



STEALTH HYPNOSIS

CONVERSATIONAL HYPNOSIS CRASH COURSE

THE SECRET POWER TO GET WHAT YOU WANT,
WHEN EVER YOU WANT IT

How To Maximize Your Hypnotic Skills In Minimum Time
Workbook One
David Van Arrick



S.T.E.A.L.T.H. HYPNOSIS

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How To Use This Workbook

Welcome to the companion workbook to the S.T.E.A.L.T.H. – Strategic Suggestion Through Easily-Applied Linguistically Triggered Hypnosis” Crash-Course.

The S.T.E.A.L.T.H. Hypnosis Course is designed to teach you the how too quickly, easily and naturally train yourself to become a master of 7 Super-Powered Hypnotic Language Patterns.

The key to being effective with hypnotic language is similar to being an artist, athlete or martial artist. You must over-learn, practice and master a small set of key skills.

These Key Skills Are The Difference That Make A Difference.

The carefully chosen hypnotic language patterns in the S.T.E.A.L.T.H. Program; once mastered can turn anything and everything you say into a hypnotically compelling, trance inducing process.

Even if the person you are using them on knows you are doing it.

The secret to the language patterns that you will be learning is that they are such fundamental building blocks of every day speech that they practically never call attention to the power that they have in controlling how, what, and the way we think about things.

For best results you should **watch the S.T.E.A.L.T.H. Hypnosis Tutorial Videos first**. Do the exercises as outlined in the videos and then refer to this manual for additional and supplemental drills and information.

Remember this...

True Mastery Comes From The Things We Do Consistently.

That being said, this program seeks to instruct you on multiple levels simultaneously and in fact is using the very hypnotic language patterns you are learning to install the power to use them inside you.

Once you have completed the tutorial videos and the lessons in this workbook. Go back and review the transcripts of the video sessions, re listen to the audios and notice how much of what I have been teaching you have also been being used on you in order for you to get the most from this training.

This program is “designed” to give powerful conversational hypnotic skills in a very short period of time. If you do the drills, you will get the skills. Conversational Hypnosis is a skill best learned by doing, reading, writing the patterns and speaking them out loud.

***No matter how good the program is;
if you don't put it into practice, you won't get the
results.***

The Magnificent Seven (+/- Two) **The Top Seven Deadliest Hypnotic Language Patterns**

Conversational Hypnosis and Covert Hypnosis Can Take Many Forms:
Easily the most powerful, versatile and practical is the method of conversational hypnosis that utilizes a concept called “**Presuppositions**”

Presuppositions Defined – Things or elements within a communication that must be accepted, assumed or “presupposed” as being true in order to make sense of any given communication.

Much of the power of presuppositions lay in the background assumptions we have to create in order to make sense of what we are being told. The structure of presupposition also automatically forces our brain to create a certain “pattern of thinking” inside our minds.

These patterns of thinking direct “what” we pay attention to and “how” we think about the things we are paying attention to.

Why Use Presuppositions?

- They are global and therefore useful in any situation or circumstance.
- Because they have the same affect on anyone hearing them, you can use presuppositional language to influence large groups as well as a single subject.
- When used properly, presuppositions can naturally and easily induce trance.
- Completely natural and undetectable to everyone (except to those rare individuals who happen to share with you this kind of advanced level of linguistic skills).
- People must accept what is said as true in order for them to mentally process the language and make sense of what you told them.

Fundamentals:

Although the number of potential presuppositions is vast they basically fall into two “Basic Categories”

The Most Basics Presuppositions are:

- **Existence** – something must exist, if it is named it must exist. Naming implies existence.
- **Action** – something is being done to something. Implies a process is occurring

Suffixing

Suffixes are simply single syllable endings we put on words to denote, in most cases past present or future. In this segment we will deal with the power of two particular and very commonly used “suffixes” and explore exactly what they do and how you can use them to create hypnotically compelling messages.

Suffixing is not directly covered in the training videos but is extremely useful and important for working with someone’s internal representations.

Now when I say representations what I really mean is the “way” a person processes a state, idea or experience inside their mind.

Meta-Strategy When using Suffixing”

The key to remember when influencing another persons thoughts and internal representations is that the more “dynamic” the representation is, the more compelling and memorable it becomes.

The more static the image the “less” compelling it tends to be.

A movie is almost always more compelling than a photograph. Even of the same subject.

Suffix Theory – ing vs. ed

-ing: Creates mental movies and ongoing processes.

- *Moving pictures are more real and compelling.*

-ed: Creates still photographs, and past tenses.

- *Useful in shifting things into the past or de-vivifying an internal experience.*

As you become more skilled in the use of the S.T.E.A.L.T.H. Protocols You will find that you will easily be able to shift things from past, to present to future very very easily.

You will also quickly discover that having the ability to shift someone’s point of pain or resistance into the past significantly amplifies your ability to move that person to do what you want him or her to do.

About The S.T.E.A.L.T.H. Patterns

To make these patterns easy to learn we have grouped the seven patterns into *two distinct* families of Hypnotic Language Patterns. Descriptors and Directors

The first grouping you will learn (Descriptors) all deal with and make use of the hypnotically compelling power of descriptions.

These patterns are absolutely critical for you to make the most effective use of the second family of S.T.E.A.L.T.H. PATTERNS – “Directors”

S.T.E.A.L.T.H. Principle #1

There is no difference between a compelling description and a direct command

Except...

That a direct command (unless properly delivered) is far more likely to be rejected by your subject. A vivid and compelling description will activate the imagination and bypass resistance, and while simultaneously injecting the “presuppositions” you want directly into the subjects mind.

S.T.E.A.L.T.H. PATTERN #1 – Adverb-Adjective Presuppositions

What It Does

- Eliminate Mental Friction.
- Force mental pictures to be exactly what you describe.
- Everything that follows the adverb/adjective is presupposed in the sentence

How To Use It

- Always put descriptors before the things they describe.
- Put the descriptors before the thing they are describing.
- When speaking, load as many of these as you can into what you say without sounding unnatural or strange.
- Make your speaking and writing far more real, compelling, and interesting.
- Three or more of these stacked in row will induce trance very quickly, sometimes too quickly so use with precision.

- Two in the front and one in the back is a good rule for use in writing.

Examples: Simply, logically, intuitively, easily, naturally, truly, utterly and unlimited, automatically

Skill building and installation:

Drill #1 WORD SALAD DRILL

Using the sample words given above...

Do the word-salad drill from the S.T.E.A.L.T.H. Hypnosis Video Training

Drill #2 Installation

- Craft three basic sentences using the adverb/adjective category.

Drill#3 Integration

- Craft three basic sentences in the form of a hypnotic suggestion such as you might use with a client to elicit the results you desire.

Drill #4 Application

- Craft three sentences using the adverb/adjective category that are directly context dependent for your desired application in the real world.
- Write them and speak them out loud, compare their effects when spoken and read.

Words for this Exercise:

- Simply
- Logically
- Intuitively
- Easily
- Naturally
- Truly

- Utterly
- Unlimited

=====

Pattern One Practice Worksheet:

Drill #1 INSTALLATION - Write Your Three Sentences Here

Drill #2 INTEGRATION - Write Your Three Sentences Here

Drill #3 APPLICATION -Write Your Three Sentences Here

S.T.E.A.L.T.H. PATTERN #2 - Awareness Presuppositions

What It Does

- One of the most powerful and useful of the S.T.E.A.L.T.H. Magnificent 7.
- Automatically causes the person to undergo the awareness process named in the sentence.
- Anything following the awareness pattern is presupposed in the sentence.

How To Use It:

Use it whenever you want to cause your subject to pay attention to something.

Using the pattern, simply using an awareness category word will cause that persons mind to become aware of ,or in many case, to start the exact mental process you just named.

1. For Example:

As you were completely focused on the words on this page, I am betting you weren't paying particular attention to the sensations in your left big toe... Until I mentioned it.

See?

2. Now, you can also use it to initiate mental processes as well. As the realization of all the different ways you can use this pattern spring to mind, which one draws your attention the most?

Have you noticed yet, how your mind is starting to pay attention to one particular use of this pattern inside your mind?

Here is one that is even more direct yet still powerfully compelling.

3. *As you fully comprehend the power of this pattern to control the minds of your subjects; you may have already begun to realize that you are more in control of your own life and now have the master keys to getting what you really want.*
4. *Naturally paying attention to these patterns causes you to instantly come to the understanding of how and why they work.*

Examples of Words in This Category:

notice, realize, aware, understand, recognize, comprehend.

Skill Building and Installation:

Drill #1 WORD SALAD DRILL

Using the sample words given above - do the word salad drill from the S.T.E.A.L.T.H. Hypnosis Video Training.

Drill #2 Installation

- Craft three basic sentences using only this category.

Drill #3 Integration

- Craft three basic sentences in the form of a hypnotic suggestion such as you might use with a client to elicit the results you desire.

Drill #4 Application

- Craft three sentences using this category that are directly context dependent for your application in the real world.
- Craft three context dependent sentences that combine all the presuppositions you have learned up to this point.

Awareness Verbs for this Exercise:

- Notice
- Realize
- Aware
- Understand
- Recognize
- Comprehend

Pattern Two Practice Worksheet:

Drill #1 INSTALLATION - Write Your Three Sentences Here

Drill #2 INTEGRATION - Write Your Three Sentences Here

Drill #3 APPLICATION -Write Your Three Sentences Here

S.T.E.A.L.T.H. PATTERN #3 – Temporal Ordinal Presuppositions

Temporal/Ordinal

What It Does:

- These words utilize some aspect of time or number in order to create presuppositions of choice.
- They also create presupposition of quantity and options
- Also extremely useful for creating open or nested loops
- Time, durations and numbers presuppose things and actions.
- Causes the mind to want to know the rest of the sequence

The temporal-ordinal structure forces the mind to create an assumption of everything that precedes or follows it.

For example:

If I say

“Before You Go Rushing To Buy My Next Course, Let me tell you about what this information has done for me in my life.”

This extraordinarily powerful in platform type selling where you have built up a lot of buying tension. But notice how the sentence assumes that after you listen to the explanation you are actually going to buy the course.

Examples – Before, During, After, First, Second, Third, Primary, Secondary, Tertiary, etc.

More Advanced – Temporal shifting

- Before you X. Y
- That is, Wasn't it?

How To Use It:

Use this pattern whenever you want to create the *illusion of choice* or presuppose an action that must take place before during or after something else.

For Example:

1. The third thing people usually notice after taking this training is how amazingly confident they are as compared to before they took it.

2. Before rush out to buy the next level of your S.T.E.A.L.T.H. hypnosis training let me tell you about the power, money, sex and wealth all of those secrets helped me get.
3. Before you learned the power of temporal ordinal presuppositions you probably had no idea that after learning it, would you immediately have the power to move peoples' minds back and forth through time.

And now, looking back on that moment, aren't you glad you have this knowledge?

4. Now that you have learned it
5. What is 3rd most important realization that you have about temporal ordinal presuppositions how you will be using it in future?

Examples of words in this category include:

Before, During, After, First, Second, Third, While,

Skill Building and Installation:

Drill #1 WORD SALAD DRILL

Using the sample words given above do the word salad drill from the S.T.E.A.L.T.H. Hypnosis Video Training.

Drill #2 Installation

- Craft three basic sentences using only this category.

Drill #3 Integration

- Craft three basic sentences in the form of a hypnotic suggestion such as you might use with a client to elicit the results you desire.

Drill #4 Application

- Craft three sentences using this category that are directly context dependent for your application in the real world.
- Craft three context dependent sentences that combine all the presuppositions you have learned up to this point.

Temporal/Ordinal Words for this Exercise:

- Before
- During
- After
- First
- Second
- Third
- Primary
- Secondary

Pattern Three Practice Worksheet:

Drill #1 INSTALLATION - Write Your Three Sentences Here

Drill #2 INTEGRATION - Write Your Three Sentences Here

Drill #3 APPLICATION -Write Your Three Sentences Here

S.T.E.A.L.T.H. PATTERN #4 - Spatial Presuppositions

What It Does:

- These words create vivid and compelling relationships between things within the mind of the listener.
- Evoke powerful mental imagery.
- Controls the perspective from which the subject experiences the imagery you suggest
- Can also imply certain types of motion and action, time and space within the imagery you suggest

How To Use It:

Use it to create the illusion of choice, to capture and lead the imagination and presuppose what your subject pays attention to.

For Example,

1. From among the many hypnotic language patterns that exist, only the most powerful and compelling will rise to the surface, catch your attention and draw you deeper into the study of how to use it.
2. The powerful understanding of these precious jewels of hypnotic language will quickly allow you to move far beyond whatever level of influence you are currently at.
3. On a more practical level –
 - a. Have noticed the gaping holes in the defendant's explanation?
 - b. Let me give you a Broad Overview of how we can help you sell your house.
 - c. From among all the women I have ever known, you are by far the sexiest woman I have met.
 - d. You are head and shoulders above them all.
 - e. As you *move smoothly through* this training program and the unconscious changes you are undergoing begin to seep, flow, and rise inevitably to the surface.

You'll naturally begin to notice yourself using these patterns in your

everyday communications and enjoying how automatically people just start doing what you say.

Examples – overall, undergo, expand, among, beyond, to, from

Skill Building and Integration:

- Craft three basic sentences using only this category.
- Craft three basic sentences in the form of a hypnotic suggestion such as you might use with a client to elicit the results you desire.
- Craft three sentences using this category that are directly context dependent for your application in the real world.
- Craft three context dependent sentences that combine all the presuppositions you have learned up to this point.

Spatial Presuppositions for this Exercise:

- overall
- undergo
- expand
- among
- beyond
- to
- from

Skill Building and Installation:

Drill #1 WORD SALAD DRILL

Using the sample words given above do the word salad drill from the S.T.E.A.L.T.H. Hypnosis Video Training.

Drill #2 Installation

- Craft three basic sentences using only this category.

Drill #3 Integration

- Craft three basic sentences in the form of a hypnotic suggestion such as you might use with a client to elicit the results you desire.

Drill #4 Application

- Craft three sentences using this category that are directly context dependent for your application in the real world.
- Craft three context dependent sentences that combine all the presuppositions you have learned up to this point.

Spatial Presuppositions for this Exercise:

- overall
- undergo
- expand
- among
- beyond
- to
- from

Pattern Four Practice Worksheet:

Drill #1 INSTALLATION - Write Your Three Sentences Here

Drill #2 INTEGRATION - Write Your Three Sentences Here

Drill #3 APPLICATION -Write Your Three Sentences Here



Maximize Your Hypnotic Skills In Minimum Time

Hypnotic Installation Protocols

Hypnotic Installation Drill One

The following drill is an excerpt from my Killer Influence: Secrets of Covert Hypnotic Influence Course.

I will be giving you this drill in two versions one as a solo exercise and one as a group trance installation for you.

Drill #1 Solo Hypnotic Installation

For the solo installation drill you will need a chair, some kind of recording device, headphones and of course all of the hypnotic suggestions you have been writing up to this point.

If you have not done so, rewrite the hypnotic suggestions you have been creating to target a client who is coming to you learn how to use hypnotic language patterns effectively.

In other words, if you were going to use hypnotic language patterns to hypnotically program someone to be able to use hypnotic language patterns.

How would you write them?

Now, Once you have your suggestions and hypnotic commands.

Do the following.

Use your imagination and pretend you have a client sitting in a chair in front of you, eager and waiting to be programmed.

Imagine that you are the world's most powerful hypnotist and that anything you command must automatically become that person's reality.

When you **have yourself filled with that feeling,**

Turn on the recorder and begin giving the person in the chair all of those hypnotic suggestions over and over again, voice them with all the certainty, clarity and conviction you can generate.

Really **feel it flowing** from deep inside of you.

Do this for at least 5 minutes, simply repeating your list of suggestions over and over again.

After you have done this for five minutes or longer; **Sit Down, Close your eyes and pretend to go into a deep trance.**

Listen to your words play over and over again in your mind. **Avoid trying to control them.** Simply listen to them and feel the power of them inside of you as you enjoy the process.

Now, once you have pretended to go into trance and listened to your words from the inside.

Put on your head phones,

Turn on the recorder, and pretend to go back into that deep trance and mentally listen to the words playing over and over again in your mind as the audio you recorded adds even more power to your suggestions.

When the audio is done and you know you have done it.

Simply allow your eyes to open only at the rate and speed that you know and are certain you have powerfully programmed your mind to use hypnotic language patterns easily naturally and automatically as part of your every day speech.

Drill #2 Group Exercise -The Following is a group exercise taken from my Killer Influence: Secrets of Covert Hypnotic Influence Training Level 1

This exercise is designed for a group of three or more people.

If you are studying these techniques with friends or in a practice group, (highly recommended) this is an excellent way to program yourself in multiple ways to hypnotically use language patterns every where you go.

Trance Integration of New Skills:

- Break up into groups of 3 to 5.
- One person sits in center.
- Other four surround the 5th
- Person sitting gives his/her handwritten suggestions to one of the other group members.
- Subject goes into trance or closes their eyes and pretends to go into trance and just drifts.
- For the next three to five minutes the group delivers, in random order, rapid-fire suggestions for the integration and utilization of these skills, now and in the future, linking them to good feelings and pleasure.

This concludes your training in the first family of S.T.E.A.L.T.H. hypnotic language patterns.

By now you are probably already beginning to recognize how knowing and understanding just a few key language patterns really well, quickly allows you to create very compelling communications.

And it doesn't matter if it's written communications or spoken.

There are a few subtleties to pay attention to between mediums but by and large it works pretty much universally.

The true power will come naturally as a byproduct of your using these patterns every day. Because...

- First of all people will naturally find you much more pleasant to listen to.
- When you talk, you will quickly capture and lead your subject's imagination which automatically activates a pleasure response within them. (Trance states feel good)
- As result people will just want to be around you more because being around you makes them feel really good.

And that is just the beginning.

In our next segment we will be exploring the S.T.E.A.L.T.H. category of "Directors"

Directors are extremely powerful because they have the power to

- Instantly Stop, Start or Redirect any thought process your subject has
- Re-write reality and give it the exact meaning you want it to have.
- Sound completely logical, rational and plausible
- Create massive hypnotic compliance (93-97% in most cases)
- Install powerful suggestions directly into the mind of your subject.

