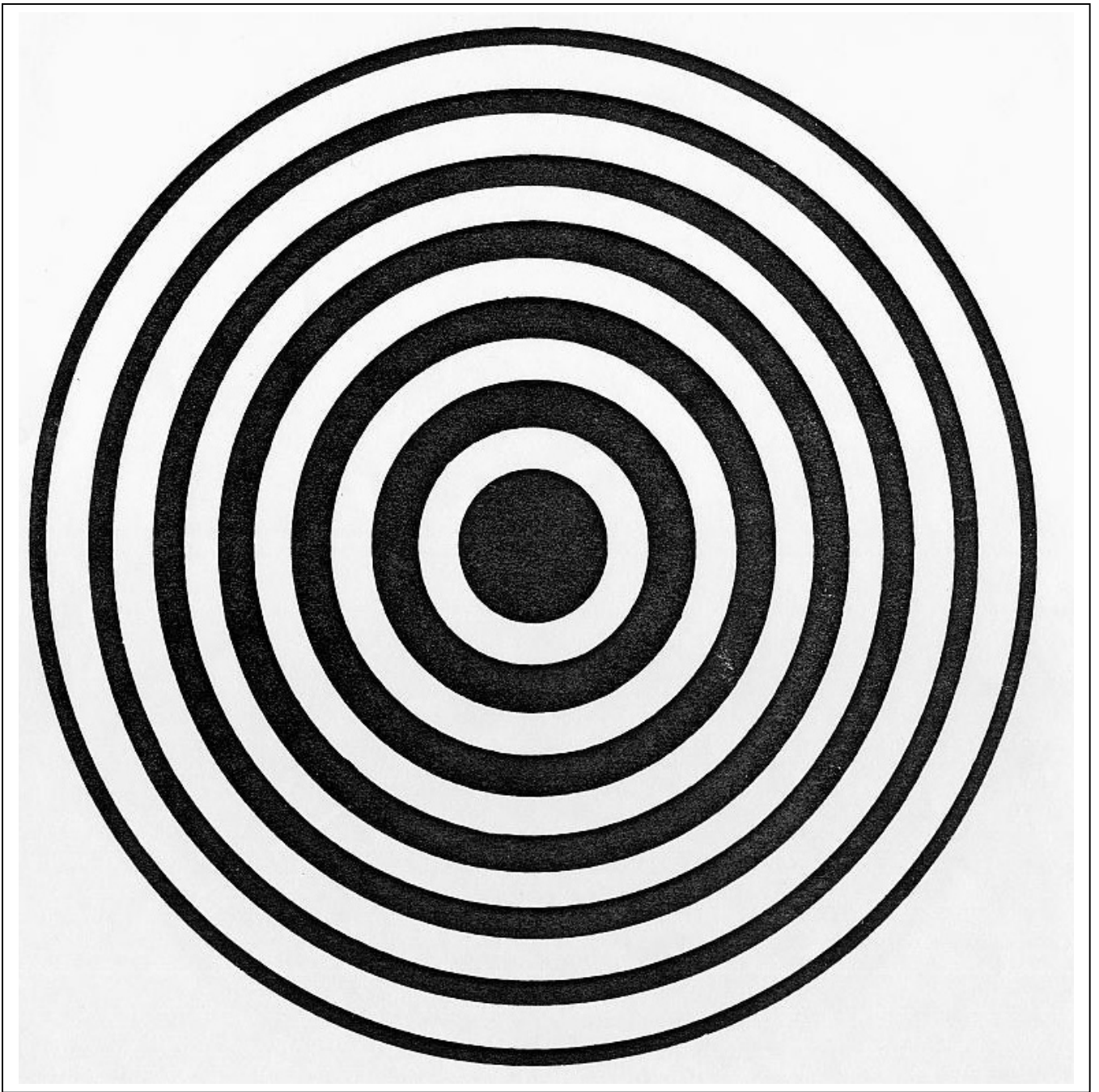


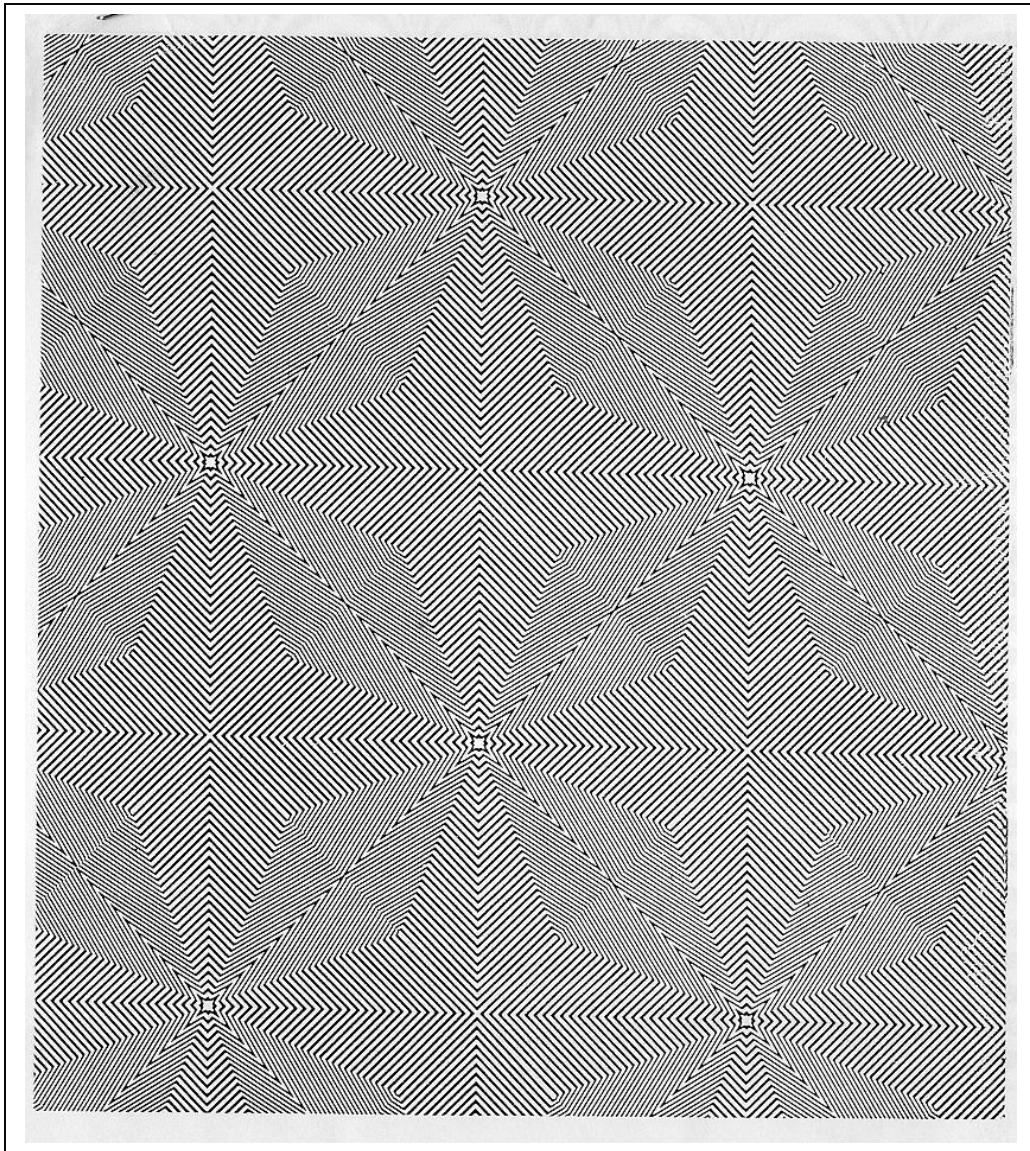
Twelve
Devices That
Almost
Instantly
Hypnotize



Preface

In this booklet you will find preliminary methods that will build your hypnotic power and develop your personal magnetism.

These “secret” devices- some of them revealed to the public for the first time- And only valid with training. Do not try to judge them in advance, put them into practice. It works by practicing- and practicing alone. Then you will obtain the results you desire.



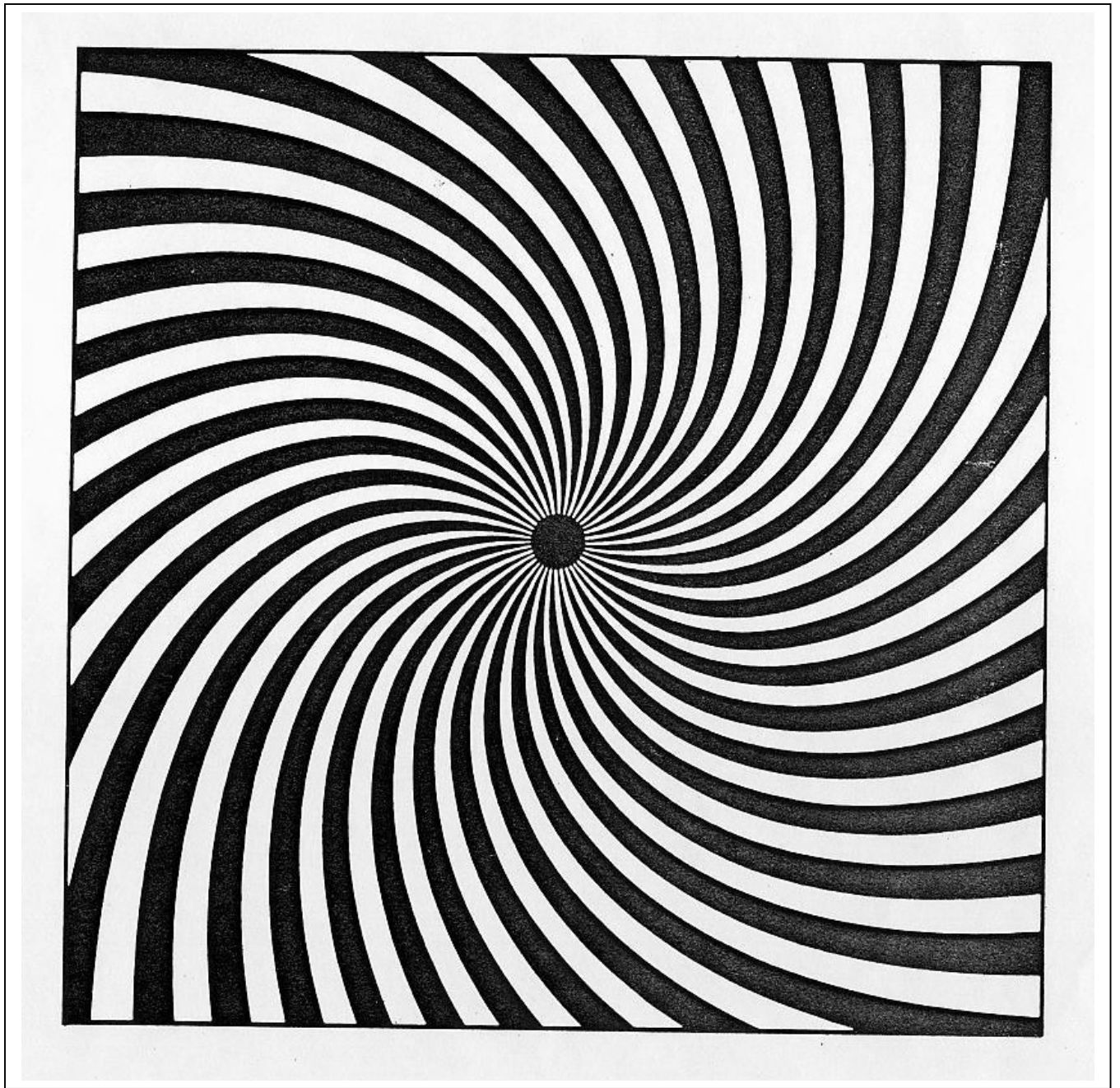
1- BE PREPARED

One of the devices for hypnotic power resides in the hypnotist's physical and mental preparation.

From a physical viewpoint, food that is hard to digest, alcohol and tobacco should be kept in moderation. In general, anything that tends to interfere with or weaken concentration is detrimental to your hypnotic power.

Staying in good physical condition and sleeping well facilitate the practice of hypnotism. For mental preparation, start by reading and rereading the following phrases every day:

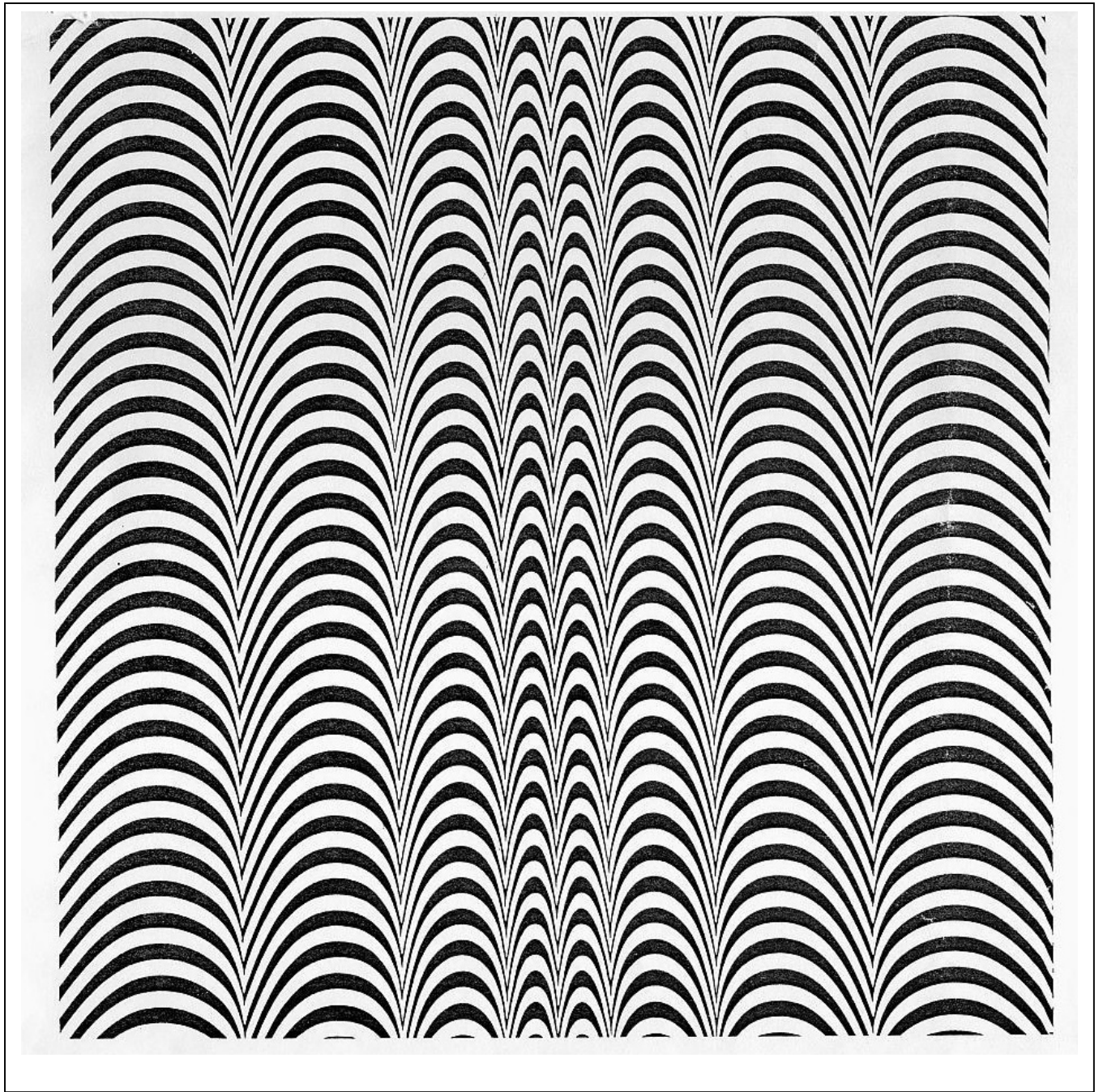
- I want to**
- I can**
- I am sure of myself**



2- DEVELOP THE INTENSITY OF YOUR GAZE

Place the design on the opposite page about 11 inches away from your eyes, slightly above eye level. Start by fixating on the black circle in the middle. If you feel your attention wandering at first, close your eyes for a few seconds and begin again, always fixating on the center of the circle.

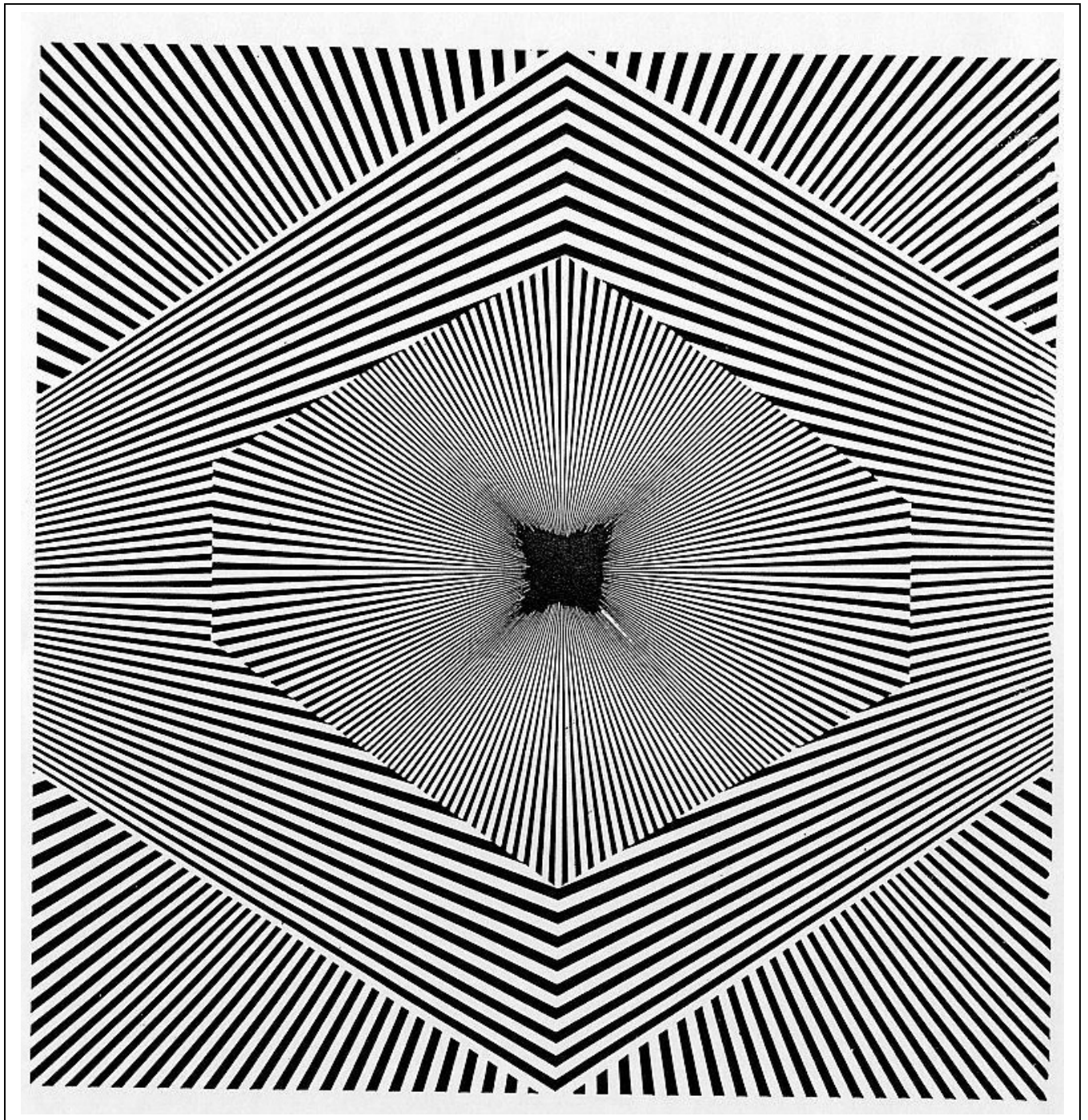
Try to keep your eyes open as long as possible without blinking. After a few minutes you will see the circle divide into two points that gradually move two inches or so apart while you begin to feel more and more relaxed and fixated on the circle. This marks the start of auto-hypnotism.



3- PRACTICE AUTOSUGGESTION

Once you have reached this state of calmness and relaxation, concentrate on the following phrases, one after the other, repeating them to yourself:

- **I feel my will grow stronger and stronger**
- **My hypnotic power develops day by day**
- **No one can resist the power of my gaze**



4- BUILD UP YOUR ENERGY

Breathe calmly, using your diaphragm and abdominal muscles, and with each inhalation mentally envision yourself taking in cosmic energy. Every time you exhale, project the accumulated energy through your eyes. Imagine that energy surrounding your subject, enveloping him or her in the power of your magnetism.

You can think of your fluid as a violet-colored ray.

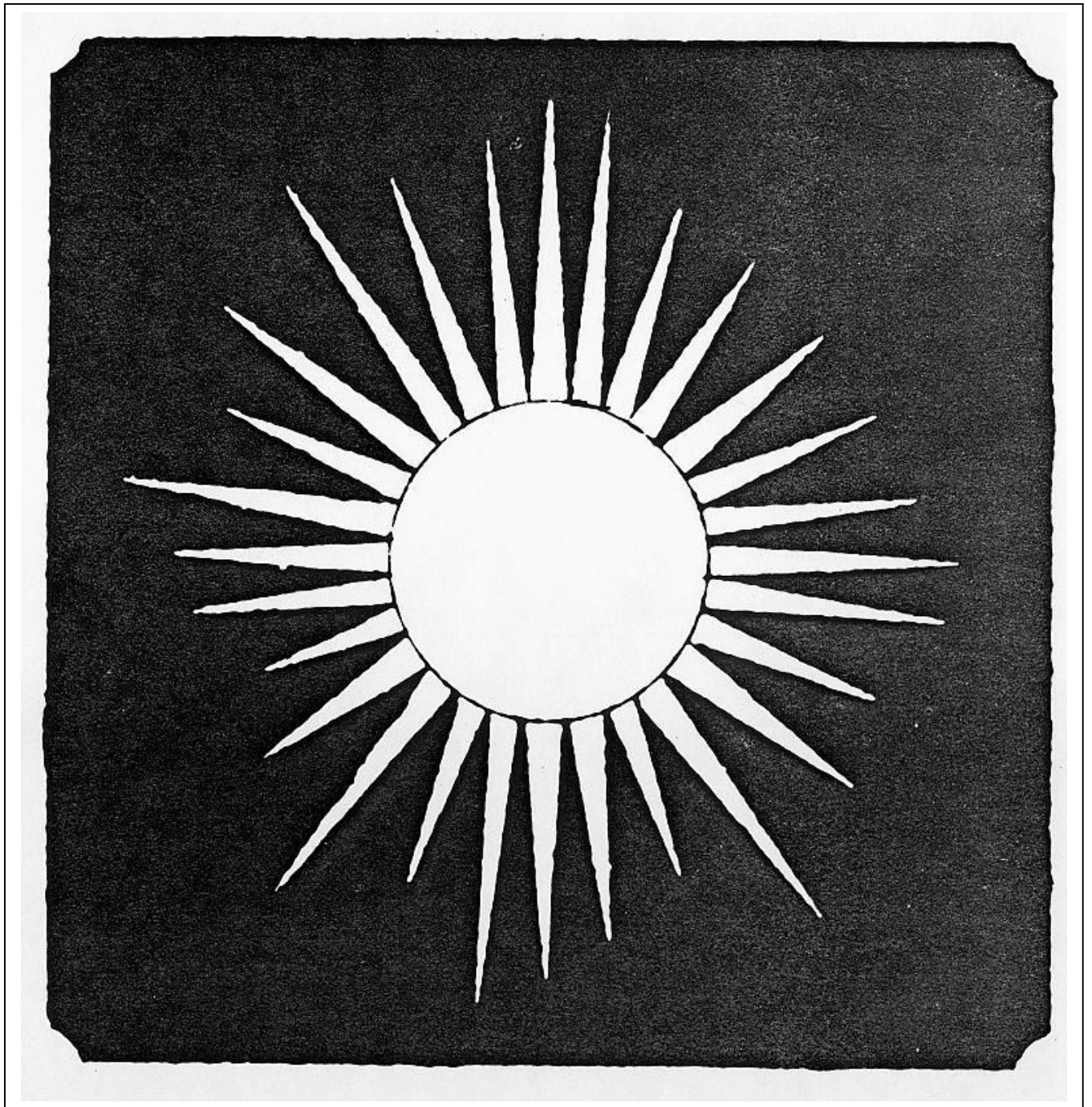
Note that the longer you do this exercise the more powerful your fluid and energy becomes.



5- HOW TO HYPNOTIZE EASILY

Take one of the hypnotic designs in this booklet and hold it 10 or 12 inches away from the subject, high enough from his forehead that he must make an effort with his eyes and eyelids.

Ask the subject to fixate his eyes on concentrate his mind exclusively on the design. The subjects pupils will contract, at first, then dilate. Once they dilate, move your hand close to his eyes. His eyelids will close involuntarily in a vibratory movement.



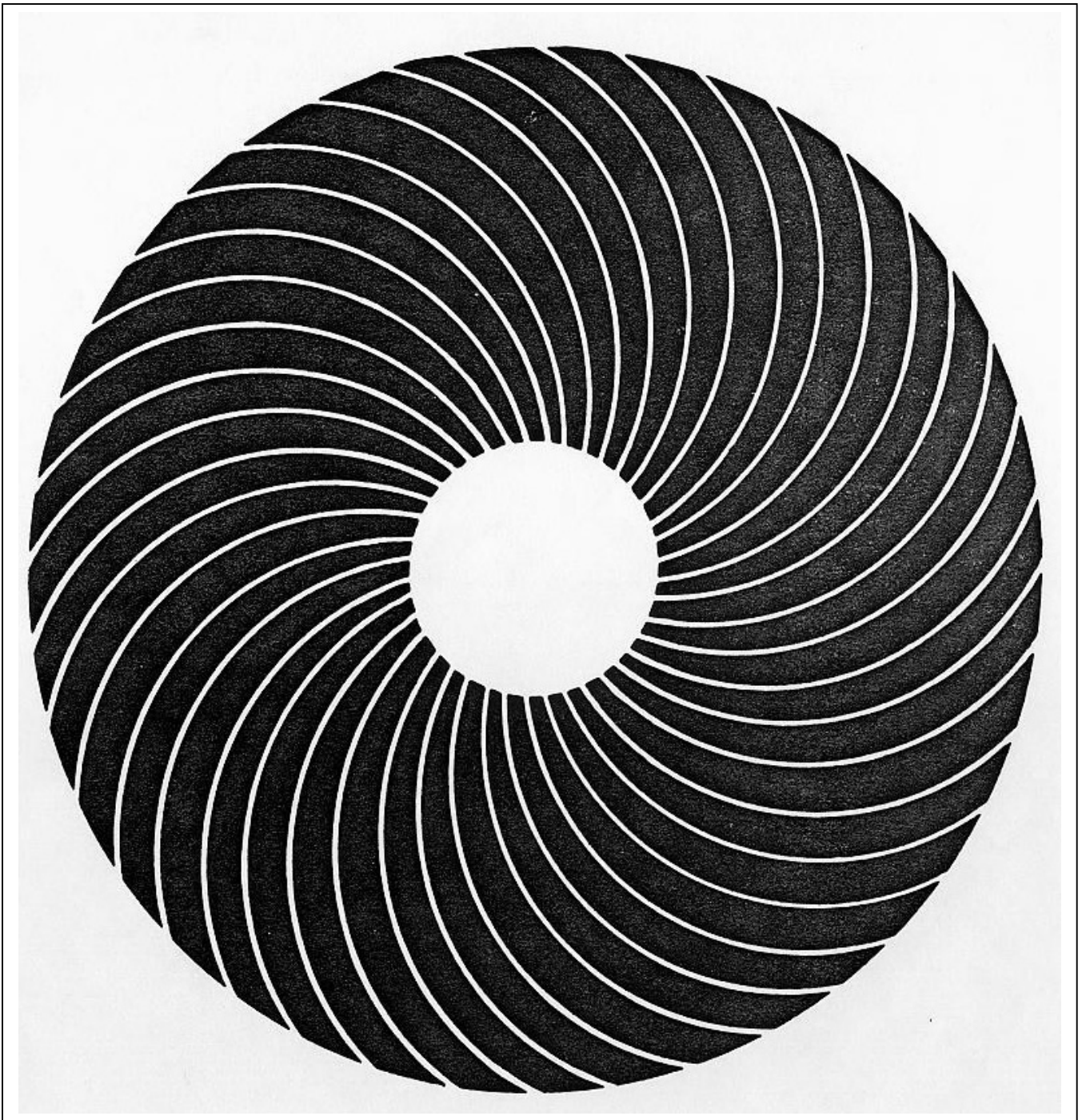
6- REINFORCE THE EFFECT THROUGH SUGGESTION

If the subject does not shut his eyes, start again, asking him to do so as you approach your hand.

You can reinforce the effect by saying the following:

“Remain tranquil and serene. Your eyes are fixated on the center of this design. Nothing else exists. Your entire universe is concentrated on this point, nothing else. Keep your eyes focused on the center of this design....”

Then you continue with the suggestions that you feel are necessary for him or her.



7- ROTATE THE DESIGN

Slow, circular movement of the design will enhance the effect. You also can use any rotary mechanism. In that case, the spiral will give the best results.

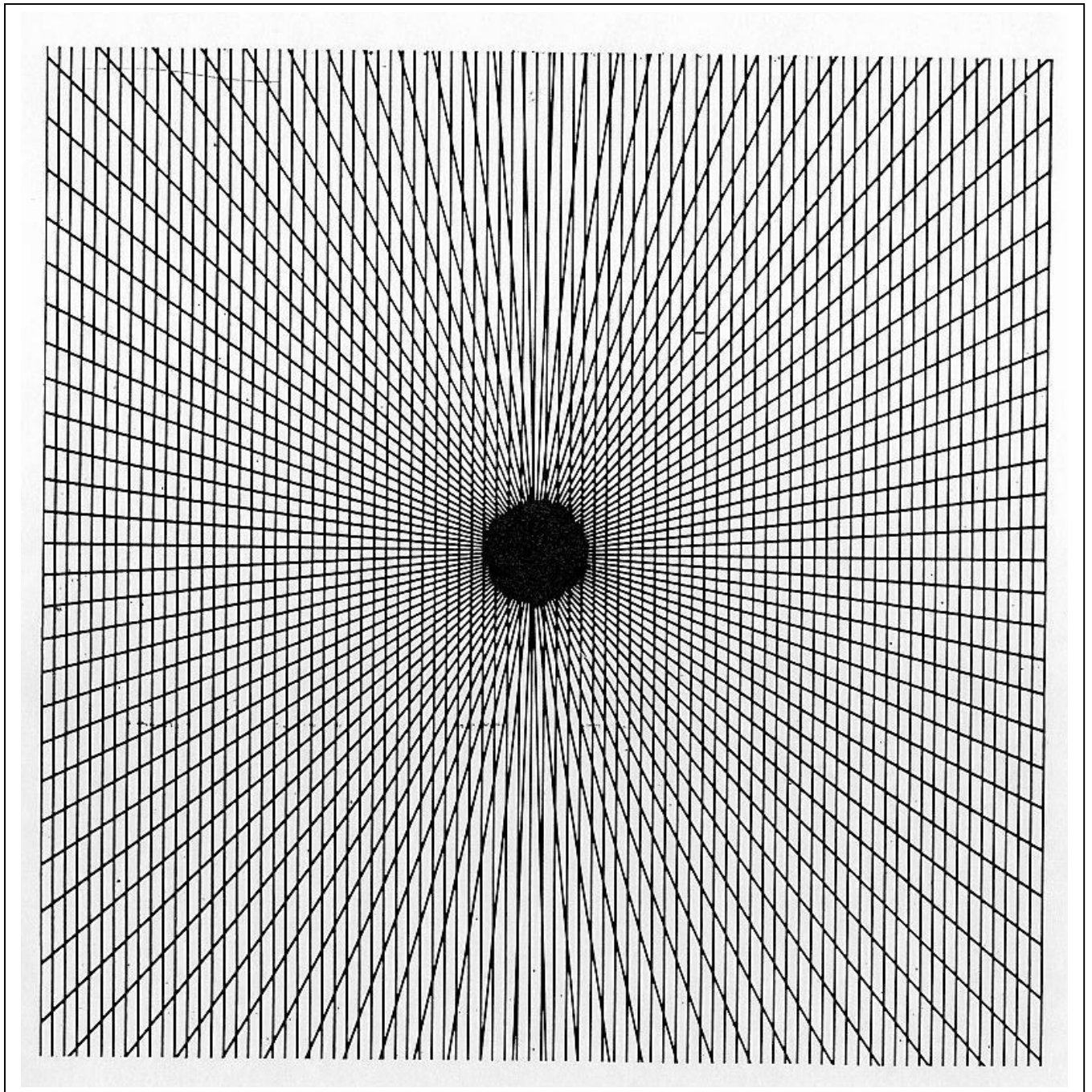
8- UTILIZE THE “MIRROR EFFECT”

Tape one of the designs in this booklet on a large mirror.

Ask the subject to fixate on the design until he is no longer aware of his own image.

Or you can ask him instead to alternate-to concentrate his attention on the design for 30 seconds, then on the environment, then back to the design.

This is also excellent training for auto-hypnotism.

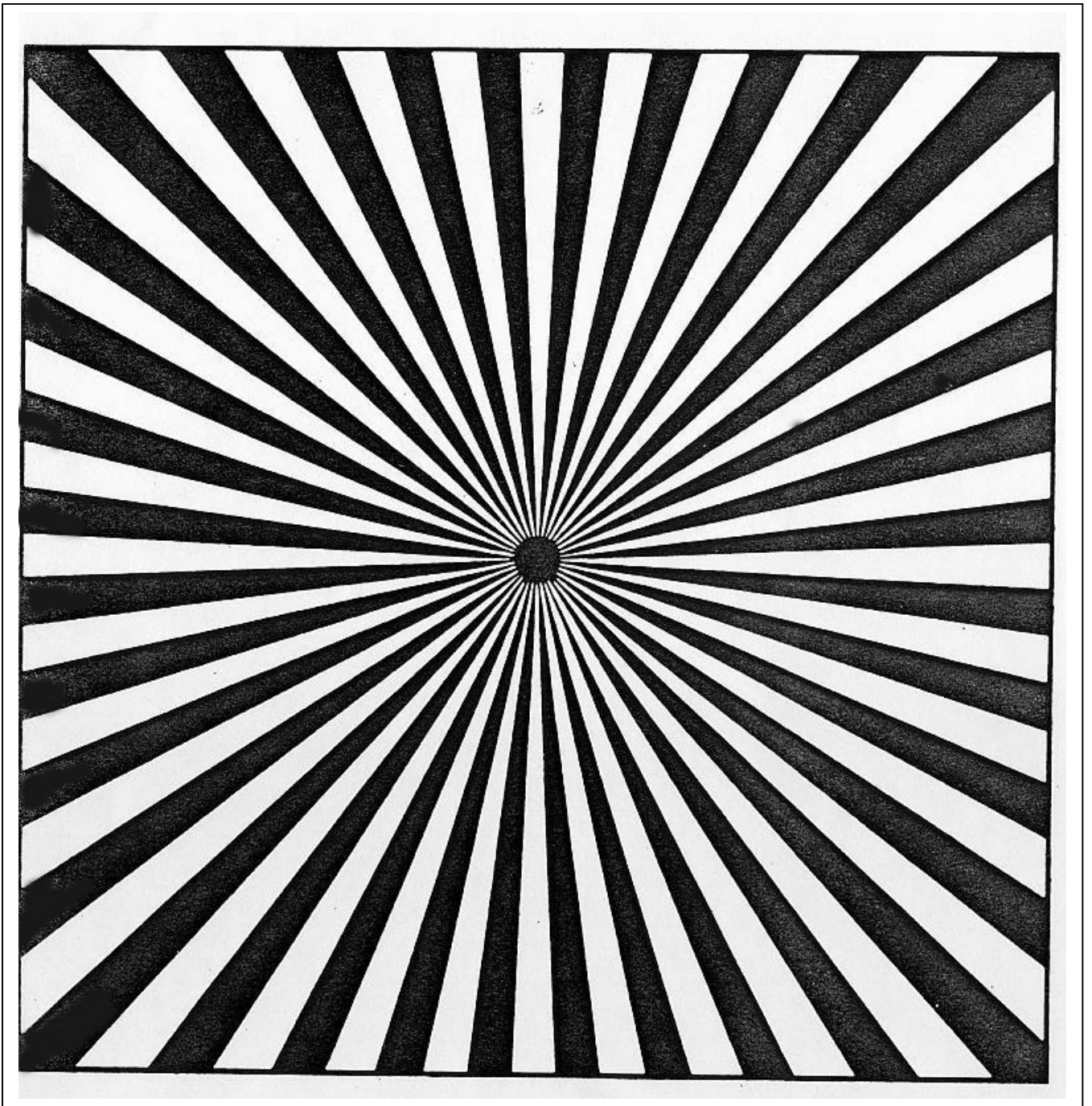


9- DEVICES FOR DEVELOPING A POTENT GAZE

We have already seen one of them: Its intensity. The second is the *exact point where the subject should be fixated*. That point is located **PRECISELY BETWEEN THE EYES**, in other words, at the root of the nose. This point is sometimes referred to as “The Third Eye”.

While projecting the power of your gaze, you can picture what you want mentally: create an image of your subject already asleep and think of the phrases that induce hypnosis as described in this method.

Often, by following this procedure, you can put someone to sleep *without saying a word*, just by simple fixation and telepathic suggestion.



10- USE YOUR HANDS AS TRANSMITTERS

Much like your gaze, your hands are powerful sources of magnetic influence.

Point your fingers toward the subject, toward his temples especially, and you will hypnotize him easier.

You can actually “energy charge” the hypnotic drawing shown here as a fixation point.

To do this, Inhale, take in energy, and send your force toward the design as you exhale.

FINAL ADVICE

The ideal way to almost instantly hypnotize is to accumulate the effect of gaze, magnetism, hypnotic designs, voice and gestures. This cumulative effect will guarantee you maximum success in all situations.

