

TABLE OF CONTENTS

Hypnotic Phenomena! You are not really doing hypnosis if you are not using it.	5
What is Hypnotic Phenomena?	8
Stop Smoking Hypnosis	12
Age Regression in Hypnosis	17
Script for Age Regression to Resources:	20
Post-Hypnotic Suggestion	23
A Post-Hypnotic Suggestion Hypnosis Script	26
Time Distortion in Hypnosis	29
Hypnotherapy Script for Time Distortion to	32
Arm Catalepsy of Muscles	35

Hypnotic Phenomena

Hypnosis Script for Emotional Trauma Release and Enhancing Self-Confidence through Arm Catalepsy	37
Hypnotic Amnesia	40
Hypnosis Script for Immediate Smoking Cessation Using Forceful Amnesia	43
Positive Hallucinations	45
Hypnosis Script for Pain Control Through Positive Hallucinations	48
Negative Hallucinations	51
Hypnosis Script Utilizing Negative	54
Hypnotic Analgesia	57
Hypnosis Script for Toothache	61
Hypnotic Anesthesia	64

Hypnotic Phenomena

Hypnosis Script for Gout Pain Relief

67

Sensory Changes

70

Hypnosis Script for Managing Sensitivity to
Perfumes and Fragrances

73

Automatic Writing

76

Hypnosis Script for Facilitating Automatic

79

Dissociation

82

Hypnosis Script for Managing Anger Through
Dissociation

85

Time Distortion

88

Hypnosis Script for Eliciting Time Distortion
During Surgical Recovery

91

Lucid Dreaming

94

Hypnosis Script for Initiating Lucid Dreaming
Practice

97

Post Hypnotic Suggestion

100

Hypnotic Phenomena

Hypnosis Script for Weight Loss:	103
Arm Levitation in Hypnosis	106
Hypnosis Script for Arm Levitation	109
Future Progression	112
Mechanism of Future Progression	112
Hypnosis Script for Future Progression:	116
Age Regression	119
Age Regression Script: Accessing Resources for Handling Difficult Emotions	122
Accelerated Learning	125
Hypnotic Script for Accelerated Learning and Exam Preparation	129