

The Master Skills Outline

This is the actual "Cheat Sheet" I used when I created the CD- A.T.

- 1. The Skills of the Professional Influencer**
 - a. Break Skills down
- 2. Using the Power of Your Intent**
 - a. Intent and Power of Your Presence (Be a Controller)
 - b. Subconscious Non-verbal communication
- 3. Getting to Trance Faster and Deeper**
 - a. Relaxation
 - b. Changing their state
 - c. Pattern Interrupt
 - d. Emotional Ploy
 - e. Closing the Eyes
 - f. Hypnotic Devices
- 4. Voice Power**
 - a. Tone, Pitch, Volume of Voice
 - b. Speed of Delivery
 - c. Pausing for increased potency
- 5. Hypnotic Protocol (Phases of Hypnosis)**
 - a. Preparation
 - b. Focus of Concentration
 - c. Relaxation
 - d. Suggestions and Commands
 - i. Future Tense - how you will feel
 - ii. Switch to present tense - how you do feel
 - iii. Commands
 - e. Trance Testing and Effect of Trance
 - f. Ending the Process
- 6. Hands and Power of the Eyes**
 - a. Hands as Transmitters
 - b. Soft eyes and strong gazing
- 7. Suggestions and Commands**
 - a. Direct (Subliminal)
 - b. Indirect (Stories)
 - c. Suggestions and why they work. (Different Responses)
 - i. Absolutely Agree with
 - ii. Don't agree as it goes against core beliefs
 - iii. Neutral
 - iv. Like it, but only hopes or tries to get it to work "won't work"
 - d. Post Hypnotic Suggestions
 - e. Good Examples

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- i. Because
- ii. The More You (X) the More You will (Y)
- iii. Imagine
- iv. If you could
- v. You can rely on me
- vi. I am the answer to your situation
- vii. I can help you

8. Drawing the Person along

- a. With words and actions

9. Induction

- a. Make people feel a certain way and open up their mind to new opportunities
 - i. Watch a movie of the past or future
 - ii. Feel yourself slipping easily, gently and naturally into trance
 - iii. Concentrate on the sound of my voice
 - iv. You may hear other sounds...ignore them.

Phobia Cure- “What is is about the aspect of _____ that brings you interesting or useful things?

Bonus Hypnotic Induction #2

Induction: Relaxing Down

As you.... **listen to the sound of my voice** you can.... **go into trance** with eyes open or eyes closed. You may.... **feel more relaxed** by closing your eyes. You may also be sitting in a chair or lying down. When you.... **close your eyes now**, you will begin to.... **feel a sense of relaxation** that will allow all tension and negativity to be released from your body.

As you.... **take in a deep breath**, imagine all tension and negative thoughts to leave your body. As you.... **go deeper into relaxation**, you will notice that sometimes your hands feel warmer and the blood flow in your body causes you to.... **feel real warm and comfortable**. This warmth and comfortable feeling allows you to.... **go even deeper into trance**.

As you..... **listen to my voice only**, you will begin to**ignore all other sounds** in the room. You may still hear the sounds, but you will naturally and easily ignore them so you can.... **focus on my voice**.

The purpose of the commands you will receive, is to.... **relax your body and mind** so that.... **you will accept the special instructions** that I will speak to you about while.... **you are in trance**. These instructions will be only positive

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and will cause you no harm. As a matter of fact, these instructions will cause you increase your ability to covertly Persuade and Hypnotically influence someone.

Now what you can do, is just take a few seconds now to... **imagine** the kind of place where you could be at this time that would totally cause you to **go deeper into this state of relaxation and trance**. This place is your place. You choose where you are. It can be at the beach, in the forest, or even space. Because you are using your wonderful imagination, you create the place. The place can be a special workshop of the mind, that you have designed. A place where only you can go.

As you see that place, hold it in your mind, but do not go there yet. I want you to imagine a large chalk board in front of you, one like you used to have when you were in school. I want you to take a piece of chalk from the board.... **Focus on the chalk board.**

I would like you to draw a box on the board, with your brilliant imagination. In that box, I want you to draw a large letter “A”. The “A” should fill up the entire box from top to bottom and side to side. Next I want you to draw a letter “B” and do the same thing, making sure that it totally fills the box on the sides and from the top to the bottom. You will do as much of the alphabet as you can slowly and with great concentration, as I count down to the number 10. It is not important that you finish the entire alphabet, but that you..... **focus on what you are doing.** You will focus on writing on the chalk board and even though you will.... **hear my voice,** I want you to..... **concentrate on what you are doing.**

10....You are going ten times deeper than the moment before.

9.... You are relaxed and confident with your persuasion skills

8....As you go down deeper into trance you realize that your hypnotic power grows stronger every day.

7....Listen to my voice...When it comes to persuading others you are bold and confident at all times.

6.....Relax down deeper because the more you relax, the more you will be able to experience the benefits of this trance.

5... You are 25 times deeper than you were before and this allows you to feel even better about your ability to influence, because you are strengthening your mind on a daily basis.

4... Your voice is naturally becoming a powerful tool that you can use to get people to come to your way of thinking. You know just the right tone to use at just the right time.

3....The strength of your gaze alone, causes people to want to get to know you even better.

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2....As you relax down deeper, you begin to feel the confidence that you have always dreamed of.. People are attracted to you because of the magnificent presence that you have.

1... You are now 100 times deeper than before and you are a total controller of every situation in your life.

As you **go into trance even deeper**, I want you now **go that special place** that you created in your imagination. This place can be a place of solace, relaxation and place for you to re charge yourself. Think of it as a mind vacation, a place that you can visit anytime you want.... **You are a controller**, so use this place as a place where you can plan out projects or a place where solutions to situations can be performed.

As you reflect on how you are confident now, maybe more so than you have ever been before, you can easily see the value of conditioning the mind. Your mind is your most potent weapon. Now that you are a controller of all of the circumstances in life you can harness the full power of the mind. Your powers of persuasion and influence grow stronger each day, because you take the time to increase your knowledge and practice daily. This alone will cause you to feel real good about this.

Now, you are going to come out of trance when I count from 1 to 10. When I get to the number ten, I want you to open your eyes and feel refreshed and energized as if you just had the best, most restful sleep of your life. As I count, I want you to feel the energy in your body starting to increase. I want you to feel the confidence that comes with this training. I want you to feel the power of being a controller.

1.....2.....3.....4.....5.....6.....7.....8.....9.....10..... Open your eyes. You are totally refreshed and energized, bold and confident to take on all of your days challenges.