

Learn the art of **Conversational Hypnosis**



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<http://persuasionhypnosis.blogspot.com/>

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Conversational Hypnosis

This is a form of hypnosis that is designed to allow you to persuade someone in one sitting and without their knowledge.

Background

This unorthodox form of hypnosis was originally created by therapist Milton Erickson who dealt with war veterans post WWII and post traumatic stress. He did not believe in using hypnotic inductions but instead used confusion techniques, analogies and forced his subjects to question themselves. This has been passed on by present day hypnotherapist Igor Ledochowski who is now the authority on conversational hypnosis.

How does it work?

The way it works is that you can meet a complete stranger and in one conversation convince them to do what you want without them realising. This persuasion technique can be used in a sales pitch, picking up someone in a bar/club, convincing anyone to do anything really. It's all about using a person's thinking processes against them which forces them to question their decisions and in this way you can use your own suggestions to persuade them. (Ok so what the heck does that mean? I will give an example below to make it easier to understand.)

Conversational hypnosis example - convincing someone to go on a holiday

So the beginning is hearing about the person's problems as to why they can not go on a holiday such as: too busy, not enough money, wrong time of year, do it another time if they will ever get the time off.

So now you have to make this person question themselves so what you do next is confirm their negative reasons to a degree where it is ridiculous and there is no hope. As human beings we like to complain but we never want to confirm that our 'wants' will never happen so this will force the person to question themselves and try to find a solution. They will start to figure out that they have some leave saved up and also have a little savings that they can use so it is actually quite a possibility. Then you confirm their solutions and agree that you are wrong and they are right because the next best thing

that we like to hear as humans is how great we are, this technique never gets old. So now that you have confirmed their great idea and they are feeling good about how clever they are they will go through with it because they do not want to look stupid.

What is a good learning resource?

The person you want to learn from is Igor Ledochowski because he is the world authority on conversational hypnosis as I mentioned earlier. He developed a course called the [“Power of Conversational Hypnosis”](#) that is definitely worth checking out.

Difference between Hypnosis and hypnotherapy

Basically hypnosis is the act of influencing someone to react to your suggestions.

Hypnotherapy is the use of hypnosis in therapy to help people overcome conditions that are related to their subconscious. E.g. smoking, obesity, procrastination, confidence etc...

Short vs. long term results

Hypnosis - this is your short term results.

Hypnosis is used to influence a subject in one sitting to do, or react, to the hypnotists suggestions. You see this with stage hypnosis where you watch a show and the poor volunteer humiliates themselves. This kind of hypnosis requires a lot of practice to learn how to hypnotically induce in a social situation.

If you are looking for more of a one on one persuasion then conversational hypnosis is the art of using no hypnotic induction at all and using analogies, double binds and confusion techniques to influence your subject.

Hypnotherapy - This is your long term.

Most professional therapists these days are studying hypnotherapy because of the results that it brings. If you are suffering from any kind of condition (smoking and obesity are the most common) then hypnotherapy is used to provide many sit down therapy sessions where your hypnotherapist can induce you without you trying to resist. It helps to open your mind and allow your therapist find deep psychological “scars”. Once these “scars” are found then the work starts to heal them and give a permanent cure to your condition.

What should you use?

This boils down to what you want to learn or if you want help.

If you are looking to learn hypnosis and potentially become a hypnotist then study hypnosis.

If you are a looking for help then use hypnotherapy.

If you are looking for cheaper help then consider self hypnosis. (check <http://howtohypnotizeyourself.blogspot.com/> for information on this)

If you want to become a hypnotherapist then I advise taking a course. If you want a reference then look at the online hypnosis section of this book.

A simple persuasion technique

Have you seen the ads on TV where they say for a limited time only you can receive this for only \$19.99! Act now before stocks run out. This is one of the oldest persuasion techniques in the book which is called “fear of loss” and the beauty is that it always gets results. Statistics prove that if you use a fear of loss campaign then you will always get sales and good conversions. This technique is also used by us unconsciously when speaking about certain things especially shows and sporting events.

e.g. yeah the game of Friday should be awesome, you better get tickets now before they get sold out.

I am sure you can relate to this because we have all either heard this phrase or said to someone before and then struck with the fear that we will miss out on this amazing experience.

The NLP (neuro-linguistic programming) behind Fear of Loss.

So the question is why does this technique work so well?

The answer is that our thought patterns have been developed from birth to want the ‘shiny toy’. This goes back to our brothers the apes where they will fight over the biggest banana because they are afraid that there will never be such an amazing banana again.

So if something is perceived to be amazing and there is a limited opportunity to experience this then our reaction is to gain access to this before others do.

Why do we keep falling for the same technique

As human beings we always want to believe that there is always something bigger and better no matter what the facts point to. Common religious beliefs are testimony to this where billions of people around the World stubbornly believe that they will receive the greatest rewards because they believe in their faith that has no substantial fact to back it up. At the end of the day we want to believe so our minds will create a conclusion that what we are being told has to be true because we want that amazing opportunity to benefit us.

When this technique does and doesn't work

There are always the people that watch the Ads and say, “how stupid do they think we are“. Well this is because this particular item (car for example) does not interest them and can not be related to a positive experience for them. However when an Ad for something that they are interested in is shown (holiday) they change their tune and again fall for the “fear of Loss” technique.

Conclusion

This persuasion technique is one of many that is used on us and always gets results. If you are interested in learning more then I advise researching human thought patterns or NLP hypnosis. Igor Ledochowski would be the authority on the latter and I advise looking at his [hypnosis course](#).

hypnotic persuasion

If you want to be able to persuade people to do what you want and predict their reactions before they do then persuasion using hypnosis is what you need.

Hypnotic persuasion is a method that uses confusion techniques to manipulate people to think how you want them to. Generally the majority of people have the same thinking and reaction patterns which makes it easy to persuade nearly anybody by using hypnotic techniques.

Some basic conversational hypnosis techniques

Hypnosis is about understanding our thinking patterns (neuro-linguistic programming) so that we can use common triggers to change our perception.

A good example of a common thinking pattern is that red triggers our reaction to stop and green accordingly to go.

Hypnotic inductions are a common way to prepare someone to be hypnotised. This involves putting someone into a relaxed state where their mind is more open to suggestion. You can probably relate to this when you are lying on the beach with your partner and soaking in some sun. Your partner mentions spending a lot of money, you do not really have, on fine dining that night. Generally you would oppose this suggestion but you are feeling great and relaxed and agree it would be a good idea.

A common induction technique is to have someone sitting down and reminding them of a time in their life that gave them joy. Push this experience until you get a reaction out of them that is a smile and how it brings back great memories. You have put them into a relaxed state and now it is time to put in some suggestions.

Suggestion and Misdirection - Ok so you have your “subject” in a relaxed state and they are open to suggestion. You do not want to just say what you want them to do but to lead the conversation in a direction towards your suggestion.

Example: Your children sound amazing and it’s so important to plan their

future isn't it... If only my parents had got some professional advise to plan my future it would have made such a difference. I heard of this great financial planner who I will definitely recommend to you because he is the best. I will check if he is available in the next week but it is going to be tough, but for you I will make the effort.

As you can see the positive was used to misdirect and lead into the suggestion and a story was created with a positive solution for the "subject".

Learning these persuasion techniques

So if you want to learn how to persuade pretty much anyone you want then you should definitely check out the "power of persuasion" or the "[power of conversational hypnosis](#)".

speed hypnosis

Your asking what the heck is speed hypnosis, well it is exactly what you think it is... being able to hypnotise someone quickly without the use of a hypnotic induction and getting results immediately. The best way that I can relate this is to the famous Star Wars reference of Obi Wan “you don’t need to see his identity papers” and the storm troopers response was, “we don’t need to see his identity papers.” Is it possible to have a conversation with someone and hypnotise them there and then, the answer is yes.

Conversational hypnosis is speed hypnosis

Conversational hypnosis is specifically designed to be used to influence someone in the course of a conversation therefore making it the best way to learn speed hypnosis. The theories and principles behind it came originally from Milton Erickson who did not believe in using hypnotic inductions and used conversation techniques to persuade his subjects. This has become a very common style of hypnosis because it can be used in business/sales/personal situations.

When would you use speed hypnosis

This particular style is used for situations when you are in contact with someone for a brief period of time and need to influence their decision for some reason. This is perfect for sales situations, business proposals, public speaking (if you are good), and dating.

Who is the authority on speed hypnosis today?

At the moment the most influential speed (conversational) hypnotist is Igor Ledochowski. He has created a course that can teach anyone the art of persuasion without the usual hypnosis techniques. If you are interested in finding out more about it then I would recommend looking at

<http://conversational-hypnosis.yolasite.com/>

Online hypnosis

If you are interested in learning hypnosis online then you must be sure that you get the correct referral. Don't worry look at the link to [conversational hypnosis](#) because that is the best online hypnosis course you can find... hands down!

I am guessing that you are:

- looking to learn some tricks that can help in persuading other people.
- You don't have too much money in your pocket to fork out for ongoing lessons.
- You want easy and immediate access to this information.

Well good work because I did the same thing and I came across the power of conversational hypnosis. It has some audio CD's and it is a downloadable course that you can get, and more importantly it works.

Note

There are many online hypnosis courses that are crap, to put it plainly.

Beware of courses that do not give support and only give a PDF download.

If there is an option of a hypnosis club support then that is usually the best way to go.

Have a look at this website for a review of the best course for you.

<http://conversational-hypnosis.yolasite.com/conversational-hypnosis-courses.php>