

# 4 Powerful Hypnotic Frames That Will Help You Practice Hypnosis Without Fear


It's pretty much a common goal among hypnotists: to be able to hypnotize people **without** chest-gripping fear.

To be a talented hypnotist who effortlessly comes off as being (and feeling) confident, proficient and knowledgeable.

But if you've yet to reach this desirable stage – there may be one significant reason this dream is evading you...

**Y**ou've Got Some Fear Around  
Failure.

Fear that's stopping you dead in your tracks.



The good news is: you're about to be introduced to **4 hypnotic frames** that'll give you the confidence to move beyond any discomfort, anxiety (or even nerve-shattering fear!) when it comes to practicing hypnosis.

But first, here's a scene you may be familiar with...

You're having a conversation with some friends that you haven't seen in a long time. And a stranger is sitting nearby and hears you tell your friends: *"So I'm a hypnotist."*

The stranger then decides to join in with your conversation...

*"Did you say that you're a hypnotist?"* they interrupt, as intrigue lights up on their face.

Your heart skips a few beats. And after a short pause and a bit of hesitation you answer them...

*"Um...well...yes,"* you answer them nervously. You go on to explain how hypnosis is natural. How everyone can be hypnotized. And so forth.

*"Ah, not me, I really can't be hypnotized,"* they assertively tell you.

*"Nearly everyone can be hypnotized,"* you tell them...almost hoping that they don't ask you to hypnotize them.

*"Okay, well let's try then,"* they eagerly reply.

You know where this is going.

You suspect there will be some resistance on their side, and that your nerves will take over due to the pressure of the unexpected situation.

But you push forward because you want to show that hypnosis works. That it can be used to change lives, dissolve fears, phobias and all the rest of it.

So you begin.

But the thing is, nothing you do is working. You can feel their desire to prove to you that they're right. That indeed they can't be hypnotized.

And you can also feel your anxiety rising.

The result? No relaxation. No hypnotic trance. Nothing.

You're running scared in your mind, grasping for straws.

They keep resisting and you keep trying.

Feeling defeated you chalk this up as a loss.

If this situation sounds familiar, or you're curious to learn new ways to engage with your subjects confidently, keep reading as this report is going to introduce you to **4 hypnotic frames that'll help you practice hypnosis without fear.**

But going back to the above situation, there is valuable lesson to be learned here – be aware of the expectations you set up in your subject's mind.

Whenever you tell someone (out of a professional setting, that is) "Hey, I'm a hypnotist," it sets up a certain expectation.

This is because many people harbor the misconception that a hypnotist believes....

**“I’m** a hypnotist and you’re my subject. I’m going to hypnotize you and do things to you. And you’re going to obey.”

And because of this view, people’s defenses shoot up like a rocket.

Sure they’ll let you try to hypnotize them. But for some, they’ll see this as a challenge.

*“There is no way he’s going to control me!”*

*“You can’t hypnotize me...go ahead and try!”*

We know that you’re not controlling them.

**But the truth remains: this type of situation will do nothing to inspire your confidence.**

This is because the issue isn’t what you believe.

It’s not even necessarily your skills.

Anyone who has practiced street hypnosis will know you always look for subjects who are more susceptible to hypnosis. That you want to keep your eyes open for people who are curious, interested and open to experiencing hypnosis.

You avoid the person in the crowd telling you that hypnosis doesn't work. That they can't be hypnotized. That hypnosis is mind control.

And for those of you who have practiced hypnosis in a more professional setting, you'll know that one of the first rules of thumbs is: If your subject isn't open to hypnosis or change, then regardless of how good of a hypnotist you are – it's best to send them on their way.

This is because the issue isn't you or what you believe – it's what your subject believes when it comes to hypnosis.

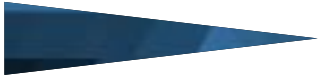
The “power of belief” was even known way back in the 1780s during the Franz Anton Mesmer days when the French commissioned an investigation into his practices.

While they may have debunked his animal magnetism theory, which was based on his belief that tidal influences can be transmitted through the body as a way of “universal force” (animal magnetism), it was found that what people believed mattered. As during the investigation, only those who believed in the possibility of the experiment working experienced positive results.

This is not to say that you should never work with a skeptical person. Or that they can't be hypnotized. Because over time, you will do both. But you have to know how to manage this situation.

So before you build these skills up, it's really important that you have a **rock-solid way to set-up strong hypnotic interactions** from the get-go.

Which brings us to the wonderful world of hypnotic frames.



# What are hypnotic frames?

Hypnotic frames can **make or break** your hypnosis sessions. This is because hypnosis always has to fit within a context. Again, it's about how you position things.

A frame is what a person expects to happen in a certain situation. And a hypnotic frame is the backbone of **every** hypnotic interaction.

It's what your subject expects to happen in a session.

So why not create a better frame from the get go? It'll make things 10 times easier.

Your job here is to simply present a frame that will get people excited enough to volunteer.

One that will then lead your subjects into trance easily and automatically.

To discover what some of these techniques are, check out the 4 hypnotic frames below:



## 1. The "I'm Doing An Experiment" Frame

This may manifest in your conversation a little like this:

*"I'm a hypnotist but I'm not doing hypnosis today. Today I'm going to be doing some research on the power of the mind. Would you care to join me?"*

So, what makes the "I'm Doing An Experiment" frame so powerful?"

First and foremost, **it sets you up as an authority.** At the same time you take all the risks off yourself.

Why?

You're not doing hypnosis. Rather, you're doing research. An experiment, if you will.

This has a sense of: *"Would you like to play and have some fun?"*

It's much more empowering than being a "controlling hypnotist." If you're a hypnotist exercising control on your subject, you assume all the risks and responsibilities.

Instead you've framed this interaction as an experiment between yourself and your subject.

**It's become more of a balanced relationship.**

All further interactions have been framed as well. This also conditions your subjects to become even more responsive.

While this kind of frame is very powerful, you don't want to put all your eggs in one basket.

It's not the only frame you should use.

Which brings us to...



## 2. The "Please Help Me" Frame

With this frame you tell your subject you're a hypnotist – but with an added twist.

You tell them that you're just starting out.

This still sets you up as an authority. But at the same time, it **turns you into a non-threat**.

By doing this, you reduce the risk in your subject's mind.

Next, you ask them to help you practice.

You can tell them you're not doing hypnosis. Rather you're just practicing some technique.

*"Don't worry, nothing is expected of you...just go along and pretend you're going into hypnosis, ok?"*

This will make it seem like an enjoyable and fun experience. At this point, you also want to ask them something like:

*"Can I ask you to move over here and put your arms out like this?"*

You're getting them to volunteer. Compliance, check!

Why does having someone pretend and rehearse going into a trance work so well?

It's because they're **using their imagination** to take themselves into trance.

It's easier than you think. You just have to go out and play around with this frame a bit.

But there are two more hypnotic frames we'll take a quick glimpse at first...

**>>These powerful fear-busting frames are part of the Practice Hypnosis Without Fear program. Get the full training here.**





## 3. The Magic Moment Frame

This one is really simple as it all boils down to this: **you're giving your subject a little taste test** before they get the 7 course meal.

Or, as the name implies, a "Magic Moment" where normal belief is suspended by something out of the ordinary.

Imagine this – you're doing some sort of hypnotic demonstration (or even a simple mind game) with a potential subject.

This can be a convincer, eye lock, arm lock, magnetic fingers, etc.

Just enough for them to get a taste of *"Wow, that's so cool!"*

When you see a drastic change in them, pump the brakes and hold back. Remember you want to give them a taste. Not the 7 course meal.

This is one of the most powerful frames you can set.

Why?

Because it gives them an emotional experience they can grasp. An experience that will cause them to come back for seconds.

Honestly, the Magic Moments frame is a diamond in the rough.

Use it wisely.

Want even more useful techniques so you can become a fearless hypnotist? [>>Visit this page to get the complete How to Practice Hypnosis Without Fear Home Study Program](#)



## 4. The Seminar Frame

This frame gets the job done well. It's got 3 powerful forces working in the background.

It's got **authority, mystery and trust.**

But obviously, should only ever be used if you actually have a seminar planned!

So you may be wondering, *"How do I use the seminar frame in the real world?"*

Glad you asked. You tell people you're a hypnotist running a workshop on the power of the mind (or whatever your workshop is about).

This sets you up as an authority figure. You obviously know what you're doing if you've got a workshop coming up.

Mystery is built right into this frame by default. The mere mention of hypnosis is enough to reach out and grab someone by the collars. As well as bring them closer.

And last but not least, it's got trust built in.

Someone obviously trusted you enough to certify you... not to mention rent a seminar room out to you!

Take advantage of this.

And after you've practiced some hypnosis with your volunteer, be sure to invite them (and their friends) to your seminar!

So there you have it. This report was just a taster (a bit like the Magic Moment Frame!) to show you how **powerful and essential hypnotic frames** are to your hypnosis practice.

Just by knowing which frame to use when practicing hypnosis with your subject, you'll feel more confident and empowered to share your hypnosis talents with others and feel zero performance pressure.

Plus, it's a skill you'll be able to apply in many other areas of your life.

But hypnotic frames are just one piece of the "fearless hypnotist" puzzle. An important one indeed, but before you use hypnotic frames, **you must also have the right training, the right mindset and the right approach to your hypnosis practice.**

You can make sure you have all 3 covered with the [How To Practice Hypnosis Without Fear home study program.](#)

You can [find out more about this program](#) here today.

Using the 3-part program, along with full transcripts and complete demonstrations, you'll have everything you need to **transform yourself into an unstoppable hypnotist.**

This program is specifically designed to make your fears, concerns and insecurities about practicing hypnosis dissolve.

[Visit this page to get the How To Practice Hypnosis Without Fear home study program.](#)