

**How to  
Hypnotize  
People**

**And...**

**Other  
Living Things  
By  
Wayne F. Perkins**

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Written by Wayne F. Perkins, Certified Clinical Hypnotherapist

## **Dedication**

I dedicate this book to you, the reader and learner. You are my inspiration.

I also dedicate this book to all of the people who have inspired me during my life. You continue to inspire me and you are helping others achieve their mission in life.

Wayne F. Perkins  
Certified Clinical Hypnotherapist

"My mission in life is to help you achieve your mission in life."--Wayne F. Perkins

## **How to Use This Book**

*How To Hypnotize People and Other Living Things* by Wayne F. Perkins, is not just a book. It is a complete system that allows you to learn how to hypnotize other people very easily. The book contains easy to use exercises and techniques that will get you hypnotizing other people in just a few minutes..

The Perkins Method of Hypnosis involves learning hypnosis by reading my scripts into a tape recorder. You then listen to the scripts over and over again until you feel you have the right sound and the correct feel to it. You do not need to memorize the scripts. You only have to know the sequence of events that lead a person into hypnosis and then lead a person back to full consciousness.

I will give you some basic theory to get you going and also information on how to select your first subjects and how to induce hypnosis. You will also learn how to deliver some basic hypnosis prescriptions. A prescription is specific script designed to help your subject achieve a particular goal in the conscious state of mind.

In addition to reading and recording the text presented in this portion of the program, you have access to powerful Internet resources. These resources include a Self-hypnosis Chat service that provides on-line and real-time answers to your personal challenges. Other hypnotherapists and students with similar challenges discuss answers with the reader.

The Hypnosis Forum located my website provides similar help. A major advantage in using this resource is that messages may be read and posted 24 hours a day. This is a great advantage to the many readers from countries that participate.

Updated Chapters to this e-book and the Appendices are available to registered users of this book. A site on the Internet will provide free updated information and new Chapters. Hypnosis is a work in progress. New insights and pages will be added without additional cost to you. Since the new information is located on the Internet, it will be easy to copy and print out for your use.

You are always encouraged to read everything you can on the subject. New and exciting uses of hypnosis are being discovered all the time.

The best part of this system is that it is fun and easy to use! The book is short, sweet, to the point and very powerful. The information will make sense to you.

The Perkins Hypnosis and Self-hypnosis Methods, using Internet resources, are studied by clients, students and educators located in: Australia, Belgium, Canada, England, Egypt, Hong Kong, India, Ireland, Italy, Japan, Jordan, Malta, Malaysia, Nepal, Nevis, New Zealand, Saudi Arabia, South Africa, Switzerland, United Kingdom, as well as in the United States.

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# Chapter 1 What Is Hypnosis? How Do We Do This Stuff?

## Introduction

Normally I tell a story in the introduction of my books. However, I realize that you are anxious to get going and start hypnotizing other people. So let's begin!

## What is hypnosis?

"Hypnosis" refers to the power that words and ideas have when we surround these words and ideas with our complete attention. A hypnotist or an operator delivers words and ideas.

You **don't need any special qualifications** to deliver words that will change your life or help change your subject's life. Hypnosis, the power that words have when surrounded by one's complete attention is as old as the spoken word itself.

You may know PHD's that work as hypnotherapists and you may know door to door salesmen that use hypnosis in their job. The truth is, no academic title or course completion certificate will ever tell you how good a hypnotist is.

The nice part about it is that with a little study you can be a very effective hypnotist. Always remember, however, to read all you can outside of this short textbook. You will learn not only from books but also from each and every subject you hypnotize.

You are going to learn words and script that will assist you in achieving positive results with your hypnotic subjects.

When you have questions regarding hypnosis and these techniques as you read this book, please visit the contact me by e-mail at:

wayne@wayneperkins.net

or my visit my Hypnotism Education Website located at:

<http://www.wayneperkins.net>

## What to Expect

What do you expect out of this book?

Each Chapter has a specific purpose. By completing and applying the exercises in this book you will be well on your way to becoming a hypnotist. shortly after Chapter 3, you



may have already attained the goal that was the purpose for you purchasing this book in the first place!

I have purposely designed this book to be short and sweet. If you want lots of psychological theory or scientific data, go to my Hypnotism Education Website at:

<http://www.wayneperkins.net>

I prefer to help you achieve success without all of the theory.

Working this way has made my first book, *How To Hypnotize Yourself Without Losing Your Mind: A Self-hypnosis Training Program For Students And Educators*, a huge success. This is also the format I am using for future books in my *How To Hypnotize* series.

Expect to achieve success in your goals, long before you have read this book to its conclusion.

Always expect the best for yourself during your reading and completing of the activities outlined in the chapters ahead. Up until now, you may not have always expected the best for yourself and others. You must change that expectation if you wish to succeed with all you wish to accomplish in life. Wish success for yourself and wish success for your subject. Always **expect** the best from yourself in this book and you will **receive** the best.

## **What to Expect from Your Subject**

What do you expect from your subject? You expect your subject to give you the same support that you are giving them. Never take advantage of your subject and always show concern for their safety. Remember that your subject trusts you with the most important part of his/her existence. Your subject trusts you with his brain and his identity. Usually, your subject will tell you something secretive that will never be revealed to anyone else. Give your subject your undivided attention and you will be successful.

I am going to give you just enough theory to get you going. Here it is.

## **Fundamental Law of Attraction**

A basic psychological law applies to you and your subject and everyone else in the world. This is the basic psychological law that explains why hypnosis really works.

The concept or law is called the *fundamental* law of attraction.

The fundamental law of attraction as it applies to hypnosis is as follows:

"Whatever you hold in your mind at any given time, your body moves toward that direction. Your body can be directed to move in a physical, mental, emotional or spiritual direction."

Think about eating your favorite food. Picture in your mind how wonderful it looks. Picture in your mind the color and texture of the food. Think about how it feels as you chew it. Think about how your favorite food tastes and smells. Feel it in your mouth. Notice how your mouth starts to fill with saliva as you think these thoughts. This is the law of attraction at work. You are holding the thoughts of your favorite food in your mind. As you think about it in great detail your body tends to move toward it by allowing the saliva to flow as if you are digesting the food in real life. Do you begin to salivate when walking by a bakery or in a movie theater when you smell the popcorn popping? Notice how your body seems to be goal oriented. We will capitalize on that goal orientation of the body and the law of attraction as we progress through the hypnosis exercises.

Let's move on.

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