to count, you will find it harder and harder to open your eyes between counts. Your eyelids will get heavy, very heavy. You will get drowsier and sleepier with every count. You will get sleepier and sleepier. Your eyes are going to close and remain closed even though I continue to count. You will

try to open your eyes between counts but you will not be able to do so. Your eyes will remain shut. You will get drowsier and sleepier with every count. Drowsier and sleepier. You will drift into a deep, sound, restful sleep. You will go deeper and deeper to sleep even though I stop counting and continue to talk to you. Even though I have stopped counting you will go deeper and deeper to sleep."

After telling your subject what to expect, begin to count. Speak evenly and monotonously. Count from one to twenty. Start again if the subject is not hypnotized. The time allowed depends on the subject. Some very good subjects are influenced before you reach the count of fifteen.

If your subject tries to open his eyes, it is a good sign. When they finally remain shut completely there is usually a movement of the eyebrows. This indicates that your subject's effort to open his eyes has failed.

Continue your counting until all effort on your subject's part to open his eyes has ceased. Continue to give verbal suggestions to deepen the hypnotic trance.

#### 7. NEURO-MUSCULAR TECHNIQUE

When using this technique your subject is simply told that you are going to test his Neuro Muscular responses. Instruct him to sit upright in a chair, put his hands on his thighs, and look at his hands. When using this method avoid the words; sleep, trance or hypnosis. Begin the Neuro-Muscular test like this:

"As you watch your hands, one of them will begin to move. These are Neuro-Muscular reactions, and naturally happen when you place your attention on any part of your body. When one of your hands shows signs of movement, begin to look intently at the other hand. Now, as you gaze at this hand it will become very cool and feel very light. It will begin to lift into the air, very, very slowly. Keep watching as it rises completely of its own accord. See if you can tell what is going to happen next. As your hand gets to your shoulder level it will start moving towards your face. Try and tell which part of your hand will touch which part of your face first. As your hand comes closer and closer to your face your eyes will probably cross because of its closeness. In order to avoid this, close your eyes when you feel them begin to cross. Now your hand will touch your face and you will completely relax. You will feel very relaxed and your hand will drop to your lap. Your entire body feels good, it feels pleasantly relaxed. You are in a completely restful, tranquil state, content to remain so. You are so relaxed all you desire to do is remain so and listen easily to my voice."

Continue with this form of speech until your subject's hand reacts in the above described way. After your subject's hand has fallen to his lap his head will sag and he will appear to be completely relaxed and in a hypnotic trance. The movement of the hand against the law of gravity signifies that your subject is in a subjective

state.

The length of time that elapses before the subject shows any signs of moving his hand is determined by the individuals susceptibility. In some cases the above suggestions may have to be repeated several times. After your subject reaches this completely relaxed state you may proceed with your hypnotic suggestion.

#### 8. THE "FAR OFF" LISTENER TECHNIQUE

Sometimes, you will notice when talking to a friend that he is not really listening to you-- and seems to be in a daze. He seems to be "far off" and is not thinking about what you are saying.

You can hypnotize him in this state without his knowing it -- for what you say seems to go in one ear and out the other. Keep talking to him-- slowly change your delivery to that of a slow and monotonous one. Lower the volume of your voice and say:

"You are not really listening to me...but are thinking of sleep. Deep, sound sleep. Close your eyes and go to sleep. Sound, sound asleep. Very deeply asleep. Nothing will disturb you as you go deeper and deeper to sleep. You know me, I would not think of harming you. Listen and obey the friendly suggestions I am about to give you."

#### 9. MIND OVER MATTER TECHNIQUE

Tell your subject that you are going to test his "psychokinesis" powers-- power of mind over matter. Seat him in a chair, overlooking a table top or bare section of floor. Roll a marble over it and tell the subject to follow the marble with his eyes.. and mind too. Tell him that by concentrating on the movement of the marble he will keep it rolling indefinitely. Keep the marble rolling slowly. Explain that you are moving it now-- but soon the powers of his concentration will take over. As the marble continues to move his eyes will become fatigued. His mind is occupied with the movement of the marble---he will not be aware of the sleep suggestions you give him.

"The marble is rolling, rolling, rolling. Think about moving the marble with your thoughts. Concentrate on it. Clear your mind of all thoughts but the motion of the marble. Think only of the marble. Your eyes are tired...so tired. Let them close as you concentrate on moving the marble with your thoughts. Clear your mind of all thoughts but the motion of the marble. Sleep--sleep. Deep, sound sleep. Dream of the marble. Every time it moves, you go deeper and deeper to sleep. Deeper to sleep. Listen only to my voice...do exactly as I say..."

#### 10. MEMORY TESTING TECHNIQUE

Tell your subject that by trained concentration he can remember events that happened years and years ago. Facts that took place in his early childhood.

Have him lie down on a bed or couch and follow your suggestions. Tell him to follow your suggestions as you lead him back into his childhood.

"First, let's form a picture in your mind. Here we are in the country, and we see a cow...what comes to mind?"

Give him time to think. When he tells you, pinpoint the event.. get all the details..now, go further back in time..perhaps.. when he first saw a cow. Bring him further back until he slowly shows signs of being very tired. Say:

"see, you can go back many years. Now let's see if you can recall a pleasant dream you had many years ago. To dream, you must sleep. Clear your mind and think only of sleep. Deep, relaxing sleep..."

#### 11. "TIC TOC" TECHNIQUE

While you are speaking with your subject, calmly talk to him as follows. Speak very slowly and softly. If this is done late at night it is most effective.

"Listen to what I am saying and do not question me. It is ten o'clock. Tic toc, tic toc, tic toc, tic toc. It is eleven o'clock, tic toc, tic toc, tic toc, tic toc, tic toc, (yawn) tic toc, tic toc. Everybody is so tired, very, very sleepy and tired. Tic toc, tic toc, tic toc, tic toc, (yawn) tic toc, tic toc, tic toc, tic toc, tic toc. They can hardly stay awake. They are so tired. Tic toc, tic toc, tic toc, tic toc, tic toc, tic toc, tic toc. It is twelve o'clock. Everyone is slowly

going off to bed. Dragging themselves off to bed. They are very, very tired. They do not want to resist. They want to sleep more than anything. Sleep is the most important thing to them. Deep, sound, relaxing sleep. (Yawn) It is one o'clock and everyone is asleep. (Yawn) A deep, deep, sound, restful, relaxing sleep. They are forgetting all their cares, just having a pleasant, relaxing sleep. (Yawn) Relaxed, and sound, sound, deep, deeply asleep. (Yawn) A pleasant, restfull sleep. Close your eyes. Let us go to sleep together as you listen to me talk. We are so relaxed. Close your eyes and listen to only me. Concentrate on my voice as we fall deeper and deeper into a pleasant relaxing sleep. Everything is soft, and soothing. So soothing, soothing. Sleep, deep, restful sleep."

Proceed to give your suggestions to deepen the trance.



THE FOLLOWING EFFECTIVE TECHNIQUE HAS BEEN JEALOUSLY GUARDED FOR YEARS. PLEASE DO NOT REVEAL THE SECRET TO ANYONE..... AND IT WILL REMAIN DRAMATIC AND EFFECTIVE AND WILL SERVE YOU WELL.

## 12. "SLEEPING SODA" TECHNIQUE

For years doctors have been using inert substances (sometimes called "bread pills" or "placebo" method) and telling patients that they were "powerful drugs." This "drug" causes psychological cures of psychological illnesses. This in essence is the principle of the "Sleeping Soda" Technique.

### How The Author Developed The Startling "Sleeping Soda" Technique

I was always fascinated by the "placebo" method of psychological cures (using inert substances, and having the subject believe they were something else) and decided to try one out at a party one evening. After arriving, I showed the guests an impressive looking medical vile which contained a white powder. I explained that this was an effective, yet harmless "Hypnotic" powder that would produce a deep, relaxing sleep. I made my explanation mysterious and exciting. I selected a volunteer from the group and explained that if we dissolved the powder in water the taste would be unpleasant, therefore, we would dissolve the "drug" in a glass of soda. Very, very carefully and meticulously the powder was measured out. I then quickly dumped it into the soda. The chemical reaction of the "powder" and the carbonated beverage caused an effervescent effect which captured by subject's attention. Believing this powder to be a "hypnotic" explicitly for inducing the hypnotic trance made the procedure dramatic and exciting and created hypnotic expectancy. I held my subject and the entire audience spellbound. I told my subject to drink the soda quickly. After this had been done I seated him in a comfortable chair and in a soothing voice began my suggestions:

"The "drug" is slowly beginning to take effect. As it is absorbed into your blood stream it will travel through your body until you find a very pleasant, relaxing feeling going over your entire body. You feel drowsy. Your entire body is relaxed. You are thinking only of sleep. A deep, sound, restfull relaxing sleep. Your eyelids are getting heavy... heavier and heavier and heavier. It is very hard to keep them open. They are so heavy. You want only to close them. You want only to close your eyes and go into a deep, sound, restful sleep. Do not resist, let them close..let them close and as they do you will go deeper and deeper to sleep. Deeper and deeper to sleep. Now I will begin to count and as I do you will find yourself going deeper and deeper to sleep. With every count you will go deeper and deeper to sleep. ONE..you are going deep asleep, deep, deep to sleep. TWO..Your getting sleepier and sleepier. THREE..how tired you are, every muscle in your body calls for sleep. Deep, sound, relaxing sleep. FOUR..wonderful rest and relaxation is creeping around your body, surrounding your body with restful, peaceful sleep. You are drifting down, down to sleep, wonderful, sound, sound sleep. FIVE..you are in a sound, deep, wonderful sleep. Deep asleep, that's it, go deep asleep. Go deep asleep, go sound asleep. Nothing will disturb you. You are in a deep, deep, restful sleep. SIX.. listen to my voice and only to my voice. Do

exactly as I say. You will hear only my voice and do exactly as I say. SEVEN..you are deep asleep and are listening only to my voice. EIGHT..deeper, and deeper to sleep. Listen to my voice and do exactly as I say, only as I say.etc."

I gave these suggestions in a soothing, slow, monotonous tone. After a period of such suggestions I found my subject in a deep hypnotic trance and continued to put on an exciting hypnotic demonstration.

I found that it is even more effective when you give a group of people the "Hypnotic Soda" to drink. As soon as one subject shows signs of going to sleep..the susceptibility of the other subjects increases and they fall asleep more easily. This method is very effective..especially when presented dramatically.

All that you need to perform the "Sleeping Soda" Technique is an impressive medical vile and the powerful "hypnotic drug"-- which is really powdered sugar, readily available at most groceries.

NOTE OF CAUTION: Be sure that the powdered sugar is not given to diabetics. Never hypnotize anyone who is not healthy mentally and physically.

## HOW TO AWAKEN YOUR SUBJECTS

When you want to awaken a subject from the Hypnotic Trance you can use this very good counting technique.

"You are fast, asleep. You have had a very relaxing and restful sleep. When I awaken you in a few moments you will feel relaxed and alert. I will count from one to five and with every count you will slowly awaken. Be the time I reach five, you will be wide awake and alert. You will awaken exactly as you do every morning after a sound restful sleep. You are going to feel so very good, so refreshed. This has just been a pleasant dreamless sleep. You will remember nothing. Remember you will awaken the same as you do every morning. You must now think of getting up. I will begin to count now. ONE..you are beginning to wake up. TWO..the curtain of sleep is lifting. THREE..sleep is slipping and fading away. You are opening your eyes now, see the light? What a wonderful sleep you have enjoyed. FOUR..wide, wide awake now. FIVE..Wide, awake, that's it, wide awake. That's it, wide awake. "

NOTE: Count to seven or eight so that the subject knows he was awakened by your counting and is not confused.

This form of suggestion is designed to associate the hypnotic sleep with the every day normal sleep. It awakens the subject gently and pleasantly.

## HOW TO USE THE TRANCE-FER CHART DISC

Tell your subject that you are going to test his POWERS OF CONCENTRATION. Seat him comfortably--head looking down at a desk or table. Place the chart in front of him--X up.

Now say:

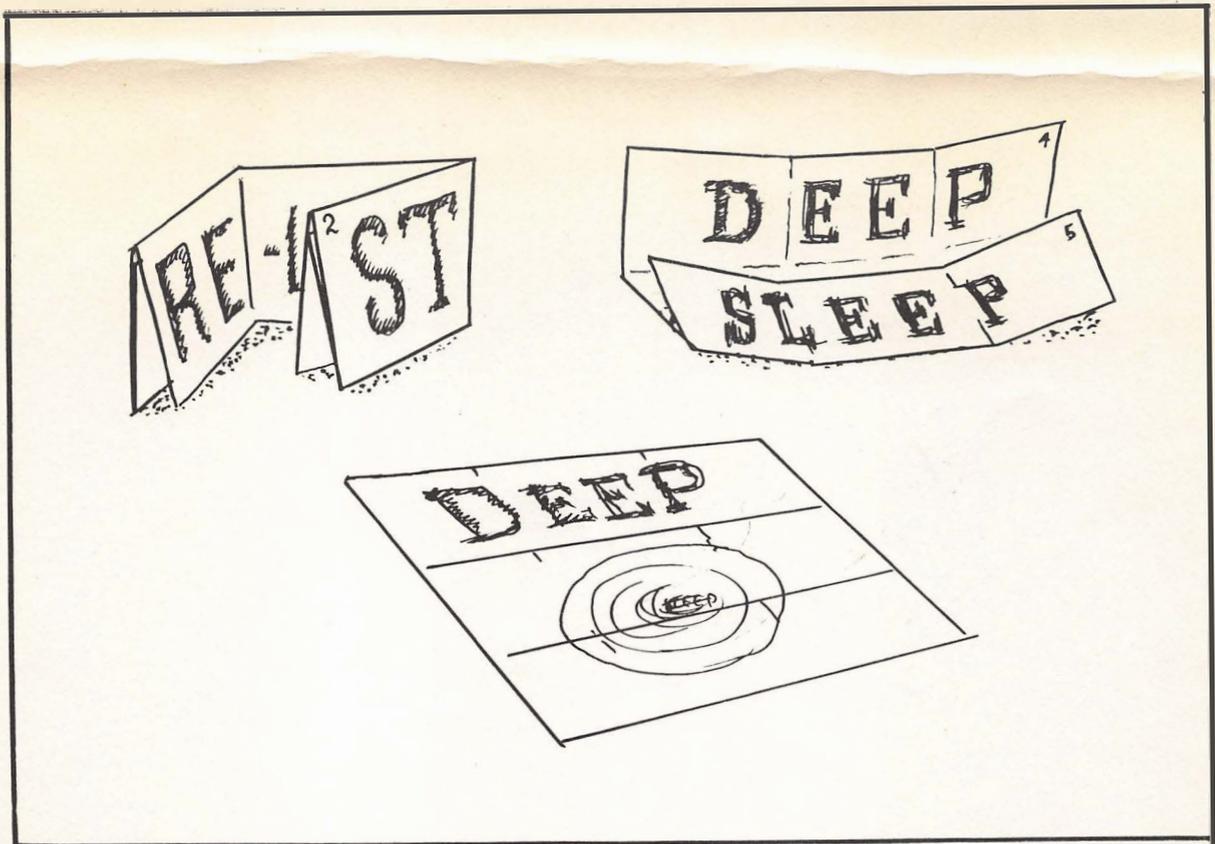
"We are going to test your ability to concentrate acutely, using your visual and mental powers together. How often have you wished you could fall asleep at will? You think about sleep but it never comes. Now-- with the aid of the Concentration Device-- I will show you how, be concentratin properly you can achieve a state of sleep by thinking about it in the correct manner. Now- as I unfold each section of this chart--I want you to concentrate on the word you see. Not only look at it--but feel it. Do as the new school of actors do--feel what you see. For example-- if you see the word "happy"---- feel happy...think happy. I'll illustrate-- I'm going to say a word-- and you, in one split second will think about this word and automatically find yourself doing it. Ready- the word is "BLINK".. see you found yourself blink automatically. Here's another--"SMILE". Get the picture? .... O.K."

Turn the chart over so you see the words "YOU ARE TIRED".

"Look--read and feel what the words say---repeat the words over and over in your mind. Count inbetween like this...tired-1, tired-2, tired-3...so on until you count to 10. Do this then slowly nod your head and I will unfold the circular.. Repeat this operation

again, etc."

When you have unfolded the chart and the subject has gone through all the words--"TIRED", "REST", "RELAX", "DEEP SLEEP" and reached the "SLEEP" Disc in center-- your subject should be in or about ready to be put into a Hypnotic Trance. Notice that the word Hypnosis was never used. Deepen the trance by using the methods previously outlined--by counting--eye catalepsy, etc.



## MISCELANEOUS

Once your subject is in a hypnotic trance, proceed as you do in normal hypnosis. You can make the same tests to see how deeply they are hypnotized. You can give them Post-Hypnotic Suggestions, re-hypnotizing them with a snap of your finger or a series of code words.

## CAUTION

Knowing how to hypnotize without the subject's knowledge can be immensely valuable. These guarded secrets and techniques are not well known..and can serve you well. However, unscrupulous or unthinking persons can use these techniques for selfish or misguided purposes. We strongly advise that you think before hypnotizing anyone. Do not embarrass or ridicule them.. do not do anything to harm them physically or mentally. I am not cautioning you to "scare you". It is just that I know Hypnosis to be a powerful tool..one whereby the hypnotist has great powers over the subjects. You will do no harm if you treat your subject as "you would like to be treated yourself." If you do, you will find these to be fascinating techniques for amazing fun and entertainment.