



Manual  
to  
The Introduction to Hypnosis Workshop, Part I & II

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**Please buy a pendulum to do this workshop**

# Manual to The Introduction to Hypnosis Workshop, Part I

We know that there are claims that our lineage goes back to when our ancestors lived in caves. They used to pray, sacrifice, chant and dance to their gods. In these rites they would go into profoundly altered states.

Then there is evidence that in the days of ancient Egypt there were certain events in the temples that was very suggestive of what we know today as hypnotic phenomena. Certain temple chants, rites or drugs may have mediated this.

All high temples of ancient Greece had oracles. People believed that the high priestesses of these temples communicated with their Gods and by doing so they had the power of prophecy. There is much evidence that they found ways to go some trance states to do this. From such states these oracles would utter their critical predictions.

The most famous was the oracle at Delphi. More recent investigations have suggested that the inner sanctum of the temple in which the oracle sat was in fact over a tectonic fault line. From this fault line issued gas with a unique chemistry of its own. The suggestion is that the gas intoxicated the oracle and in this altered state she uttered her pronouncements.

Then came Franz Anton Mesmer a medical graduate of the University of Vienna.



A. MESMER

He believed in animal magnetism. This term as it was understood in his day concerned a supposed magnetic fluid or ethereal medium that resided in the bodies of *animate* beings (i.e., those who breathe). There was a commission that was set up to investigate his work. This commission found that the cures he claimed were indeed true. However the commission could not endorse his assertion that it worked because of animal magnetism.

Mesmer is succeeded by James Braid a medical graduate of the University of Edinburgh:



It was Braid who coined the term Hypnotism by abbreviating it from Neuro-Hypnotism.

Then came James Esdaile who was a graduate in Medicine at the University of Edinburgh. From Wikipedia we place before you this:

On 4 April 1845, Esdaile performed his first mesmeric procedure:

*On 4<sup>th</sup> April 1845, [Esdaile] was treating a convict afflicted with double hydrocele. The drainage and injection of one side of the scrotum caused the patient such pain that Esdaile determined to try mesmerism upon him for the second operation... he was successful in rendering the convict analgesic, and at once began to experiment with mesmerism both as a means of producing analgesia in surgical cases, and as a method of treatment for medical ones.*

By his own admission, Esdaile had never seen a mesmeric act; but, given the level of pain of this specific patient, and the understanding that he had gained from what he had read, it occurred to him that mesmerism might be of great value:

*Seeing him [the patient] suffering in this way, I turned to the native sub-assistant surgeon, an élève [student] of the medical college, and asked him if he had ever seen Mesmerism? He said that he had seen it tried at the medical college, but without effect. Upon which I remarked, "I have a great mind to try it on this man, but as I never saw it practised, and know it only from reading, I shall probably not succeed."*

Esdaile did succeed.

We know that James Esdaile went on to do over 4 hundred surgical operation using his mesmeric analgesia.

Then came Milton H. Erickson. He was an American Psychiatrist specializing in medical hypnosis and family therapy. He was founding president of the American Society of Clinical Hypnosis and a fellow of the American Psychiatric Association, the American Psychological Association, and the American Psychopathological Association. He is noted for his approach to the unconscious mind and his belief that it is creative and solution-generating.



In the field of Hypnosis he has the distinction of creating informal trance inductions to fit any set of circumstances his client structured for him.

**It is precisely this facility that we intend to teach the students of this workshop.**

# The Manual of Introduction to Hypnotism, Part I

We will now teach you the Classical Hypnotic Inductions.

In this respect, we accept the axiom of Richard Bandler:

If you can do a thing once, it is an event.

If you can do it twice it is a coincidence.

If you can do it three times, it is the work of the Devil.

If you can do it four times, it is the work of God.

If you can do it five times, then it is you.

So, whatever we ask you to do in this workshop, you have to do it five times with different partners. If we have enough numbers, there must be a third person to act as a monitor to ensure that the work is done and done well.

I. **The Coin Technique:**

The subject is to extend . . .

. . .

II. **The Chaisson Method.** This induction was created by Dr. Simon Chaisson of Youngstown, Ohio, U.S.A.:

Help the subject to . . .

. . .

III. **Eye fixation:**  
The subject is to ...

...

IV. **The Pendulum Method:**  
Please sit comfortably and ...

...

V. **Hand Levitation Induction:**  
Please see to it that your subject ...

...

VI. **Progressive Relaxation:**  
See that you subject is sitting and ...

...

# Manual of The Introduction to Hypnosis, Part II

Part II of this manual will deal with the teaching of a set of limited language structures.

Once you have learnt them, you can use them to create your trance inductions.

It is incumbent on all professional hypnotists to be able to be competent in the Classical Induction. However they are to have the know how to create their own trance inductions.

From our experience we know that in clinical work there is a place for the application of Classical Inductions.

For considerations relating to intellectual property rights Part II of the manual will not post the language structures for individual creative trance inductions.

At the time of the workshop, the student will be given Part II of the manual.