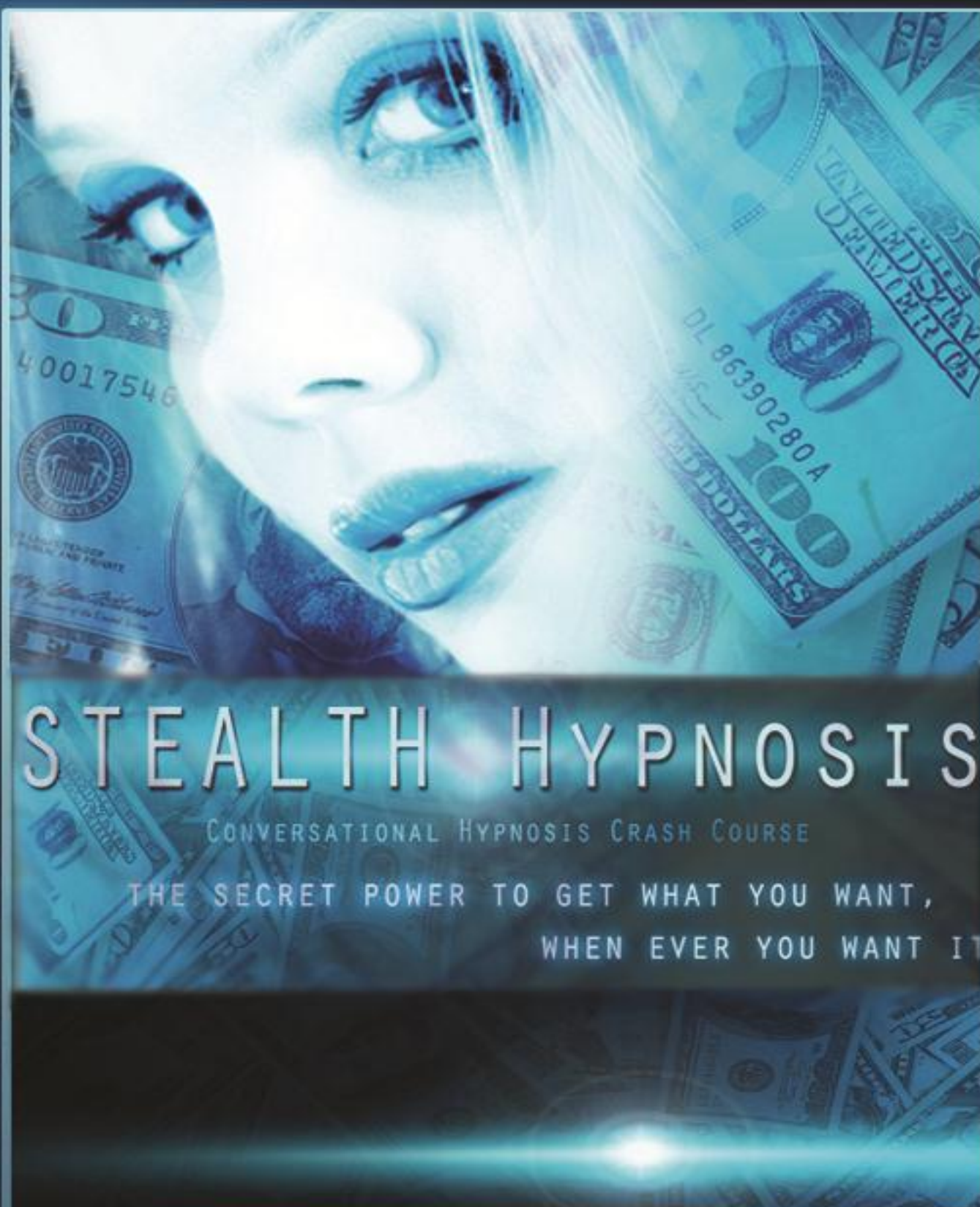




How To Maximize Your Hypnotic Skills In Minimum Time
Transcript Two
David Van Arrick

Welcome back to our STEALTH module 2, and hopefully you've been doing the exercises up to this point.

We've just completed what I call the first family of STEALTH patterns and it's very, very important that you get these patterns completed.

Getting these patterns completely means you actually begin to integrate these skills powerfully at a neurological level in a way that automatically allows you to use these patterns effectively, so much so that simply thinking about the words themselves causes you to relive all the programming I'm giving you up to this point, and you'll actually find yourself looking for opportunities to speak them whenever you can and enjoying responses you get in the real world.

In fact what you discover is that your unconscious mind will just automatically start using these patterns powerfully to program anyone around you and within the sound of your voice to just do, think and feel exactly what you want. So you'll always remember the win-win situation.

You can anything in life that you want, you can get anybody to do anything you want as long as you help them get what they want and where that's right and good for them. You can go through life with this understanding, your unconscious mind will only make you more and more powerful.

Get it?

So that means that simply hearing my word automatically causes you to gain skill and abilities inherent in this training. The more you hear my words and the more you practice these skills, the more powerfully that will work for you.

Now, let's move on to what I call the super hypnosis pattern.

It's the second pattern in the second family of STEALTH patterns, and I call this our super pattern. **It's the cause and effect pattern.**

One of the reasons that this particular pattern is so incredibly powerful is because it mirrors the structure of internal belief, all beliefs are stated in cause and effect terms. So we'll go into understanding beliefs and their structure a little more in the presentation.

Just understand this, anything stated using this structure tends to install direction or suggestions directly into the mind of your subject. They tend to be accepted as true even if they're blatantly illogical, and they do seem completely logical. They usually go unchallenged and they create compliance.

There are certain words in this category, just take your compliance rate from the 60% ratio to the 90% ratio just by adding this word in your persuasion and communication interactions.

So, please, understand this pattern, utilize it effectively. The more you utilize this pattern effectively the more powerful hypnotic persuader you become, and that means you'll be getting everything you want in life because you've done the work, you deserve the rewards.

Let's move on...

Cause and effect works because it mirrors the structure of internal belief. The cool thing here is that any X – X being the cause – can cause any Y.

A very strong example, simply watching this video tape causes you to learn language patterns powerfully, and that means you're getting the tools and the techniques necessary to get exactly what you want. Now, simply sitting in this chair causes you to become profoundly relaxed – pay very close attention to the sound of my voice. Get it?

Now, as you begin to feel the power of my words, you'll naturally begin to simply follow along and accept the new program so that you can get all things you really want for yourself.

All the things I've just said are cause and effect type statements, I started with a very simple one, X causes Y.

Simply hearing the sound of my voice causes you to profoundly learn how to use language patterns effectively. Very simple, very direct.

It makes perfect sense until you stop and think about this, how does simply hearing my words cause you to do anything?

Did you notice that when I asked you this question how your mind had begun to come up with a plausible story or explanation for how that can be true?

That's because of the structure of this language, it's the structures of beliefs, and you have this thing in your mind called the rational factor.

Remember in hypnosis we talked about hypnosis being the bypass or the critical factor and the establishment of acceptable selective thinking, right? We also talked about the rationalization factor, and a lot of people don't pay a lot of attention to that.

But remember, that covert hypnosis is not just the study of how to bypass critical factor, it's the study of how to reorient the critical factor using covert methods.

The fact that you being able to come up with a story for how what I just said as far as simply hearing my voice, causing you to learn this pattern powerfully, was true. It was because you kicked in the rationalization factor.

Your unconscious mind took two disparate arguably disconnected illogical things and came up with a compelling story that made it plausible. That's the linguistic power of assumptions and presuppositions.

Now, I have asked you that specific question in order to bring that aspect of it to your conscious awareness. However, this is what goes on all the time anyway, this is the structure of belief.

In this country we are taught not to challenge other people's beliefs.

As a matter of fact it's pretty much anywhere, people will not challenge things stated in these terms.

In other words, you get compliance, and that's what we want. The bottom line at the end of the day ladies and gentlemen, it doesn't matter what application you're using for it.

If you're using these skills with intention, your ultimate goal is compliance, to get people to do what you want them to do. The more you do that, the more you get what you want, just be sure you don't bother people at the end of that.

The cool thing about this particular structure is that any X can cause any Y. X, for the most fundamental way to use this is usually a pace.

A pace is simply something that is sensorily or cognitively verifiable as true.
For instance, as you sitting there watching this presentation, you're naturally having certain thoughts.

As you have those thoughts, you may begin to wonder how you can use them in the future. As you begin to use these patterns in the future, that means that you'll have more efficacy in the way that you can create mental representations in the minds of your subject, and the more you do that the more you'll have fun with these practices.

Now, what did I do there? Very simple, I started out with something that was verifiably true, you're sitting there most likely and you're paying attention, and you're most likely having certain thoughts. So that's three paces.

But what did you notice?

You started with something concrete; I went to things that were subjectively verifiable. Then I used those paces, those previous things that you've already verified as the phase for the next things.

I started giving you things to do or things to think about, and I did it in a permissive way. You don't have to be that nice, you can be very direct. Simply hearing my voice causes you to get this powerfully in neurological level because you understand language in a whole new way that works better and better for you.

Does that make sense? Good.

Let's talk about something else called an implied cause and effect.

An implied cause and effect is also a cause and effect statement, but there's no direct linkage.

Implied cause and effect means hearing my words allows you to become very, very powerful when you use a hypnotic language, and you're naturally exploring the possibilities of learning more.

The "and" and "you're" are implied, I'm not telling you that you're going to do this. I'm simply assuming, it's an implied cause and effect. If you do the first two, which you've done, you'll naturally do the next one.

Now I take the time here in this presentation to make a distinction between a direct cause and effect. Because you're hearing the sound of my voice, you're automatically becoming a better communicator, and that feels really good as opposed to hearing my words gives you tremendous power.

Implied cause and effect as oppose to because. They pretty much work exactly the same way, but it's important enough to distinction to kind of point it out in this presentation. That's pretty much all I have to say about that.

Words in the cause and effect category – pay attention because these are amazing and powerful – and, as, cause, will cause *** [00:09:52], as you when you, as soon as.
Stop the tape and come up with a few more, then we'll come back and we'll do our word salad exercise.

Welcome back and now we're going to start, again, word salading or changing these particular cause and effect words that you can begin to see how to form powerful cause and effect linkages very conversational and very linguistically.

As you begin to explore the power of cause and effect language, in such a way that you can begin to cause to people to do what you want and believe what you say – because...

you understand the structure of belief and since these patterns are pretty irresistible anyway, as you begin to use cause and effect language, whenever you do, as you as you do, you'll begin to notice a powerful agreement from your subjects and your clients, people will just naturally do what you say and make up all the reasons inside their own mind for why they're doing it.
How cool is that?

Alright, go practice your word salad we'll be right back.

We're back, you've probably done your exercises now. Let me give you some more exercise or some more examples of this that you can use to model the structure of hypnotic language.

Simply viewing this video automatically gives you the power to use your hypnotic language skills more powerfully. As you sit there easily absorbing this material, your inner mind is already finding new ways to use this information. That feels really good doesn't it?

You bet it does.

Copy these down and practice writing them this way so you get an idea for how it works. Wait, we have more.

Simply hearing my words automatically causes you to learn this material powerfully, and that's very exciting.

Even as you hear my words you're already completely absorbing this material on a number of levels.

As you suddenly realize how much you're actually learning, you'll naturally want more don't you?

Notice here, does any of this sound weird?

Does any of this sound confusing?

No, and yet if you look at the structure of what I got here simply, which can also be an implied cause and effect but it's also *** [00:12:26] presupposition, simply hearing my words phase automatically causes you. Presup, *** attitude cause and effect you to learn, everything that comes after this is presuppose this material powerfully.

So again we almost have a "two in the front one in the back" rule, and that's very exciting.

Here's what happened when I put on the tag questions. Since I keep doing it I should probably explain to you how this works. When I start riffing on this structure, your mind starts to have a vivid mental experience the minute I ask you a question.

That's very exciting isn't it?

Everything in here goes to the unconscious level.

The conscious mind starts asking the question, how exciting is it?

The unconscious mind just naturally assumes that this is part of the suggestion.

So while the conscious mind is partially about whether this is actually true or not, the fact that there is a negation on the end automatically causes it to be accepted as true.

You'll notice that you'll just want to say yes when you put a *** [00:13:36] on the end. But you got to use them carefully otherwise it will shoot you in the foot.

I'm just tearing this apart so you can see how powerfully this works, even in writing and you know it's being done and it's still having a tremendous effect when it's not.

So this is a very eloquent way or elegant way of combining all the language patterns that you've learned and making yourself extremely compelling as a speaker. Write this out, break it apart and look at the structures.

Start to break those structures over and over again so that you begin to really get it and utilize it in every form of communication where you have to speak with another human being, even yourself.

We're back to our drill and skills, pre-generic, pre-hypnotic and pre-specific, practice speaking them out loud. Stop the video, come back when you're done and we'll go from there.

Welcome back to pattern six of our STEALTH module. This particular section is on complex equivalence.

Now, in our earlier section, section five, we covered the fact that pattern five is super hypnotic pattern and a cause and effect pattern which means any acts can cause any Y, there's a sequential effect here.

There's a sequential effect in this pattern too, the complex equivalence, they're very, very similar. However in this particular application, X which is also a phase and Y is usually a lead, but the lead now becomes a state.

It gives a meaning to this rather than being the end result in the middle. Instead of Y being the end result of X, X now means or equals the Y. Once again X is usually a phase.

So simply see me on this video presentation and hearing my words enter your unconscious mind.

Armed with the knowledge that your unconscious mind is already processing it and assessing everything that I say powerfully, deeply and automatically means you're automatically becoming a better influencer.

You're automatically becoming a better communicator, and that means that even from this moment on and on into the future, you're becoming more powerful.

That power means you'll enjoy more happiness, satisfaction – money, sex, power, whatever it is that's important to you in ever increasing hypnosis.

That really feels good doesn't it?

Sure it does.

Now, what did I do here?

Well, what I actually did was I started up with the basic $X = Y$ which means simply hearing my voice, hearing my words enter your mind.

It means that you're becoming a better communicator.

Let's break it apart for a second because just the active breaking apart will cause it become more powerful for you.

How does hearing my words mean you're becoming a better communicator? Notice how your mind starts to come up with a reason that's plausible. It doesn't have to be true, it just has to be plausible. That's the magic in this pattern. Now what I did later on in that sentence was I went and transitioned into the total belief equation.

The total belief equation is right down here at the bottom of your screen, X causes Y and it means Z.

When you start talking in the X, Y, Z pattern, and people will just accept what you say and not even bother to argue, they'll just do it.

The minute they hear, if they've done it, but then they'll start coming with the reasons why they've done it and it will make sense.

This goes back to the same understanding that the people who come to you for hypnosis, if you're in a therapeutic context, are lying to you.

They don't understand or know why it is they really do what they do. Sometimes they do but most often they don't.

Once you get them in the chair, you regress them to cause, you find out the reason they've got this screwed up isn't the reason they're screwed up.

It's because of this particular structure.

Every X causes the subsequent Y, and that Y has a meaning at the unconscious level. If you can change either one of these factors, you change the result.

So simply hearing my words and reading these words on your screen causes you to have a deeper understanding of the power of complex equivalence, and that understanding of complex equivalence means you're going to be more effective and precise in the way that you communicate and install these structures and belief in the mind of other people.

So much so that everything you say from this moment on will simply go in one ear, get processed and be acted upon in a completely natural and profitable way for you. Now, any X can cause any Y, and any Y can equal any Z.

When you use the X, Y, Z structure you'll naturally have a multiplicative exponential persuasion ability in your language. That means you're pretty much unstoppable when you use this proper. Get it?

We're back to the skills and drills. Now what we're going to do, write three generic sentences, three hypnotic sentences, three that are specific to your desired application, practice speaking them out loud.

Stop the video now and do the exercise, come back when you're finished.

Welcome back, and by now you should have practiced your complex equivalence and your cause and effect.

You may have thrown some implied cause and effect sequences in there.

You notice I kind of skipped the skills and drills for the cause and effect because the cause and effect in complex equivalence drill patterns are used so hand-on-hand that you can pretty much use them all interchangeably and get the same amount of benefit.

But ideally you should separate them, parse them out and understand them on individual levels before you start reintegrating them in to your everyday speech.

Now, let's move on to our last category.

This next pattern, it's another super pattern.

But it's either more direct than anything we've done before, and why is that? Well, there are only three words in this pattern.

That's stop, start and now.

The strategic use of this pattern is simply to interrupt an ongoing mental process, to redirect that process and have them implement a new process when you want them to.

So you just stop and start to imagine how you'll be using these processes in the future, how you'll quickly, easily, naturally, automatically tap in the unlimited power of these language patterns to get what you want and you see the results just flowing through you.

Now, how good would you feel?

Is that cool or what?

When I started speaking you had a train of thought.

When I said the word stop, what happened in your internal processes?

Notice how everything you did stopped and you focused right here.

That's exactly what I want because that "stop" opens a window to trance that allows me to insert a new process.

The minute you name that process and you describe it, the mind automatically begins to undergo that process.

Once you do that, pretty much they're already doing it.

But the minute you say "now," one of several things happens. First is that everything you said prior to that is locked inside. The second thing that happens is that it brings them out of trance and focused on you again.

I do this in my speaking now, but you can learn things like this – guys, you watch Richard Bandler when he does a lot of his seminars and stuff, every other word out of his mouth is "now."

Why? It's because the minute he says "now" your mind gets focused here.

Every language pattern he was hammering you prior to that is locked in at the unconscious level because your conscious mind is continuing to moving forward based on what he's saying, everything that was accepted in the unconscious level is process unconsciously.

You can't go back and parse it out, you can't go back and analyze it, you can't go back and object it. It's done.

That's the power of his pattern.

It can stop anything in its tracks and start a new process when you wanted to do it, usually now.

So as you stop what you're doing and put away the assumptions of what you thought conversational hypnosis was, and you start now to recognize that you have within your grasp the ultimate keys to becoming the most unstoppable, powerful and persuasive conversational hypnotist on the planet.

If you apply yourself powerfully, you'll naturally begin to want to use these patterns every day, in every way so that you can continue to get better and better and better. Now, how good do you think are you going to be in just a few short days with a little bit of practice?

Get it?

Let's move on.

Again, once again this pattern is not really extensive; stop, start, now.

Unfortunately, the way to screw this up is to get creative.

Ideally when you say stop, you don't want to be wishy-washy, you don't want to soften it in terms of – a lot of people like to use permissive type statements, we need this.

For instance, somebody goes starts to rift in another direction, they might throw you something and say "you may stop and begin to think about this."

You could use "perhaps," but again it's not strong enough. Remember, when we say stop it's because whatever process they're engaging in mentally is starting to take a direction, and thought travels faster than words.

The minute words start riffing, you got to stop them right then and there, you got to inject a new process and you got to tell them when to start.

So stop whatever you're doing, pay attention to what I'm telling you, and do it now. Get it?

Now we can also use this particular pattern to fractionate.

I kind of described that a little bit to you.

We can use this to fractionate between internal focus and external focus. So as you pay attention to my words and you begin to imagine what I'm about to tell you, maybe you can remember a time in your life when you just stopped and you found something really fascinating, you learned something that was really, really true and you got excited about it.

You can start to remember that time again and understand that all learning is state-dependent because all learning is state-dependent. Simply hearing my words and remembering that time causes that time of powerful instant learning to come back.

Now, as you undergo that process – this is the power of fractionation element start, start them now.

If you were to just stop that train of thought and imagine how you can be using this in the future, and you begin to see all the ways that your life changes and manifest everything you want because you're getting and helping everyone get what they want, you could begin to realize that this is the most powerful persuasion super set you've ever learned. Now, doesn't that make sense?

Notice that I started with my "stop," a pattern. I created a process, I flashed it out, I told you when to start, I told you when to stop it, I brought you back out, I did it again. Every time I said the word "now" where did your attention go? Right back to here, right back to now.

Everything that went into your mind prior to that was accepted, un-critically.

It's that powerful.

So, in the future, stop your old way of communicating and start now to use these seven STEALTH patterns in a way that gets you everything you want, it helps other people get what they want in the process.

As you do that, you'll simply begin to realize that no matter where you go, no matter what you do, you'll naturally, instantly, effortlessly and automatically enjoy the levels of power of influence, persuasion, that have been reserved only to the top charismatic leaders throughout history.

As you join their ranks, you'll naturally look back upon this training as the start of one of the most profound empowering, exciting and thrilling learning experiences in your life.

Let's move on. So, again here's our example, and you've already been through this but we'll just state it for the camera. Stop for a moment, start to imagine the way you could be using this material.

Now, isn't that cool?

That's about as simple as you can make it.

Stop what you're doing, start doing this, do it now. That's it.

There's no fuss no muss.

Now we're back to what I call the grand round so to speak.

Over the course of the last hour or so, you've been exposed and received a thorough indoctrination and training in the most powerful seven languages that exist.

As you begin to practice the studied use of these skills and you begin to use them every day in every way for all the right reasons, you'll naturally begin to find life getting easier and easier.

You'll naturally want to learn more, when you do you know where to find me. There's the information at the end of this particular video.

But for right now, what you're going to begin to do is you're going to stop this video.

As you stop this video, you're going to start now to write three generic sentence that combine all the of the linguistic structures that you've learned up to this far adverb/adjective, awareness, temporal, spatial, complex equivalence, cause and effect, and direct commands.

You're going to begin to use them in sentence after sentence, in paragraph after paragraph after paragraph so that you begin to really get it at a deep, deep level just how powerful and irresistible and yet completely conversational these language patterns are.

As you enjoy the process of learning, really learning and wiring in these skills, you'll logically and intuitively have a grasp of every aspect of this material. As you enjoy that process and express yourself using these language patterns, life will open its arms for you and life will just get better.

Now go ahead and do your exercises, come back at the end of this exercise and really feel good about what you've gone through today because in the last hour or so you've gone through an intense training and you've learn things powerfully, you have every right to be feel good about yourself.

So much so that I'd like to give you a free gift, but that gift is only contingent upon you following on instructions. So pay attention to the rest of this video after you come back and I'll tell you how to get that gift. Do that now.

Welcome back to the final segment in our STEALTH module. Once again, STEALTH stands for what?

Strategic Suggestion through Easily Applied Linguistically Triggered Hypnosis.

Are there many other ways to amplify and modify your persuasion power?

You bet your booty.

But we don't have time to cover them here.

It's because of that that I have some final assignments for you and a couple of free gifts. But just like anything, there's no such thing as a free lunch. If you do the drills, you do the work, you do what I want you to do, I'll give you the goodie, you'll get the cookie.

So here it is, this is your final exam.

This is something I do for all of my hypnosis students everywhere anytime because it's only through writing out these sentences and hardwiring the structure into your neurology; and then speaking them out loud that you complete the circuits necessary for unconscious learning, and conscious learning to merge, to synergize, to sympathize and become powerful and unique to you naturally native to your way of speaking and expressing yourself.

So that everybody around you, even if they knew the way you used to talk before, they know you speak differently but they don't care. They'll find that they like the way you speak better.

So hopefully – and I have to make the assumption that you've done the drills to get the skills – and you've been doing that throughout the course of this training. What you're going to do next is your final exam.

Using your hypnotic language skills I want you to write a compelling summary of what you learned and how you can and will be using it in the future. If you want little extra credit you can also write me a hypnotic compelling testimonial.

But I want a summary, a hypnotic summary using the language patterns that you've been exposed to and have integrated. I want you to write and send that to me through e-mail.

That's part one.

The second step is simply to take your favorite hypnotic induction script for patter, whichever you're using, and rewrite it using the seven language patterns that you've learned today.

Why?

I want you to make this as cross-contextual and functional for you as you can.

It's not until you get out in the real world and you start using these skills everywhere that you can begin to fully appreciate the immense magnitude of what you've been given.

It's not that you've been given it, you've been shown a pathway to power.

You've been shown a level of skills, take a handful of skills or constellation, a family of techniques, that when combined in any form, magnify the effect of each other. It's not a $1 + 1 + 1$ type of situation any longer, it's a 2×2 , to the third, to the fourth power and on.

These skills only get better and more powerful over time.

Now take that script that you've just rewritten, take that compelling hypnotic testimonial and summary, e-mail it to me at david@killerinfluence.com.

The other thing you need to do is need to go and sign up for my free newsletter at www.killerinfluence.com.

When I get your e-mail and your summary, your summary and/or testimonial – I want the summary and how you'll be using it, that's important, that's your final exam. Testimonial, I would love your testimonial if you liked what you learned, and your rewritten script.

Once I get those, I'm going to send you one free conversational hypnosis module on hypnotic amplifiers and operators.

It's pretty powerful, it's pretty cool. It will take what you've learned in this training and exponentially magnify the exponential increase of power you've already got. I know that sounded kind of hypnotically confusing, but the truth is it's exactly what happens.

Conversational hypnosis, hypnotic language patterns are the delivery vehicle through which we apply influence techniques, but they're only the delivery vehicle.

They are amplifiers and modifiers that go beyond just the linguistic component of what we've learned today.

As a hypnotist, as a self-directed master of change, it is your responsibility to understand all of the ways that human behavior can be influenced.

Not just so you can influence human behavior, but so that you can understand how other people are seeking to influence and then mold around you.

The only true defense against these skills is the ability to use these skills.

The more you use these skills, the more you begin to recognize how they're being used on you everywhere, every day, every time. That can be for some people at the same time an empowering or rather frightening thought because it forces you to be the cause in your life and not the effect.

So my goal here is to empower you, to recognize influence when it's being used out in the real world, to understand the principles and to use these skills powerfully in every aspect of your life and make your life exactly what you want it to be.

My name is David Snyder and it's been a pleasure bringing you this information. I truly hope you've enjoyed it, I've enjoyed bringing it to you. E-mail your testimonials, your summaries and your scripts to me at david@killerinfluence.com.

Sign up for my free newsletter to be kept in the loop of all of our upcoming trainings and of special events.

My thanks to Scott Sandland and the entire hypnosis community, I sincerely hope you've enjoyed this presentation, and we'll see you on the side of the fence. Take care.

- END -