

**How to
Hypnotize
Your Lover**

To...

**Awaken A Sleepy
Relationship**

**By
Wayne F. Perkins**

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Written by Wayne F. Perkins, Certified Clinical Hypnotherapist

Dedication

I dedicate this book to you, the reader and lover. You are my inspiration.

I also dedicate this book to all of the people who have inspired me during my life. You continue to inspire me and you are helping others achieve their mission in life.

Wayne F. Perkins
Certified Clinical Hypnotherapist

"My mission in life is to help you achieve your mission in life."--Wayne F. Perkins

How to Use This Book

How To Hypnotize Your Lover To Awaken A Sleepy Relationship by Wayne F. Perkins, is not just a book. It is a complete system that allows you and your love partner to achieve successful hypnosis encounters. The hypnosis encounters are designed to awaken your mutual love relationship.

The Perkins Method of hypnosis and involves reading text to your lover or having your lover read text to you. Not only will you help your lover or partner but also you will receive all of the benefits of hypnosis yourself in the safety and comfort of your home. You may record your session on tape so that you can refer to them when both of you want to achieve the benefits of hypnosis together. My text and your own creations of inductions and hypnotic prescriptions guarantee your combined goal achievement of securing a fantastic relationship.

In addition to reading and recording the text presented in this portion of the program, you have access to powerful Internet resources. These resources include a Self-hypnosis Chat service that provides on-line and real-time answers to your personal challenges. Other hypnotherapists and students with similar challenges discuss answers with the reader.

The Hypnosis Forum located my website provides similar help. A major advantage in using this resource is that messages may be read and posted 24 hours a day. This is a great advantage to the many readers from countries that participate.

Updated Chapters to this book and the Appendices are available to registered users of this book. A site on the Internet will provide free updated information and new Chapters. You, your lover and your program, *How To Hypnotize Your Lover To Awaken A Sleepy Relationship* are a work in progress. New insights and pages will be added without additional cost to you. Since the new information is located on the Internet, it will be easy to copy and print out for your use.

The best part of this system is that it is fun and easy to use! The book is short, sweet, to the point and very powerful. The information will make sense to you.

Advantages for Hypnotherapists and Hypnosis Educators

How To Hypnotize You Lover To Awaken A Sleepy Relationship is a powerful textbook/workbook for your students. It provides a step by step approach to teaching hypnosis that guarantees positive results for your clients/students and their lovers. The quick and powerful results will allow your specific hypnosis prescriptions to become more powerful. Are you aware of the positive results you will get when both life partners are involved in your process? Your clients will reinforce any the suggestions you give them. The book is filled with activities for your students or clients. This book and all of the books in my *How To Hypnotize* series allows the hypnotherapist integration of his/her personal beliefs and systems. Your clients are the beneficiaries. You win. I win and more importantly, your clients win.

The Perkins Hypnosis and Self-hypnosis Methods, using Internet resources, are studied by clients, students and educators located in: Australia, Belgium, Canada, England, Egypt, Hong Kong, India, Ireland, Italy, Japan, Jordan, Malta, Malaysia, Nepal, Nevis, New Zealand, Saudi Arabia, South Africa, Switzerland, United Kingdom, as well as in the United States.

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Part 1

How to Hypnotize Your Lover And Do It Quickly

Chapter 1 What Is Hypnosis? How Do We Do This Stuff?

Introduction

I was in a restaurant in Scottsdale, Arizona to enjoy a nice, long lunch. A couple, (I will name them Mr. and Mrs. Businessman) received the nod from the waiter and follow him right by my table to an adjacent booth.

I overheard the wife say, "Am I glad to have you home. That was a long business trip. Now, for a nice quiet, romantic lunch, just like we use to have."

At that very moment, even before Mr. Businessman could acknowledge the comment, his cellular telephone made that all too familiar sound. It rang!

Mr. Businessman took the call and for the next ten or twelve minutes, had no idea he was even in a restaurant ignoring his lover who he hadn't seen or had dinner with, in a very long time.

Mrs. Businessman shooed away an impatient waiter three or four times as Mr. Businessman's phone conversation was rather lengthy.

Finally, after what must have seemed like eternity, Mr. Businessman's call was terminated.

Why was it terminated? I didn't hear a goodbye.

I think Mr. Businessman's call was terminated because his battery was weak. In fact I think Mr. Businessman's battery was so weak it was really dead.

This book and my workshops are designed to bring your battery and your lovers' battery back to life. This book and my workshops are designed to awaken a sleepy relationship.

Man and woman, husband and wife, life partner and soul mate, parent and child, all will benefit by the techniques described in this short, yet powerful text on how to make your loving relationship much more caring and exciting.

"My mission in life is to help you achieve your mission in life."

Hi, my name is Wayne F. Perkins, I am a clinical hypnotherapist and I am ready to help you and your lover awaken a sleepy relationship.

Is your love relationship the same as it was when you were dating? Do you find yourself looking forward to being alone as opposed to spending time with your

partner? Do you seem to find your self in arguments with your lover over silly little things like jobs, money and what's on the television?

You are not alone. People from all over the world visit my Hypnotism Education Website at: <http://www.wayneperkins.net> and ask questions like, "can I improve my relationship with my life partner or lover using hypnosis? Is there some magic way that I can help her solve her problems or communicate better with him/her?"

The answers you seek in helping you and your partner establish an amazing love relationship can be found using hypnosis.

"Hypnosis," how can hypnosis help me in a love relationship? Doesn't hypnosis mean someone has a mental dominance over the other person? In using hypnosis do I turn my love relationship into a dictatorship?

These are all good questions. Chapter 1 and Chapter 2 will work on your questions as well as other ideas of what hypnosis is all about.

Right now I want you to concentrate on the fact that this book will help you and the love of your life embrace a powerful loving relationship. The best part of this information is that both of you, right now, have everything you need to have the best loving relationship you ever had.

I am going to present ideas and exercises that both of you can have fun with every single day, for the rest of your lives.

You won't have to learn a lot of fancy jargon, tie your body up in knots, (although that may be fun) or worry that you aren't deep enough or not concentrating hard enough.

In fact as I present these ideas and exercises, they are actually going to make sense to you.

You may feel that you are having a reunion with an old friend. You will be.

This is going to put more fun in your life than you ever thought possible.

Are you ready to handle a wonderful, loving relationship? I am.

Let us begin!

What Will My Lover and I Achieve As A Result of Reading This Book?

As a result of reading this book and completing the exercises prescribed in this book, you and your lover will achieve the following:

- You and your lover will sleep better at night.
- You will both feel more in control of your lives.
- You and your partner will receive more self-confidence.
- Memories of things and events that have been long forgotten will improve.
- You and your lover will achieve greater self-esteem.
- Both of you will reduce stress in your lives.
- You will help your lover achieve other goals that are important to your lover.
- You will receive help in achieving goals that are important to you.

Who Are Lovers?

Who are lovers? Who are we actually addressing this book for?

Lovers are defined in this book as any of the following:

Husband and wife

Life partners

Friends

Relatives

People we trust with our health care

Parents and children

Anyone who wants to make a difference on another's life can use this book to help that person achieve his/her goals.

You can help your people achieve success in the comfort and privacy of home.

What is hypnosis?

"Hypnosis" refers to the power that words and ideas have when we surround these words and ideas with our complete attention. A hypnotist or an operator delivers words and ideas. However, you or your lover may write them down or deliver them to each other through spoken language. You may record and deliver these words and ideas to your powerful subconscious mind or your lover's powerful subconscious mind.

You don't need any special qualifications to deliver words that will change your life or help change your lover's life. Hypnosis, the power that words have when surrounded by your complete attention is as old as the spoken word itself.

You or your lover may have a goal regarding losing a specific amount of weight. Your goal may be to sleep better at night. You may want to relax better during stressful periods during the day. Any and all goals that you are trying to accomplish in life may be accomplished through the use of hypnosis and these powerful goal-setting techniques.

What fun you will have using the spoken word to change your lover's life!

When you have questions regarding hypnosis and these techniques as you read this book, please visit the contact me by e-mail at:

wayne@wayneperkins.net

or my visit my Hypnotism Education Website located at:

<http://www.wayneperkins.net>

You will also find support groups on the Internet that will guarantee the success of all of your goals in life. If you do not have Internet access, I would strongly recommend that you get access. Rapidly, there are becoming two major classes of people in the world. There are the information rich and the information poor. You get to choose which class you will belong. Make sure you are in the

information rich and you will receive all the information you need regarding help in any area you can imagine. Most of this valuable information will cost you nothing.

You get to choose which class you will belong. Which one do you choose?

How Can Hypnosis Help?

Here is how hypnosis can help.

1. Just by the act of relaxing, you will find peace and harmony on your journey called goal achievement.
2. By focussing on specific thoughts and ideas when in the state of hypnosis your powerful subconscious mind will act on your goals in a most profound manner.

Unlike many self-help books you have read, you can actually contact me through e-mail or the forum and chat groups located on my Hypnotism Education Website.

What to Expect From Me

My mission in life is to help you achieve your mission in life. The way I will help you achieve your mission in life is to teach you self-hypnosis and powerful goal achieving techniques, specifically designed for your success.

You can expect from me all that I have and all that I can give in helping you achieve your goals. This book contains a plethora of information in the appendices that will insure your success. Once you send me your registration form located in the appendix of this book, you will receive additional help from my Internet site, Hypnotism Education Website located at:

<http://www.wayneperkins.net>

In addition to the information available to everyone who enters my website, registered book users will receive a private location on the site where you will find updated versions of each chapter of this book. You will also find additional pages and new chapters for this book. Life is a work in progress. Your life and your lover's life are works in progress. Hypnosis is a work in progress. As I find new discoveries in hypnosis, instead of forcing you to buy a second or third reprint, you will have access to the additional pages at my Hypnotism Education Website.

Just as you will grow in life, so will your hypnosis for lovers training program.

What to Expect from You

What do you expect out of this book?

Each Chapter has a specific purpose. By completing and applying the exercises in this book you will be well on your way to a better loving relationship. In fact, shortly after Chapter 3, you may have already attained the goal that was the purpose for you purchasing this book in the first place!

I have purposely designed this book to be short and sweet. If you want lots of psychological theory or scientific data, go to my Hypnotism Education Website at:

<http://www.wayneperkins.net>, where I recommend other books that will fill in the theory and scientific data.

I prefer to help you achieve success without all of the theory.

Working this way has made my first book, *How To Hypnotize Yourself Without Losing Your Mind: A Self-hypnosis Training Program For Students And Educators*, a huge success. This is also the format I am using for future books in my *How To Hypnotize* series.

Expect to achieve success in your goals, long before you have read this book to its conclusion.

Always expect the best for yourself during your reading and completing of the activities outlined in the chapters ahead. Up until now, you may not have always expected the best for yourself and others. You must change that expectation if you wish to succeed with all you wish to accomplish in life. Wish success for yourself and wish success for your lover. Always **expect** the best from yourself in this book and you will **receive** the best.

What to Expect from Your Lover

What do you expect from your lover? You expect your lover to give you the same support that you are giving them. Expect your partner to be available for you just as you are available for them. Expect your partner to guide you into one of the best experiences you can ever have with another person. Expect your lover to help shape and fulfill your dreams just as you shape and fulfill your lover's dreams.

Does this sound like fun? It is!

Fundamental Law of Attraction

A basic psychological law applies to you and your lover and everyone else in the world. This is the basic psychological law that explains why hypnosis really works.

The concept or law is called the *fundamental* law of attraction.

The fundamental law of attraction as it applies to hypnosis is as follows:

"Whatever you hold in your mind at any given time, your body moves toward that direction. Your body can be directed to move in a physical, mental, emotional or spiritual direction."

Think about eating your favorite food. Picture in your mind how wonderful it looks. Picture in your mind the color and texture of the food. Think about how it feels as you chew it. Think about how your favorite food tastes and smells. Feel it in your mouth. Notice how your mouth starts to fill with saliva as you think these thoughts. This is the law of attraction at work. You are holding the thoughts of your favorite food in your mind. As you think about it in great detail your body tends to move toward it by allowing the saliva to flow as if you are digesting the food in real life. Do you begin to salivate when walking by a bakery or in a movie theater when you smell the popcorn popping? Notice how your body seems to be goal oriented. We will capitalize on that goal orientation of the body and the law of attraction as we progress through the hypnosis exercises.

Perkins Power of Four Rule®

Hypnosis with you and your lover invokes Perkins Power of Four® Rule.

What is Perkins Power of Four Rule®

The states that whenever two people are hypnotizing each other to achieve a specific goal, four powerful minds are working together in unison.

Let me explain. Your normal everyday waking state is called your conscious state of mind. This is the part of your mind that analyzes, and makes decisions based on objective criteria. This is the place where critical thinking takes place. Your mind generally pulls information out of short-term memory when making decisions using the conscious mind.

With hypnosis you begin talking with and convincing the conscious mind.

The subconscious mind involves making decisions based on subjective criteria. This is the part of your mind that is the "automatic pilot." It selectively makes on decisions. Your mind generally pulls information out of long-term memory and associates criteria with similar feelings you had when making this kind of decision.

Sometimes the conscious mind and subconscious mind move in opposite directions. One major reason diet plans are so hard to maintain is that the subconscious mind has been programmed a long time on how it responds to food. As soon as the person goes off the diet, it continues to associate with the person's long term memory and long term history of overeating.

It's this opposite direction going on between the conscious and subconscious minds that cause stress in our bodies and which reinforce negative habits.

Hypnosis brings your conscious and subconscious minds together in a way that both will think alike and act together creating a powerful and dynamic force. When you hypnotize your lover and your lover hypnotizes you four minds are working together; your conscious and subconscious mind and your lover's conscious and subconscious mind.

With that kind of power going for your any and all goals are possible by properly using the joint powers of your minds... *hypnosis*.

Let's move on.

Chapter 2 Can I Turn My Lover into A Duck? What Can I Use hypnosis for?

Can I really turn my lover into a duck?

Even though turning your lover into a duck may sound like fun at first. It really can become very annoying.

This book focuses on building relationships based on trust, understanding and a mutual desire to improve your relationship. If you or your lover becomes a duck, not only will it defeat the intent of this book; it can get very messy in your bedroom as well!

This chapter will list some of the areas in your life and that you can help yourself and your lover achieve success. Remember that this is my list and not yours. Let your imaginations run away with you and experiment with any goals that are important to you.

Any and all goals that you and your lover present can be worked on using hypnosis.

Work on one at a time until you achieve success in that area. Then move on to other important goals.

Here are some areas that you can master hypnosis with your lover.

What Can I Use Hypnosis For?

Do you want to have fun with your lover?

Do you want to help your life partner learn to become master of their mind and master of their destiny?

Do you want to help your lover improve relations with you and others?

Do you want to help yourself and your partner to overcome exam anxiety or improve in schoolwork?

Do you both want to learn how to sleep better at night?

Do you want to facilitate weight control or smoking cessation?

Do you want to improve in sports performance? Do you want your lover to improve in sports performance.

Do you and your life-partner want to be more creative?

Does you or your friend want to become more intuitive?

Do you want to become more spiritual?

Do you want to become more creative?

Do you want to build your self-image?

Do you want to build personal self-esteem or self-esteem in you partner?

Do you want to achieve any personal goals that you or your over can imagine?

Begin to create a notebook you can keep by your bed at night. You may want to three-hole punch and bind each page. You may also want to copy and bind the text of this book for your use.

In your notebook, create a section call "goals." Meet with your lover and discuss goals you both wish to achieve. Ask your lover or friend, which goals are most important and which do you wish to begin working on.

Goals are "dreams with a deadline." As you and your partner create goals, create a timetable on when you want these goals to be fulfilled. You will be amazed at the results.

You may want to begin with a very simple one in just reducing stress or sleeping better at night. Once you have achieved this goal, you may attack any and all goals and you should have similar success.

The very first exercise we will perform in this book will work on the common everyday stress in the world and how to reduce it. You will also give and receive suggestions to assist you and your lover in sleeping soundly all night long.

Your personal success is only limited by your imagination. You possess everything you need and your lover has everything he/she needs to help you achieve your goals.

You can both celebrate in achieving your goals together!

I recommend that once every month you have a meeting together to track the goals you have achieved and which ones still need to be worked on.

In the next chapter you will begin your first official hypnosis session together. It will be fun. The best part about it is that you work with your partner on goal achievement for the rest of your lives.

Always having goals in front of you keep you healthy and young at heart.

How Does It Work?

You learn how to relax and open your mind toward self-hypnosis. As you learn to relax deeply on my command or request, a strange thing begins to happen. You begin to accept suggestions that will be of benefit to you. A suggestion is simply an idea or thought that is implanted into your subconscious mind and when teamed up with repetition, becomes reality. The body responds to the ideas or thoughts you put in your mind. After enough repetitions of these thoughts are received, the mind starts to reprogram itself to respond the way you want it to.

How many repetitions does it take? It's hard to make any assumptions. Some people will begin to change their behavior after the very first session. Most people need many repetitions to insure that the desired behavior will override the undesired behavior.

What Will You Learn To Do?

You will learn how to present yourself with words and ideas. You will surround these words and ideas with your complete attention. Then you learn how to word suggestions in a way to give you the best opportunity to affect your subconscious mind. Then I teach you to create hypnotic prescriptions that are personal to you and specific to overcome your challenges and achieve your goals. You will then give yourself these suggestions or ideas many, many times before you finish the book.

The good news is that repetition of these positive thoughts and ideas will eventually create your goal achievement.

You will succeed!

When Do We Start This Wonderful Journey?

You and your lover may begin as soon as you read the very next chapter. Both of you will learn to appreciate each other more as you focus on communicating on a very basic level. This is the same level that parents imprint on their children before the age of seven.

Children will carry these powerful thoughts and ideas with them as if they were imprinted in their DNA. Remember how a therapist will generally find a current

problem related directly to an event that happened long ago. Why not begin on your goals with a lover, recreating many of the conditions that were present when you were a small child?

The innocence and acceptance of suggestions as a child will allow you to tap into your powerful subconscious minds.

You will succeed!

Both of you will get to enjoy a time and a place where income taxes, prejudice, wars, heartbreak, just don't exist. This is a time where security, the same security adults search for their entire lives, is yours. It will be yours every single night if you choose. But the best part is you both get to enjoy each other in the process.

Does this sound like something you would like to do?

Let's do it!

Chapter 3 Your First Hypnotic Experience. Plan A...Every Day

First of all, there is no button in your brain that you push to become hypnotized or dehypnotized. Do you really think that with your experiences in life, that you can possibly find a state of mind that never existed before in your history or your partner's history. Hypnosis is a state of mind. Becoming hypnotized is just following directions and concentrating so intently on a particular thought or string of thoughts, that nothing else that is going on around you seems to be distracting or very important. Since there is no button to push, there is no button to get *stuck* and have you frozen in hypnosis or self-hypnosis. In all of the history of hypnotism, no one has ever gotten *stuck*. That's too bad, because it is a wonderful state of mind to be experiencing.

Have you ever heard a song playing and you instantly remembered an event that happened years before? Have you ever read a good book and were totally oblivious to someone asking you a question? Have you ever watched a movie and felt as if you were experiencing that which the actor was experiencing? Have you ever fallen in love?

You have already experienced hypnosis. You and your lover have experienced it many times in your relationship and many times in your lives.

You will hear all the instructions given. Whether I am giving you instructions in person or you are giving them to yourself or your lover, you will hear everything that goes on around you and everything that your partner is saying. The only time you won't hear everything that is being said is when you go physically to sleep. As you relax in hypnosis it is very easy to fall into natural sleep. In a few minutes, however, you will wake up on your own. You will, however, respond to any suggestion you gave yourself before falling into natural sleep.

When you listen to a hypnotist or your own hypnotic recording, do not evaluate or judge what is going on. When you are listening to your partner hypnotizing you, do not analyze the process. There will be plenty of time to evaluate the process once you are back into the *waking state of mind*.

Do not "try" to become hypnotized. The word "try" implies doubt. Just relax and let the process happen. You will really enjoy it.

Your mind works better at accepting positive suggestions when your body is at rest and your mind is just listening to each and every word the hypnotist, your lover is saying. Listen to the words as you listened to parents when you were a child of five or six years of age. Remember that anything is possible when you are in the hypnotic state of mind.

Here are a list of FAQs or Frequently Asked Questions, regarding hypnosis and self-hypnosis. When you have additional questions feel free to visit my Hypnotism Education Website at:

<http://www.wayneperkins.net>

You will find additional FAQs on the Website as well as the Self-hypnosis Forum. You may want to join. People from around the world have the same questions as you regarding hypnotism. They will also share with you how they have overcome problems and achieved goals with self-hypnosis and these specific techniques. Other hypnotherapists and health care professionals will share their experiences with you as well. Below are some FAQs, (frequently asked questions) which is pronounced "fax."

Question: Will I get stuck in hypnosis?

Answer: No, hypnosis is a state of concentration and consciousness not unconsciousness.

Question: Will I hear noises around me?

Answer: Yes, you will be aware of everything around you. You may, however, select to minimize other conversations or stimuli.

Question: How do I know when I am hypnotized?

Answer: You are conditioning yourself for hypnosis. Don't worry, just allow yourself to relax. All that is important are the results from hypnosis, not the process.

Question: What does it feel like?

Answer: It feels like whatever you want it to feel like. If you want to feel a tingling sensation all over your body, then that is what you will feel. If you want to feel warm or cold, you will feel warm or cold.

Question: Will I remember everything of the session?

Answer: You will remember everything. (Unless you fall asleep while practicing) Then you may remember only those suggestions given until you drifted off to sleep.

Question: How often should I practice hypnosis?

Answer: Practice it as often as you desire. Repetition helps you relax better each time. Repetition of positive suggestions even in the waking state will help you achieve your success achievement plan.

Question: Where can I find out more about the hypnotic condition?

Answer: Check out my FAQ's located on the Hypnosis Education Website, located at:
<http://www.wayneperkins.net>

Goals for Chapter 3

The major goals of Chapter 3 are to teach you how to give your lover or friend a hypnotic induction that will achieve the positive results of allowing your lover to sleep deeply all night and awaken in the morning feeling alive, alert and refreshed. She/he will be looking forward to the new day. Do not attempt to bring anyone back in time. Use a professional for that. If you want to time travel, move ahead in time helping your partner visualize and experience the positive aspects of a future achievement.

Plan A. Your First Hypnosis Experience Together

Procedure

Here is what's going to happen. You, the reader of this book is going to hypnotize your partner. It's going to take place just before you go to bed at night to sleep. By now you have explained what you have learned so far. If your lover has any questions answer them to the best of your ability or refer him/her to my Hypnotism Website at:

<http://www.wayneperkins.net>

Next you are going to use what we call a progressive relaxation technique. This procedure will totally relax all the muscle groups in your lover's body.

During this technique you will administer a hypnotic prescription. The prescription I give you will suggest that your lover will sleep soundly all night long and tomorrow morning will feel better than ever. If an emergency comes up during the night, your lover will awaken instantly and clear headed. He/she will be able to handle the emergency correctly and effectively.

Time

This exercise in hypnosis will take about 20 minutes. For the first time you may want to allow around 40 minutes. The second time you hypnotize your partner cut the time in half to around 20 minutes. As your lover becomes sensitized to the process, the time of hypnotizing can be reduced even more.

Mood

The mood will be one of experimentation. Laugh, talk about your long term goals and dreams. Reassure each other that you will be gentle and give very positive suggestions that will assist you lover to achieve his/her goals.

Instructions for Your First Hypnosis Session Together

Do not tell anyone that you are going to work on problems with hypnosis. Other people's views and misconceptions of hypnosis will come into play if others are brought in to the process at this phase. Let yourself have **many positive experiences** with hypnosis to share with your friends at a later date. Your success is the most important issue here, **not the validation of your friends or relatives**. Your friends and relatives will never have the same motivation for your success than you and your lover. You are both in this process all by yourselves. Once you have numerous successes, then pass along your magic remedy. You will not only help your friends at that point, but you will reinforce the motivation that resulted in you going through the exercises in the first place. You will keep the experience fresh. Remember that since your mind will be very alert during this exercise, you will be able to react to any emergency that is going on around you.

You may want to tape record your new experience. This way if you are on a business trip or too tired to administer the technique, your lover may listen to the tape.

Practice this skill over and over. Repetition will help condition you faster.

Let us begin!

Begin by designating who is going to become the hypnotist for the evening. Since your goal is to have yourself or your lover sleep all night long as a result of the

process, you don't want to go through the process and then wake him/her up so it can be your turn.

For the first two weeks using Plan A, use the same designated hypnotist. This will allow the hypnotist to become conditioned to the process as well as your lover becoming conditioned to going deeper and deeper into this wonderful experience.

When its time to change roles, both of you will be experienced and ready for success.

Make sure as you read to your partner, the kids are asleep, the dogs put away, the phones set on mute or turned down and the television is off. You want to have all of your attention directed at this process and at your lover. Be within arm's reach of turning off the light so you both can make an easy transition to sleeping. Remember to put a tape into your recorder. Get a 90 minute one so you won't be distracted when the tape shuts off.

Progressive Relaxation Technique #1

Let's use a progressive relaxation technique. Progressive relaxation techniques are easy to use. Many psychologists and psychiatrists, who don't want to scare anyone telling them they use hypnosis, use this wonderful technique. Let's begin!

Every time you see (PAUSE), hold your silence around three seconds and then continue.

The following induction script is what you say:

Close your eyes and listen to my voice. (PAUSE)

I am going to give you suggestions that will assist you in relaxing deeply all night long. Tomorrow, when you awaken, you will feel full of energy (PAUSE)

Each time that we practice these techniques, you will find you are going deeper and deeper and enjoying the hypnotic experience more and more. (PAUSE)

I am going to count slowly from five down to one. With every count I want you to take a long, slow deep breath. As you inhale, breathe in the refreshing air. (PAUSE)

As you exhale, push all of the tension of the day, out of your lungs and out of your body. (PAUSE)

You will feel good, you will feel fine, you will feel perfectly relaxed. (PAUSE)

Even though I am giving the suggestions, you will be always in control. Your mind will be alive, alert and your body will be relaxing, totally, relaxing. (PAUSE)

Okay, five (PAUSE)

Four (PAUSE)

Three (PAUSE)

Relaxing more with each and every deep breath that you take (PAUSE)

Two (PAUSE)

One, now you are totally relaxed. Your mind is alert and aware and concentrating on my voice. (PAUSE)

Continue breathing deeply and comfortably all night long. It feels so good to relax deeply this way. (PAUSE)

Now focus all of your attention on relaxing the muscles of your forehead. Picture the muscles of your forehead going limp, as if they were a group of loose rubber bands. (PAUSE)

It feels so good to relax these muscles. (PAUSE)

Keep breathing comfortably and think about relaxing the muscles of your face. (PAUSE)

Again, picture the muscles of your face letting go at your command. (PAUSE)

Relax your jaw muscles. Your lips may part and your jaw may drop a little in order to assist in relaxing the jaw muscles. (PAUSE)

Think about it happening, allow it to happen, and it will happen. (PAUSE)

Now your forehead is relaxed, your face is relaxed and your jaws are relaxed (PAUSE)

Continue breathing comfortably, pushing any tension out of your lungs as you exhale. (PAUSE)

Think about relaxing the muscles of your neck. As you relax the muscles of your neck you may begin to have an urge to swallow. (PAUSE)

Swallow when you need to and this will assist you in relaxing even deeper. (PAUSE)

You are relaxing deeper and sounder than ever before. (PAUSE)

Now picture in your mind that you are relaxing the muscles in your chest. Picture all of those muscles going loose, limp and totally relaxed. (PAUSE)

You are breathing comfortably and relaxing deeply. (PAUSE)

Soon you will become very tired and will fall deeply asleep. You will sleep deeply, all night long. (PAUSE)

You will wake up tomorrow feeling wide, awake, alert and looking forward to a brand new day. (PAUSE)

Each and every deep breath that you take is sending you deep asleep. (PAUSE)

Each and every sound that you hear is sending you deeply asleep. (PAUSE)

Nothing will disturb you, just concentrate on the sound of my voice. (PAUSE)

Each and every time during these exercises that I suggest sleep or relaxation to you, your relaxation will grow deeper and sounder than ever before. (PAUSE)

You are relaxing soundly and perfectly. (PAUSE)

Now focus your attention on relaxing the muscles of your shoulders and your arms. (PAUSE)

Picture in your mind that your arms are limp dishrags. (PAUSE)

Allow your fingers and hands to lie relaxed on your bed. (PAUSE)

Feel the relaxation growing in your arms and hands. It feels so good to allow your body to relax this deeply. (PAUSE)

Now think about relaxing all the muscles of your stomach and your back. Picture the muscles as they let go at your command. (PAUSE)

Each and every deep breath that you take is allowing you to go deeper and deeper. (PAUSE)

Each and every sound that you hear is allowing you to go deeper and deeper. (PAUSE)

Nothing will disturb you, just listen to the sound of my voice. (PAUSE)

Each and every time I suggest sleep or relaxation to you during these nighttime exercises you will go deeper and sounder than ever before.

Now that your chest, arms, and stomach are relaxed, concentrate on relaxing all of muscles of your legs and feet. (PAUSE)

Picture your legs relaxing deeply. (PAUSE) Imagine your leg muscles as a group of large, loose rubber bands. Picture those rubber bands going loose, limp and relaxed at your command. (PAUSE)

Allow this wave of relaxation to go all the way down your legs to your feet. (PAUSE)

Feel your feet relaxing now. Allow all of the muscles in your feet a sense of deep, perfect, relaxation. (PAUSE) Picture all of those muscles going loose, limp and relaxed. (PAUSE)

Now from the top of your head to the tip of your toes your body is relaxing perfectly and soundly. You feel good in every way. You realize that you can relax like this on your own but it feels so good to have a partner assist you in the process. (PAUSE)

In a moment I am going to count from one to five. (PAUSE)

When I reach the count of five you will be able to awaken. However, for these exercises I want you to go deep and sound asleep. (PAUSE)

Sleep soundly and perfectly all night long. (PAUSE) If an emergency comes up during the night you will be able to respond to it perfectly and quickly. (PAUSE)

Allow yourself to sleep soundly and completely all night long. (PAUSE)

When it is time for you to get up, you will be wide-awake, alert and feeling better than you have ever felt before. You will be energetic and fully aware. (PAUSE)

All right one (PAUSE)

Two (PAUSE)

Three (PAUSE)

Four (PAUSE) (PAUSE)

Five (PAUSE)

Go deeply asleep and sleep all night long. Feel wide a wake and alert in the morning.

END OF EXERCISE #1 PLAN A

Directions: Continue on with this chapter tomorrow. Turn off the lights, your tape recorder and go deeply asleep, just like your lover.

Tomorrow, when you and your lover are together again, ask him/her how the experience went. Ask your lover what was she/he liked or disliked. Ask how the experience can be made better.

Continue on with you hypnotizing your partner the same way for the next two weeks.

You and your lover will become very comfortable with the process by then and will be experiencing many great benefits.

When your two weeks are up, that is the time to switch and become the hypnotic subject and your lover becomes the hypnotist.

You are really going to enjoy the next two weeks ahead.

Continue reading this book after the two weeks and you will begin to have better and more productive sessions.

You will find that spending this quality time helping each other will become a wonderful new addition to your love life. It will enhance other activities you both engage in.

Chapter 4 How To Write A Powerful Hypnotic Prescription

"I can't look in his eyes," stated the Associated Students President as she introduced me before my Concert of Stage Hypnotism at a small Illinois college.

This was my first college audience with many psychology students and even a psychology professor in attendance. I was thinking how strange it is to mention hypnosis with these learned men and women. These learned men and women are fearful and think I have some strange powers over people, with the use of my eyes. Why do people have this prejudice about hypnotism and eyes?

Eyes have always been a significant part of the hypnosis process. What is the connection the eyes and hypnosis? The sense of "sight" acts as a metaphor for hypnosis.

At the count of three, look up from this book. Scan your eyes around the room, keeping a finger on your place in this book. Then focus your attention on one object on the other side of your room. Focus on this object for about ten seconds and then start reading the book again. All right, one, two, and three, look, scan and focus.

Well, that was fun. Did you notice as you scan around your room all the different objects? Did you notice different textures, sizes, shapes, form, mass, and colors? As you focused on one object did you notice what happened? Other objects, shapes, sizes, form, mass, and colors go out of focus. They recede into the background. They don't seem quite as distinct or as important anymore. This experience, the experience of sight is just like hypnosis.

With hypnosis you focus your attention so much on a central word, thought or idea that the rest of the world goes out of focus. You don't really notice or care that much about what else is going on around you. You know that people are talking or that things are happening but they aren't as important as the ideas your are concentrating on at the time. With hypnosis you don't need your eyes open at the beginning of the induction in order for it to *work*. Later in this chapter you will learn how to hypnotize yourself with an Eyes-Closed Induction. It will be fun!

Objective of Chapter 4

The objective of Chapter 4 is to help you understand what to say to yourself during the hypnotic induction. This chapter will assist you in creating specific script to insert in the progressive relaxation induction. The script is designed to help your lover achieve his/her goals.

What Do You Say During The Induction?

What is an induction? What do you say during the induction? An induction is the formal ceremony with a goal to elicit a hypnotic response from the subject or

hypnotee. The subject or hypnotee may carry out the formal ceremony normally presented by a hypnotist. Hypnosis can and does exist even without the formal ceremony or induction. This concept is hard for people to understand. But it is true. Once you accept this teaching self-hypnosis will become powerful and it will be fun to use, especially when you get to the exercise in Chapter 7.

The induction is a signal that *hypnosis is coming*. You had better get ready! This is when your belief system and your expectation of hypnosis come into clear focus.

What do you say during the induction? Anything you wish! I will list the basic parts of a typical induction or ceremony, for you. This will include what you do and what you say to your lover. The procedures used in this book will be at night before both of you go to sleep. However, you can administer these suggestions at any time during the day. Instead of counting down during the end of the induction and telling your lover to sleep at the "count of five," you will be telling your lover to awaken at the "count of five."

Tools For A Great Induction

Pre-hypnotize your lover. What does he/she wish to accomplish during this session. Remember that you told your partner that he/she will "relax deeply all night along and awaken tomorrow feeling full of energy," at the very beginning of the exercise in Chapter 3. This is called *pre-hypnosis*.

Deep breathing suggestions: Tell your partner to breathe deeply to enhance the relaxation response.

Imagination stimulation: Focus on relaxing your lover's muscle groups. If you wish to give your lover an induction without reading the book, you can cue yourself on what to say by just looking at his/her body. Look at her head, talk about relaxing the muscles of the head, face, and neck and continue down her body by looking at it. This makes it easy in case she doesn't want the light on while you read, or you wish to use a candle for a wonderful lighting effect.

Post-hypnotic suggestion: Give your partner a suggestion during the induction that will predict and ask for a particular behavior, once she/he awakens from hypnosis. The behavior we are looking for in this book is the complete relaxation and stress reduction at night and the full awareness and high energy level during awakening. As you experiment on your own with your personal goals, you will develop many post-hypnotic suggestions.

Awakening: Give your lover a signal to come out of hypnosis. It may be a count, such as from one to five. It may also be a set amount of time. For example, you may tell yourself that you will concentrate in hypnosis for twenty minutes and then awaken on your own, feeling wide-awake and alert. In the exercises in this book the cue is always, "when you awaken tomorrow morning."

If your lover wants you to awaken before that time, use the time cue, in twenty minutes you will awaken, or a count, when I count from one to five you will awaken. By the time I reach the count of five you will wide, awake and alert just like you are in the morning after a long refreshing sleep.

Why Do You Say it?

Question: Why do we use pre-hypnosis?

Answer: We use pre-hypnosis to remind ourselves of the precise behavior we want to change. If we fall into natural sleep during the induction, we will still accomplish our goal. Our pre-hypnosis will act as the hypnotic prescription or prevailing thought.

Question: Why do we use an induction?

Answer: We use an induction to get our mind ready for change. The induction is a formal ceremony devised to send a signal to your lover's subconscious mind that we are ready for change.

Question: Why do I use deep breathing exercises?

Answer: You can use deep breathing to give your partner methods of relaxing you generally don't think about in the waking state. You also give your lover a method of getting feedback to your brain that the suggestions are taking effect.

Question: Why do I want to stimulate my lover's imagination?

Answer: You stimulate your lover's imagination because everything is possible in your imagination. Think about when you dream at night. You can fly, slay dragons or run faster than any human being. You can interact with people who have died several years before and you can be any age. Everything is possible in your imagination. Why not focus on all the possibilities?

Question: Why do I use a post-hypnotic suggestion?

Answer: You use a post-hypnotic suggestion as your main theme or reason for the session. Your lover carries out these suggestions after the hypnotic session is over. If his goal is to control your weight, then your post-hypnotic suggestion would involve words and ideas that will help him control weight. You may tell your lover to begin exercising or drinking water. If your goal of the session is to relax then your post-hypnotic suggestion will involve how you will feel

relaxed after the induction session. You may suggest feeling the same degree of relaxation while you are working on a project after the session is finished.

What Is A Hypnotic Prescription?

Question: What is a Hypnotic Prescription

Answer: A hypnotic prescription is the script or verbiage that you use during the hypnotic ceremony or induction that centers on one or more of your lover's goals. This prescription may include a story or metaphor that helps explain a lesson that the subconscious mind understands and acts upon. The prescription is written in such a way that your subconscious mind will act upon it either during the hypnotic state or after the induction when the hypnotic experience is officially over (The posthypnotic state). The prescription can be very lengthy or administered in one well-chosen word. The prescription works best when repeated many times. The hypnotic prescription when administered goes into your lover's powerful subconscious mind. It changes his/her belief system from one of *I can't* to one that states, "I can."

Always Administer Positive Words and Ideas

Question: Would you rather listen to something positive or something negative?

Answer: Our brains are crammed full of negative ideas and scripts. How many movies have you seen with death, destruction, and loss of love and heartache? How many newscasts have you observed examples of mans' inhumanity towards man? How many times did we run those scripts in our minds when parents, relatives, or friends told us we would never amount to anything, or we should be grateful for what little we have?

These hypnotic Prescriptions (yes, they are hypnotic prescriptions) keep running in our head and may be affecting our behavior and our attitudes toward successful and healthy lives. People think themselves to life and they think themselves to death. How many people do you know with negative attitudes that also have poor health? Have you ever met a person with a negative attitude that is not achieving what they want to achieve in life? Do they put down and ridicule people that are successful? Do they act resentful to everyone and everything?

You are going to learn how to be positive so you can overcome all of those negative attitudes and scripts.

Since we already have enough negative scripts running in our brains, we need to load a pile of positive ones to our memory. We are so use to reacting to things negatively that I am going to show you specific examples of *goals* stated by my clients that needed to be changed from negative to positive before goals were achieved.

Commit Your Goals to Paper

Think of a few goals right now. Always keep your goals handy so you can refer to them at night. It's okay to think about them during the day as well. Always surround your thoughts about your goals and your lover's goals with total relaxation. This process will allow your subconscious mind and conscious mind to work in harmony.

What Do You Say In A Prescription?

What are the magic words that will help you achieve all of your goals? Where do I find the right things to say? How do I say them? Let's find out.

In a prescription you say two basic things.

You state a behavior you want to change or goal you wish to achieve during the session or after the session.

You state it in a way that assumes you have already reached the goal or are rapidly getting closer to achieving it.

In the case of relaxation, you may tell your partner something like this: "Picture yourself relaxing. (PAUSE) See yourself relaxing. Feel yourself deeply relaxing and in control. (PAUSE) When you awaken from hypnosis you will be relaxed and in control. "

Part 2.

**Advanced Hypnotic Techniques
For Your Pleasure**

Chapter 5 Plan B. Its Your Turn, Oh No, Its Yours!

William James, a great philosopher who was quoted near the end of the last century, said, "The greatest discovery in my lifetime is that man can change his life, by changing his mind."

It sounds too easy, doesn't it? But the fact is William Jame's statement is true.

I remember high school graduation day. Who ever forgets that day?

We were listening to our names being called. At my high school we graduated in order of class rank,

We had the top three students give speeches and then the top 10 percent of the class followed by the remaining students in order of grade point average.

Four-hundred and thirty-two students received diplomas. There was one student who ranked four-hundred thirty-two out of four-hundred and thirty-two.

Let's call him "John."

I knew John from fourth grade on. I still know John, today, over thirty years later.

As his class rank indicated, he never did well in school. He was a nice person and fun to be around but he was a poor students.

When you think about it, can you imagine how John felt to receive his diploma last among his peers, teachers, parents and families on graduation night?

A year later, John and I were drafted into the Army on the same day and spent basic training at Fort Campbell, Kentucky.

After basic, we both shipped out to different destinations and I didn't see John until six years later.

I was graduating from college with a Bachelors Degree in Business Education and there was John, graduating with honors, with Bachelors Degree In Computer Engineering.

I just could not believe it. I talked to John after the ceremony. I asked him how he changed so much in just a few years. (I found out later that in college, John never received a grade lower than an A) He received A's in every single class!

As I asked him how he changed so much, my mind quickly went back to the high school graduation that had to have been very humiliating for him.

John said just four words, " I changed my mind."

The simple but powerful techniques in this book and my other books in the *How To Hypnotize* series, capitalize on the fact that you and your lover can make dramatic changes in your lives. Just keep in mind the great discovery an intellectual philosopher made at the turn of the last century and a poor high school student made sixty-five years later.

You can change your life, by changing your mind.

The following exercise is going to be fun. I am going to add a few more prescriptions to your nightly exercise to increase the possibilities for you and your lover.

Are you ready to bring help your lover achieve personal goals and are you ready to achieve your own personal goals?

Lets' begin!

Procedure

For this exercise, instead of hypnotizing your partner for two consecutive weeks, you are going to alternate roles as hypnotist and subject. You can alternate every other night or hypnotize for just a few consecutive nights followed by your lover hypnotizing you for a few consecutive nights. Whatever the both of you decide will be the correct interval By now you have the power of four working in your favor.

Time

This exercise in hypnosis will take about 20-30 minutes. For the first time you may want to allow around 40-50 minutes. The second time you hypnotize your partner cut the time in half to around 20 minutes. As your lover becomes sensitized to the process, the time of hypnotizing can be reduced even more.

Mood

The mood will be one of experimentation. Laugh, talk about your long term goals and dreams. Reassure each other that you will be gentle and give very positive suggestions that will assist you lover to achieve his/her goals.

Instructions for Plan B Alternating Your Hypnosis Sessions

This is going to be fun! How are you both doing so far? Have both of you experienced hypnosis for a two-week period?

Have you begun to fight over whose turn it is? I hope not. In any case this chapter will help because in Plan B, you are going to alternate roles as hypnotist/subject, every single night. You may continue your role for two or three consecutive sessions if you like. You have both been conditioned by now to fall into a deep state of hypnosis as you fall into natural sleep. Whatever intervals you both agree on will be the correct intervals.

This exercise will work quite well now in that you both know how to deliver and receive hypnotic suggestions. Now its time to give and receive on an alternating basis. This way your experience will remain fresh and reinforcement for your personal suggestions and goals are always no more than one or two days away.

You may want to tape record your new experience. This way if you are on a business trip or too tired to administer the technique, your lover may listen to the tape.

Practice this skill over and over. Repetition will help condition you faster.

Let us begin!

Begin by designating who is going to become the hypnotist for the evening. Since your goal is to have yourself or your lover sleep all night long as a result of the process, you don't want to go through the process and then wake him/her up so it can be your turn.

For the first two weeks using Plan A, use the same designated hypnotist. This will allow the hypnotist to become conditioned to the process as well as your

lover becoming conditioned to going deeper and deeper into this wonderful experience.

When its time to change roles, both of you will be experienced and ready for success.

Make sure as you read to your partner, the kids are asleep, the dogs put away, the phones set on mute or turned down and the television is off. You want to have all of your attention directed at this process and at your lover. Be within arm's reach of turning off the light so you both can make an easy transition to sleeping. Remember to put a tape into your recorder. Get a 90 minute one so you won't be distracted when the tape shuts off.

Progressive Relaxation Technique #2.

We are going to enhance the progressive relaxation technique we learned in Chapter 3. We will change it just a little bit, and give you a more powerful script. Are you ready? Let's begin!

Every time you see (PAUSE), hold your silence around three seconds and then continue.

The following induction script is what you say:

Close your eyes and listen to my voice. (PAUSE)

I am going to give you suggestions that will assist you in relaxing deeply all night long. Tomorrow, when you awaken, you will feel full of energy (PAUSE)

In addition to feeling full of energy, you will find that you will be relaxed and in control all day long. Issues at work or in other areas of your life that bothered you will cease to bother you tomorrow. In place of the stress that had become a part of your life, you will find peaceful and relaxing feelings. Your memory and concentration will improve as you relax peacefully during the day. Day by day, in every way, you are feeling better and better.(PAUSE)

Each time that we practice these techniques, you will find you are going deeper and deeper and enjoying the hypnotic experience more and more. (PAUSE)

I am going to count slowly from five down to one. With every count I want you to take a long, slow deep breath. As you inhale, breathe in the refreshing air. (PAUSE)

As you exhale, push all of the tension of the day, out of your lungs and out of your body. (PAUSE)

You will feel good, you will feel fine, you will feel perfectly relaxed. (PAUSE)

Even though I am giving the suggestions, you will be always in control. Your mind will be alive, alert and your body will be relaxing, totally, relaxing. (PAUSE)

Okay, five (PAUSE)

Four (PAUSE)

Three (PAUSE)

Relaxing more with each and every deep breath that you take (PAUSE)

Two (PAUSE)

One, now you are totally relaxed. Your mind is alert and aware and concentrating on my voice. (PAUSE)

Continue breathing deeply and comfortably all night long. It feels so good to relax deeply this way. (PAUSE)

Now focus all of your attention on relaxing the muscles of your forehead. Picture the muscles of your forehead going limp, as if they were a group of loose rubber bands. (PAUSE)

If feels so good to relax these muscles. (PAUSE)

Keep breathing comfortably and think about relaxing the muscles of your face. (PAUSE)

Again, picture the muscles of your face letting go at your command. (PAUSE)

Relax your jaw muscles. Your lips may part and your jaw may drop a little in order to assist in relaxing the jaw muscles. (PAUSE)

Think about it happening, allow it to happen, and it will happen. (PAUSE)

Now your forehead is relaxed, your face is relaxed and your jaws are relaxed (PAUSE)

Continue breathing comfortably, pushing any tension out of your lungs as you exhale. (PAUSE)

Think about relaxing the muscles of your neck. As you relax the muscles of your neck you may begin to have an urge to swallow. (PAUSE)

Swallow when you need to and this will assist you in relaxing even deeper. (PAUSE)

You are relaxing deeper and sounder than ever before. (PAUSE)

Now picture in your mind that you are relaxing the muscles in your chest. Picture all of those muscles going loose, limp and totally relaxed. (PAUSE)

You are breathing comfortably and relaxing deeply. (PAUSE)

Soon you will become very tired and will fall deeply asleep. You will sleep deeply, all night long. (PAUSE)

You will wake up tomorrow feeling wide, awake, alert and looking forward to a brand new day. (PAUSE)

Each and every deep breath that you take is sending you deep asleep. (PAUSE)

Each and every sound that you hear is sending you deeply asleep. (PAUSE)

Nothing will disturb you, just concentrate on the sound of my voice. (PAUSE)

Each and every time during these exercises that I suggest sleep or relaxation to you, your relaxation will grow deeper and sounder than ever before. (PAUSE)

You are relaxing soundly and perfectly. (PAUSE)

Now focus your attention on relaxing the muscles of your shoulders and your arms. (PAUSE)

Picture in your mind that your arms are limp dishrags. (PAUSE)

Allow your fingers and hands to lie relaxed on your bed. (PAUSE)

Feel the relaxation growing in your arms and hands. It feels so good to allow your body to relax this deeply. (PAUSE)

Now think about relaxing all the muscles of your stomach and your back. Picture the muscles as they let go at your command. (PAUSE)

Each and every deep breath that you take is allowing you to go deeper and deeper. (PAUSE)

Each and every sound that you hear is allowing you to go deeper and deeper. (PAUSE)

Nothing will disturb you, just listen to the sound of my voice. (PAUSE)

Each and every time I suggest sleep or relaxation to you during these nighttime exercises you will go deeper and sounder than ever before.

Now that your chest, arms, and stomach are relaxed, concentrate on relaxing all of muscles of your legs and feet. (PAUSE)

Picture your legs relaxing deeply. (PAUSE) Imagine your leg muscles as a group of large, loose rubber bands. Picture those rubber bands going loose, limp and relaxed at your command. (PAUSE)

Allow this wave of relaxation to go all the way down your legs to your feet. (PAUSE)

Feel your feet relaxing now. Allow all of the muscles in your feet a sense of deep, perfect, relaxation. (PAUSE) Picture all of those muscles going loose, limp and relaxed. (PAUSE)

Now from the top of your head to the tip of your toes your body is relaxing perfectly and soundly. You feel good in every way. You realize that you can relax like this on your own but it feels so good to have a partner assist you in the process. (PAUSE)

In a moment I am going to count from one to five. (PAUSE)

When I reach the count of five you will be able to awaken. However, for these exercises I want you to go deep and sound asleep. (PAUSE)

Sleep soundly and perfectly all night long. (PAUSE) If an emergency comes up during the night you will be able to respond to it perfectly and quickly. (PAUSE)

Allow yourself to sleep soundly and completely all night long. (PAUSE)

When it is time for you to get up, you will be wide-awake, alert and feeling better than you have ever felt before. You will be energetic and fully aware. (PAUSE)

All right one (PAUSE)

Two (PAUSE)

Three (PAUSE)

Four (PAUSE) (PAUSE)

Five (PAUSE)

Go deeply asleep and sleep all night long. Feel wide a wake and alert in the morning.

END OF EXERCISE PLAN B

Directions: Continue on with this chapter tomorrow. Turn off the lights, your tape recorder and go deeply asleep, just like your lover.

Tomorrow, when you and your lover are together again, ask him/her how the experience went. Ask your lover what was she/he liked or disliked. Ask how the experience can be made better.

Continue on with you hypnotizing your partner the same way and alternate every night or at intervals that are agreeable to both of you.

You and your lover are becoming very comfortable with the process and are receiving the benefits that deep relaxation can bring to your partnership.

You are finding that by working together each evening, you are getting closer and closer, your love relationship is growing. Day by day, in every way, you are getting better and better.

Chapter 6. The 80/20 Rule Applies To This Too

Are you familiar with the 80/20 Rule?

In business, the 80/20 Rule states that 80% of the sales revenue are driven by only 20% of the customers.

From business to business, whether large or small and across all industries, this business rule applies itself over and over again.

How does the 80/20 Rule apply to hypnosis with your lover?

Think about the exercises presented in this book, in which you and your lover participated. Does each partner read 50% of the time? Is one partner asked to read more often to the degree of 60%, 75%, 80% or more?

If you are reading 50% of the time do you see a time where one partner may do the bulk of the reading?

If you find yourself or your lover taking on the role of the hypnotist to a greater degree in your relationship, that is actually a good thing!

If you are the one that is hypnotizing, reading, or "giving" most of the time, you are going to appreciate this theory.

I have know many hypnotists over the last 30 years, and one thing that stands out in my mind is that all of the hypnotists I know and have ever known suffer from good health.

Why good health?

All day long, hypnotists and hypnotherapists are giving other people positive suggestions. These suggestions are usually relating to health in some way. Just asking the client to breathe deeply and push out any tension out of his lungs or his muscles is health restoring.

Each day the hypnotist is asking his client to become healthier, wealthier, and wiser.

What a great job!

Now, you are the hypnotist. You are giving your lover powerful healthy suggestions. Even though you are the "giver," you are also the "receiver."

Words and ideas are energy. As you express these words and ideas out loud as a hypnotist, they begin to create the reality that you desire.

You invoke the Perkins Power of Four Rule. Your conscious and subconscious, and your lover's conscious and subconscious are working in unison to achieve all of the goals presented. You are working to achieve all of your lover's goals as well.

Now, can you understand how your relationship with your lover will get better and better as you use these techniques?

In my book, *How To Hypnotize Yourself Without Losing Your Mind*, I stress the power of forgiveness. As you forgive others that have harmed you, the forgiveness energy is sent to that person or persons. As you wish the same success for the individual as you would for yourself, you are sending that healing energy right back to its source...you.

Give positive and healing suggestions to your lover. You will be the benefactor. Give positive and healing suggestions to the world, and see what kind of world you can co-create!

Work together with your lover in using these fundamental laws to change your lives.

Make both of your loving relationships better.

What's Up for Chapter 7?

Chapter 7 is my favorite. Not only is it the last chapter in this book but it is the best. You and your lover will be given a template of an induction that you can change every single night of your lives. This template will keep your relationship productive and fresh at the same time.

Are you ready? Let's go!

Chapter 7 Read Me A Story, Please. Plan D.

Plan D is the best one because you get to pick your own hypnosis induction. I also call Plan D, the daily plan because you can change the induction every single day. Your lover can change his/her daily plan when hypnotizing you as well.

As I state before in Chapter 1 and as I describe further in my first book, *How To Hypnotize Yourself Without Losing Your Mind*, a hypnotic induction is just a formal ceremony to get your conscious and subconscious minds alert that hypnosis is coming soon. It cues your brain to start working on the suggestions given with more concentration than you give in normal conversation.

Does it really make a difference what words you are using during the formal induction "ceremony?"

For over 20 years, I have developed a surefire technique to keep both lovers interested and focused on giving hypnotic inductions to each other.

The method I use to give a great hypnotic induction before nighttime sleep is by reading stories.

Think about it. Remember when you were a small child. Your Mother or Father or perhaps another caregiver would read you a story. Many times this was from a storybook with pictures, sometimes the books had no pictures and you would have to create pictures with your imagination.

Remember the feelings you had while you were being read to your parents or caregivers? Did you feel safe? Did you feel secure? Did you feel loved?

In working with clients over the past 20 years, I have found that even in abusive families, there was a time when a parent would read to the child and at that time the child felt safe.

As we grow up, we want to feel independent and ask not to be read to anymore. We go through life looking for a safe, secure environment. We are looking for an environment filled with loved.

What better way to find that kind of environment then to co-create that environment with our lover?

You and your lover will be highly motivated to read bedtime stories to each other.

As your lover is reading to you, a powerful subconscious mind will associate the reading with the reading by your parents or caregivers.

Your subconscious mind will bring back the feelings of security, safety and love.

What a wonderful way to communicate with your lover! You may vary the stories each day. This way you have 365 different inductions at your convenience.

Does this make sense to you?

What Kinds of Stories Do I Read to My Lover?

What kinds of stories do you read to your lover?

Read the stories that your lover selects. Take a trip with you lover to bookstores or children's toy stores.

Take your time and pick out books that you would read to your child. Usually children's books will have some kind of moral or lesson to teach. Those will be fine. If children's books aren't of interest to you, perhaps autobiographies of great people, stories from the Chicken Soup of the Soul series, or stories of miracles or people achieving success regardless of the odds they face.

Stories of victory are great when they are the last information source to enter your brain.

Too often, people will listen to the news before going to bed. They are bombarded by horrible events. These horrible events can trigger restless sleep and even nightmares.

Find books that have a positive meaning to them. Your short-term memory won't always be activated as these stories are being read to you. However, the information will be stored in long-term memory and will effect your behavior in a positive way.

Can I Include Hypnosis Prescriptions In These Stories?

Yes, you can. You can insert the hypnotic prescription at the beginning of the story. You may also want to insert the same hypnotic prescription anywhere in the text that you are reading.

One plan that I enjoy is to insert the prescription a the beginning of the story, then in the middle and if I hear that my lover's breathing has just shifted indicating a shift in awareness, then I will insert the hypnosis prescription there as well.

You may want to insert a prescription at the end of each paragraph in the story.

Regardless of where you place them, repetitions of the positive suggestions are necessary in order to create permanent change.

You can keep the positive hypnotic prescriptions close to you as you read the book to your lover. That way it will be handy when you need to insert a suggestion or two.

Plan D Exercise1. Read Me A Story.

Instructions

Have your lover pick out a story. Get your hypnosis prescription written down and close by your books. Make sure your tape recorder is turned on. This way if you are on a trip without your lover, she/he can achieve all of the benefits of your hypnosis induction as if you were in the room reading aloud.

Before you begin, plan where you will insert the hypnosis prescriptions. I suggest that you begin by saying,

"While I am reading you this story, you will find all of your tension leaving your body. You are going to feel relaxed, safe, secure and deeply loved. All of the tension of the day is leaving your body and peaceful, relaxing feeling remain. Tomorrow when you awaken, you are going to feel fully alert and aware. You are going to feel better than you have ever felt before. You are going to feel relaxed, safe, and secure. You are going to feel deeply loved, all day long."

Procedure

Use this technique. If you find that your partner would rather listen to Progressive Relaxation Techniques 1 or 2, then go back and use those techniques.

Whatever exercises you decide on using for yourself those will be the correct ones. Whatever exercises your lover wants you to use on her/him, those will be the correct ones.

The only things that count are the results. Use the techniques you like the most and are giving you the best results.

Time

By now your lover has been conditioned to go into a deep sleep in just a few minutes. You may only have to read for five or ten minutes. Some nights will take longer only because there is more stress to be released by your lover. Allow extra time for those nights.

Mood

The mood is one of a changing role. Think of yourself as a parent reading to a small child. In a sense you are. You will be stimulating your partner's associations with his/her childhood. This is the place where your lover's powerful subconscious mind is living. Visit it often.

Plan D. Exercise #3. Read Me A Story

Now with story in hand, begin to read the text of the story. Keep watch over your lover and notice the physical changes as your lover goes to sleep. Think about how enjoyable these nights and these precious moments have become.

Your relationship is moving in a positive direction. Do you feel it moving that way?

Now is the time that you can let your friends in on your experiment. As you tell them about your new techniques in relationship building, think of all of the enjoyable times you are spending together.

Continue on with the exercises in this book. You may even want to invent some of your own.

Feel free to share with me your wonderful experiences. Tell me of your triumphs using these technique or new ones that you invented.

Send your stories to my e-mail address at:

Wayne@wayneperkins.net

My postal address is:

Wayne F. Perkins

18662 North 42nd Street

Phoenix, AZ 85050

I look forward to reading or hearing from you. Always remember that my "mission in life is to help you achieve your mission in life."

I wish you the best of luck in awakening a sleepy relationship. Make all of your relationships the very best.

Wayne F. Perkins

Clinical Hypnotherapist

Appendix A

By filling out all the information required and sending me the registration form you are entitled the following:

1. Updated versions of this on-demand-published book. You will receive new pages or even full chapters of new information.
2. Discounts on Wayne F. Perkins hypnosis workshops and seminars.
3. Free e-mail newsletter: *The Goal Achievement Newsletter*.
4. Discounts on new books, tapes, and other media created by Wayne F. Perkins.
5. Discounted admission to the *How to Hypnotize Yourself Without Losing Your Mind: Self-hypnosis Training Program Workshops and How To Hypnotize Your Lover To Awaken A Sleepy Relationship, Workshops*. Discounts for your friends and relatives when they attend ANY of Wayne F. Perkins' workshops or seminars.
6. Discounts on any of Wayne F. Perkins' *Hypnotic Age Regression, Stress Management or Sales Improvement Using Hypnosis*, Seminars and Workshops.
7. Access to the Hypnosis Bookstore, located on the Internet
8. Free access to the Self-hypnosis Forum Website on the Internet.
9. Free Access to the Self-hypnosis Chat Service Website on the Internet.

Registration Form

Please complete the following and send to the address listed below:

Name:

Address:

City:

State:

Region:

Country:

Phone:

Email Address:

Complete and send form to:

Wayne F. Perkins
18662 North 42nd Street
Phoenix, AZ 85050

Or Email the information to:

Wayne@wayneperkins.net

Appendix B Bibliography

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Appendix W.

Workshops

Wayne F. Perkins offers half-day and full-day hypnosis workshops on the following topics.

1. *How To Hypnotize Your Lover To Awaken Your Sleepy Relationship.* This is a half-day workshop based on the book which allows loving couples access to information and training that will positively affect their relationships for as long as they want.
2. *How To Hypnotize Yourself Without Losing Your Mind.* This is a full-day workshop where you learn how to hypnotize yourself and then use self-hypnosis and powerful goal achievement techniques to achieve your personal goals. The workshop is based on the Wayne's Self-hypnosis Training Book.
3. *Have I Lived Before?* A full-day workshop where Wayne F. Perkins, Certified Clinical Hypnotherapist, uses Hypnotic Past Life Regression to explore the possibilities of you living a previous life. Each attendee will be conditioned for a deep state of hypnosis and will be able to record his/her past life adventure on audiotape.
4. *How to Hypnotize Your Prospect And Not Have Them Knowing It.* Another full-day workshop presented by Wayne F. Perkins, designed for sales professionals and small business owners. Attendees learn to communicate with customers and prospects using sound hypnotic techniques. This workshop improves your odds in completing the sale. Hypnosis exercises in overcoming the fear of failure and negative thoughts are also practiced and learned by each attendee.

For the cost and schedule of Hypnosis Workshops, please contact Wayne Perkins directly at:

Wayne F. Perkins

Certified Clinical Hypnotherapist

18662 North 42nd St. Phoenix, AZ 85050

E-mail: wayne@wayneperkins.net

Phone:

FAX:

(602) 647-4280

(602) 971-6967

Appendix HS

Hypnotism High School Assembly Programs! Your Most Memorable School Assembly Program!

Concert Of Mental Magic

This exciting audience participation demonstration conducted by Wayne Perkins will have students and faculty talking about it for years.

Wayne, who is a professional stage hypnotist from Phoenix, Arizona, is again presenting his *exciting audience participation shows* specifically designed for *school assembly programs*. Wayne will demonstrate amazing psychological phenomena using advanced hypnotic techniques. All hypnotic demonstrations are genuine, using volunteers from your audience.

Stimulate your creativity as you experience the true mental magic of the mind.... Hypnotism.

Hypnosis will be thrilling. Exciting mind magic will linger in the classroom long after the performance. Volunteers utilize newly acquired techniques in memory and recall as a result of their brief experience on stage.

Additional Programs For Your School!

Do you want your athletes to improve their skills?
Would you like to see your band members improve their performance?
Do your teachers and staff need a "mental vacation" to overcome daily stress?

In addition to the stage hypnosis performance, Wayne can provide additional services while on your campus!

Fund raising activities for sports and band boosters and self-improvement seminars and workshops for your community can be provided. Please call now for cost and availability for an exciting school assembly experience.

Postal Mailing Address:

Wayne F. Perkins
Creative Hypnotist
18662 North 42nd Street
Phoenix, AZ 85050

Phone: 602.647-4280

FAX: 602.971.6967

E-mail: school@wayneperkins.net

I look forward to working with you in making this program an exciting event and a huge success!

"My mission in life is to help you achieve your mission in life."--Wayne F. Perkins

Appendix C-3

About the Author

Wayne F. Perkins, is a Certified Clinical Hypnotherapist and Stage Hypnotist who resides in Phoenix, Arizona.

Wayne presents his *How to Hypnotize Yourself Without Losing Your Mind*, public workshops and to business groups and associations throughout the country.

Along with teaching Self-hypnosis Wayne presents workshops on Hypnotic Past Life Regression and Stress Management. He has personally developed techniques in Pain Management, and has worked with people suffering from life threatening illnesses. Wayne has developed exercises to stimulate the immune system that are located on the Hypnotism Website at:

<http://www.wayneperkins.net>

In addition Wayne F. Perkins has presented his *Concert of Stage Hypnotism*, to high schools and colleges for over 20 years. In his demonstrations he uses all volunteers from the audience. Wayne entertains and helps students overcome test anxiety.

Wayne also gives sales training to companies and teaches sales professionals how to hypnotize their clients as well as how to apply powerful goal achievement skills and self-hypnosis with professional selling. Wayne has over 16 years as a successful sales professional and sales trainer.

Wayne F. Perkins, is Certified by the American Board of Hypnotherapy and received his training at the American Institute of Hypnotherapy, the New Focus Institute and the Hypnotism Institute of Chicago.

He is a member of the American Board of Hypnotherapy, the National League of Medical Hypnotherapists, and the Arizona Society of Professional Hypnosis.

Wayne has published articles in many professional publications including Hypnogenesis Magazine, and Positive Health. He has written articles for the Southwest Signature, the official newsletter of the Arizona Books Publishers Association. Wayne is a member of the Publishers Marketing Association, the Arizona Book Publishers Association, Le Tip International, Valley Professionals and the Scottsdale Chamber of Commerce.

Wayne taught Business Education at Elgin High School in Elgin, Illinois from 1972-1975. He received his Bachelor of Science in Business Education from Northern Illinois University in DeKalb, Illinois. He taught *Self-hypnosis for Self-improvement* at Triton College in River Grove, Illinois.

You can find more information about and pictures of Wayne at his website at: <http://www.wayneperkins.net>

Appendix I

Internet Resources For You

One good reason for getting access to the Internet is all of the free information available concerning maintaining good health. The following are free resources available to you as you surf the Internet:

Achoo:

This site connects you to thousands of health-related sites and news groups. The site location is: <http://www.achoo.com>

HypnoDirect.com

This site provides a directory of hypnotherapist from around the world. Links to helpful hypnosis sites are included. Site address is: <http://www.hypnodirect.com>

Hypnosis.Com:

Free hypnosis scripts and information on NLP is provided by the American Board of Hypnotherapy. Certification programs are available here. The site location is: <http://hypnosis.com>

Hypnotism Education:

Created by Wayne F. Perkins, Certified Clinical Hypnotherapist, this site includes free hypnosis scripts and the largest Hypnosis Bookstore on the Internet. The website is located at:

<http://www.wayneperkins.net>

Appendix I

Internet Health Care Websites

National Health Information Center:

This is a health referral service that puts consumers and health professionals in touch with each other. The site location is:

<http://www.nhic-nt.health.org>

National Hospice Organization:

Serving the need of people facing life challenging illnesses and their families is the purpose of this site. It is located at:

<http://www.nho.org>

Sleep Medicine Home Page:

This site includes newsgroups, discussion groups, and professional associations focussing on sleep disorders. The site location is:

<http://www.cloud9.net/~thorpy>

SleepNet:

SleepNet provides information on sleep disorders. It includes hyperlinks to sleep centers and support groups. It is located at:

<http://www.sleepnet.com>

Order Wayne's Books!

Order Wayne's Self-hypnosis Training Program! *How to Hypnotize Yourself Without Losing Your Mind: A Self-hypnosis Training Program For Students And Educators*

You can order the Adobe Acrobat® Portable Document File format download or the Microsoft Word® file download at fatbrain.com

<http://www.fatbrain.com>

Learn how to achieve self-hypnosis and master all of your personal goals!

Price \$10.00 183 Pages

The FatBrain.com ISBN number is: 1-929695-07-1

You may purchase a spiral bound version of this book from Trafford Publishing. You can call Trafford's toll free telephone number at:

1-888-232-4444 or read a sample chapter and order on-line at:

<http://www.trafford.com/robots/98-0039.html>

The ISBN number is 1-55212-220-4

How To Hypnotize Your Lover To Awaken A Sleepy Relationship! Order a download for a friend at only \$10.00 per copy.

The Fatbrain.com ISBN number is: 1-929695-16-0

You have friends that don't have computers? Then order a bound copy of ***How To Hypnotize Your Lover To Awaken A Sleepy Relationship!*** The book is 60 pages in length. The price for the bound copy is \$26.95 per copy.

The ISBN number for the bound copy is: 1-929695-17-9

You can order it from Wayne F. Perkins, directly. He will personally autograph it for you or your friends.

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18662 North 42nd Street

Phoenix, AZ 85050 US

Phone: 602-647-4280

Fax: 602-971-6967

E-mail: wayne@wayneperkins.net

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