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Ministry of education

National Centre for Distinguished

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| **English research** | **hypnotism** |

Introduction

Scientific research on hypnosis began two centuries ago with Mesmer’s first “magnetic” treatments in 1774. Hypnosis had been known and practiced for thousands of years, but Mesmer was the first to seek a scientific explanation for the powerful psychological forces he had learned to control.

Hypnosis was an area of psychological research long before the phenomenon was recognized as primarily psychological, and more than a century before the emergence of psychology as a separate discipline after the founding of Wundt’ laboratory in 1879. In fact, research in hypnosis was a major influence on the development of the psychologies of motivation, the unconscious, and social influence. A number of historically important persons, known primarily for their work in other areas, have made significant contributions to the study of hypnosis :

Jean Charcot, Wilhelm Wundt, Sigmund Freud, Alfred Binet, etc...

The study of hypnosis has not yet reached an advanced stage of scientific development. In terms of clinical skill and practical application is far ahead of its scientific elucidation.

1. The issue

This research is about to answer these questions

* What is hypnotism?
* How to hypnotize people?
* How to do self-hypnosis, and when can we use it?
1. Aims of research

The aim of this research is to know the secret of hypnosis and what can the hypnotists do to hypnotize people and how do they do that!!

Does this hypnosis help us in our daily life??

Let’s learn to hypnotize …

Chapter 1
All about Hypnotism

First Section
Definition & more…

1- What is hypnotism?



Figure

 Hypnotism is the most practical science of the age. It enters into our everyday life, and confers advantages that cannot be acquired through any other medium. Its practice is no longer a mere pastime for amusement and sensation; as professional men of the highest standing now recognize its value and seek to profit by its benefits; and scientists regard it as a natural power, for ages kept dormant, but apparently destined to perform an active part in the welfare and development of future generations.[[1]](#footnote-1)

Hypnosis is an altered state of consciousness characterized by heightened susceptibility to suggestion. Under hypnosis, suggestions bypass the critical faculties of normal consciousness and directly enter the subconscious mind–where “if accepted,” they are acted upon. The deeper the level of hypnosis, the greater the subject’s suggestibility.[[2]](#footnote-2) It is a very natural condition that people experience on a daily basis (examples include: highway hypnosis, daydreaming, etc.)[[3]](#footnote-3)

To study hypnotism is like unfathoming the hidden mysteries of magic and human miracles and making them matters of absolute knowledge. Its possibilities are almost boundless and are interwoven with every phase of human life, and its powers are largely responsible for the successful terminations of modern business and social undertakings. It does not require years of study to become a hypnotist, for this great blessing to mankind is a natural endowment possessed by practically everyone and capable of being developed by all who will devote to its study the patience and energy always so necessary for the development of natural talents.

This entire process is based upon the fact that while our conscious thought processes use inductive reasoning, our subconscious uses only deductive reasoning. Once a suggestion is accepted by the subconscious, it is automatically transformed into reality. It does not matter if the suggestion originates from

an internal source (ie. self-hypnosis) or an external one (the operator). Indeed, the distinction between autosuggestion and hetero suggestion is considered to be both arbitrary and superficial.

2- History of hypnotism

The germ of the science of hypnotism was recognized by the ancient Greeks and Romans, who derived their knowledge of it from the early Egyptians. There is also evidence that the Chinese practiced the art thousands of years ago. In fact, the exercise of hypnotic power seems to have been one of the intuitive accomplishments of mankind; for in various.



Figure

Second Section
Questions about hypnosis..

1- What is the difference between sleep and hypnosis?

 Sleep is a state during which you are unconscious of what is going on. Hypnosis is a state during which you are consciously aware of what is happening around you. Another important difference is that during the sleep state we do not learn. Probably the most influential source of message units is the subconscious mind.

2- What are the uses of hypnosis?

The uses of hypnosis are virtually unlimited in nature. The most common are weight and smoking control. It can also be used to alcoholism, drug addiction, stress, and various other psychological problems such as depression and compulsion. Hypnosis can also be utilized to develop memory, increase concentration and improve study habits and test taking. It can also help improve self-confidence and enhance athletic abilities. Presently hypnosis is being used effectively in many different settings, including educational, medical, dental and legal areas as well as in sales.[[4]](#footnote-4)

4- Under hypnosis a person will carry out any suggestions given

An individual will not accept a suggestion that is contrary to his/her principles, nor will he/she commit an anti-social criminal act. While in hypnosis a person has the power to select only the suggestions that he/she is willing to accept to follow. The subconscious mind has an automatic filter system that decides what is acceptable and not in each situation.

5- Is it possible to get locked into hypnosis?

A person will only remain in the hypnotic state for the length of time he/she wants to. We actually have an internal alarm clock function which can be utilized in other situations as well.

6- People who are easily hypnotized are weak-willed or feeble minded?

FALSE The opposite is more accurate. The more intelligent and imaginative a person is, the easier it is for him/her to be hypnotized.

Chapter 2
Learning to hypnotize

First Section
Stage hypnosis

1. How to hypnosis on stage?

The following technique is designed to rapidly induce hypnosis in the most susceptible subjects in the group. Give them some point to focus on, which is correctly positioned to produce eye strain. A stage light or other light is ideal.

“Concentrate on my voice, listen only to my voice. Let all other noise and distractions fade away. Focus your eyes on the light in front of you. Look steadily at the light. Now I want you to think about relaxing every muscle in your body. First, relax your toes and feet, every muscle is becoming completely and totally relaxed. Moving up to your legs, now your calf and thigh muscles are relaxing. As you take in a deep breath and slowly exhale, your chest and stomach muscles are relaxing. Now down each arm all the way to your fingertips, every muscle is relaxing. All of the tension in your neck muscles and head is now is draining away and relaxation is flowing through every fiber of your being. You feel light, relaxed and totally at ease, and you are listening only to the sound of my voice. Nothing else matters, just my voice. Any other sound just makes you concentrate more intently on my voice.” “With each and every breath you take, you are growing more and more relaxed, more and more at ease. Your eyes are beginning to get heavy, very, very heavy. On the count of three, close your eyes and keep them closed tightly together. One..Two Three, close your eyes, with your eyes closed, you can rest now and go deep, deep asleep. You are so very, very tired, It will feel good to go to sleep, Go to sleep now, go deep asleep.”

1. Funny suggestions
* DRUNK ON WATER

Several subjects are told they are at a party. Each is given a glass of water, which they are told is straight gin or vodka. The effects and interactions are hilarious as the subjects grow increasingly intoxicated drinking tap water.

* ASLEEP IN THE AUDIENCE

A male subject is given a posthypnotic suggestion that when awakened, he will jump from his chair and return to his seat in the audience–where he will immediately fall back into a very deep sleep. After the subject does this, your assistants are sent into the audience to get him. They lift him under the arms and carry him back to his chair on stage. He stays asleep the whole way!

on awakening he will not be able to see you, although you will remain in the room so he can feel and hear you, and although he will see everybody else. The subject on being awakened can hear and feel you, but he fails entirely to see you. When speaking to him you will observe his head and eyes turn in the direction of your voice, but you are completely invisible to him. This is a negative hallucination of sight. Similarly, it may be suggested that the subject is deaf to certain words, but not to others.

Second section
Self-hypnosis

One technique provides for deep relaxation, both at the moment you are practicing it and wherever you experience a stressful situation in the future. That method is self-hypnosis, which we know to have many of the benefits of meditation and biofeedback, yet with the added power of posthypnotic responses.

1. EXAMPLES OF SUGGESTIONS FOR SPECIFIC PROBLEM AREAS OBESITY
* **SMOKING/CHEWING**

“I am now the master and no longer the slave of negative habits of the past.”

“Anytime I reach for a cigarette or a chew, I will become aware of what I’m doing, stop and make a conscious decision that I am now in total and complete control of this habit.”

“Being around other people who smoke does not bother me or increase my desire for a cigarette.”

* **TO STUDY**

“I am becoming more motivated to study each time I look at a book or attend a class.”

* **MEMORY**

“Everything I read or hear is automatically recorded in such a way that I can recall it easily and effortlessly anytime I want.”

* **SELF-CONFIDENCE**

“I am becoming more self-assured and more self-confident in all aspects of my life.”

“I see myself as a very worthy and very capable person.”

2- MAKING YOUR OWN SELF-HYPNOSIS PROGRAM

1. Select some relaxing music.

2. Write your script – keep it short and to the point. Repeat key phrases numerous times to reinforce the suggestion hoped to be accomplished.

3. Find a place where you will not be disturbed to record. (If you dislike the sound of your own voice, find someone else to record your program.)

4. When recording talk in a slow monotonous voice, creating a kind of rhythm.

5. Utilize the program for 21-30 days before evaluating the results.

3- Reducing your physical stress with self-hypnosis:

Self-hypnosis offers you the ability to dissolve the immediate stress you feel. It can also provide a tool-posthypnotic suggestions for handling stress out-side of your self-hypnosis. The relaxation and deep breathing of the trance-state unravel your muscular tension and set up what is called ”the relaxation response.”

Here is an example of how you might suggest relaxation to yourself:

“As I focus my attention on my hand, on a spot on the wall, on a sound or color, I may encourage my body to relax even more. I might visualize the stress and tension that builds up in my muscles as constricting bands or layers that can be peeled away. Deep breathing breaks the bonds of the outer layer of the stress.”

4- Paul Mckenna:

Paul McKenna is the world's most famous hypnotist, watched by more than 200 million people in 42 countries and his books are being translated into 28 languages. He has worked with high achievers, sports champions and even royalty to help improve their lives.

Figure

He is the author of many bestselling self-help books such as He now has over 1 million books in print and has spent several months in the best seller’s lists.[[5]](#footnote-5)

|  |  |
| --- | --- |
| **His published** | **The year** |
| I CAN MAKE YOU HAPPY | 2011 |
| THE HYPNOTIC GASTRIC BAND | 2013 |
| CONTROL STRESS:STOP WORRYING | 2009 |
| AND FEEL GOOD NOW! | 2009 |
| I CAN MAKE YOU SLEEP | 2009 |
| QUIT SMOKING TODAY | 2007 |
| CHANGE YOUR LIFE IN SEVEN DAYS | 2004 |

Conclusion

This is the end of this research, hope that you liked it and learned from it the main tricks that hypnotist do on stage. It’s very interesting thing when you feel that you can hypnotize your friends and make them do funny things, and how awesome it would be when you hypnotize your teacher to put full marks for everybody??

Results

* We managed at the end of this research to understand a little bit of hypnotism
* We also managed to know how hypnotists  trick people on stage
* This research answered many questions about hypnosis

Suggestions

* Be more interest in hypnotism and try to exercise self-hypnosis every day
* Do not hypnotize people if you’re not an expert because it’s very dangerous

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Paul Mckenna -Books-CV

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