

# HYPNOSIS MASTERS



## SERIES

*Discover The Secret Dynamic Strategies Behind  
The Magical Way "Mr X" -- A Master  
Ericksonian Hypnotist -- Gets People To  
Develop Skills, Insights, Ideas & Experiences  
That Have Never Existed Before!*



## **Welcome To The Hypnosis Masters Series**

In this series you will be getting interviews and special seminars from some of the worlds best Masters of Hypnosis. Each Master Hypnotist is a specialist in one particular field and will be revealing his or her hypnosis secrets for you.

### **Meet This Month's Master: Stephen Gilligan**



Stephen Gilligan began his studies in hypnotherapy with the legendary Dr Milton H. Erickson, M.D. when he was just 19 years old.

He stayed with Erickson during the last 5 years of his life and absorbed Erickson's model of hypnosis when it was at its most highly evolved state.

Stephen turned his experiences and insights with Milton Erickson to good use. He began to practice as a hypnotherapist and developed a unique new approach to using trance states for peak performance, personal growth and healing.

Stephen's work is now characterised by the development of a unique type of trance he calls the

“generative trance.”

A generative trance is a unique state that allows you to create experiences and abilities that have never existed before, either for the individual or even in the world at large.

Stephen now teaches therapists and other hypnotists how to create, shape and use these generative trances to empower themselves and/or their clients.

Stephen's website is: [www.StephenGilligan.com](http://www.StephenGilligan.com)

# **Discover The Secret Dynamic Strategies Behind The Magical Way "Mr X" -- A Master Ericksonian Hypnotist -- Gets People To Develop Skills, Insights, Ideas & Experiences That Have Never Existed Before!**

## **Seminar Session 1: The Four Steps To Creating A Generative Trance**

### **Natural Trances**

#### A New Perspective On Trance

Trance is a deep absorption in a more primitive way of thinking or experiencing the world. Rather than the hypnotist replacing the subject's conscious mind with his own for the purpose of suggestion, he enters a co-operative relationship in which a special trance arises. This generative trance allows the individual to use the whole of his personality and live a richer more rewarding existence.

### **How To Create Generative Trances**

#### The Four Steps For Generative Trances

There are four steps to creating a Generative Trance:

1. Prepare the subject for trance (the equivalent of a pretalk)
2. Shift their consciousness (the equivalent of an induction)
3. Transform the situation (the equivalent of presenting suggestions)
4. Reorient the person (the equivalent of ending trance with post-hypnotic suggestions)

#### Preparation

This sets the context for the trance and prepares the individual for entering the right kind of hypnosis. It also gives the therapist the chance to attune herself to the subject so that she knows how to pace the hypnotic session.

There are three phases that you want to look out for in the preparation stage: Centring, Set The Intention and Collect Resources.

1. Centring: in this phase you let the person calm down, focus inside and access a mini trance that will allow the rest of the session to evolve naturally.
2. Setting The Intention: Here you allow the client to evoke a purpose for going into the trance. It is important to let the unconscious be part of this process. If it is too conscious, it might not have enough energy.

3. Collecting Resources: Now you evoke resources from the unconscious in the form of symbols, experiences, ideas or memories.

### Shifting Consciousness

This would ordinarily be the trance induction. There are many manoeuvres and techniques that can be used here. The Gilligan Method likes to focus on three specific experiences: Body, Cognition and Context.

1. Body: focus the subject's attention on physical sensations. In particular the five things to look out for are – relaxation, concentration, fluidity, openness and a certain felt sense.
2. Cognition: this is the domain of the intellect and ideas. You are primarily ensuring that the intellect is not functioning in the same way it usually does.
3. Context: focus on the context this is all happening in, including the interaction between yourself and the subject.

### Transforming The Situation

In this stage you want to take the goal/problem/intention and the resources collected at the beginning of the process and allow them to grow inside of the new generative trance that you created in order to allow something greater to emerge.

There are four key manoeuvres here:

1. Intention & Resources: you want to bring these into the new trance state that you created to allow them to start to do their thing.
2. Weaving Associations: next you start to weave all manner of associations between the intention, resources and other elements. the richer the web of associations and cross connections the better the transformation will be.
3. Include Complementarity: for every idea or experience there will be a complementary position or an opposite. It is worth weaving these in to enhance the total experience.
4. Puns & Word Games: you want to ensure that the conscious mind doesn't get fixated on one way of seeing things. Puns & word games allows you to attach multiple levels of meaning onto the same idea or association, which is why its worth playing with them.

## Reorienting The Personality

The final stage makes sure that the transformation achieves something practical in everyday life. There are 3 key things to achieve here:

1. Reintegration: here we allow the trance to take its own course and let it sink into the whole personality so that they come back a different person.
2. Personal Vows: this is the equivalent of a posthypnotic suggestion. But rather than choosing the outcome for the person, you allow them to find the right things for themselves.
3. Future Orientation: send the person into the future to let them experience the changes in action.

Finally you can reorient the person to normal time so that they can get on with their lives. It is usually a good idea to discuss the trance experience in general terms to ensure that things went well.

## **Seminar Session 2: How To Explore & Use Generative Trances**

### **How To Use Generative Trances To Alter Your Identity & Reality**

#### The Generative Solution To Life

As people grow older they tend to look for more certainty. This creates rigidity. Sometimes life bumps up against this rigidity and people don't know how to deal with themselves. Often the resultant clash causes a build up of psychological energy that manifests itself as a “symptom” - from insomnia to psychosomatic pain. At these times a generative trance will allow you to create appropriate solutions spontaneously.

#### How To Use Deep Trance Phenomena To Make The Big Changes In Life

Symptoms are a form of negative deep trance phenomenon. So you can use them to ride into a generative trance and find a solution. You can also use other deep trance phenomena – like catalepsy, regression & hallucinated experiences – to teach the person how to handle the problems that confront them and grow as a person. We can use the same 4 step formula for doing this, only now we add a step in which a hypnotic phenomenon can emerge.

#### Phase 1: Preparation

1. Centre the subject.
2. Find an intention for the trance.
3. Find resources: this time simply ask for a trance phenomenon to spontaneously emerge.

#### Phase 2: Shift In Consciousness (Induction)

You can use any approach that grabs your attention to experientially absorb the person in a more primitive way of operating.

#### Phase 3: Transformation

1. Use the same weaving mechanism you learned in session 1
2. Include the emergent deep trance phenomena as well
3. Allow yourself to rift on a general, permissive trance theme to let the person continue with their own experiences.

#### Phase 4: Reorientation

1. Integrate the experiences into the person.
2. Ask for a vow or a commitment as a posthypnotic suggestion.
3. End the trance.
4. Discuss relevant experiences with the person.

### **How To Develop Generative Trances In Self Hypnosis**

#### The Three Pointed Attention Exercise

This is a simple way to experience a generative trance on your own. You can follow these steps or listen to the guided induction on the recording.

1. Centre yourself, find an intention and gently look at your hands.
2. Pay attention to your hands and allow your eyes to grow "soft" (peripheral vision) until you can easily see both of them.
3. Find a third point of attention, either inside yourself or outside of yourself. Allow a soft attention to encompass all three points.
4. Imagine a space that is created between these three points of a triangle. Be curious about what might emerge.
5. Allow thoughts, images, feelings and other experiences to emerge from the unconscious which will allow you to satisfy your intention.
6. In time emerge from self hypnosis and get on with your day.

## **Meet Your Host**

Each month's Interview with a Master will be hosted by Igor Ledochowski, a master hypnotist of international acclaim. He is regarded as one of the world's foremost experts and trainers in conversational or covert hypnosis.

Igor created the Private Hypnosis Club, the world's first community for master hypnotists.

He was the first ever hypnotist to release a full audio course on Conversational Hypnosis, the latest version of which is 'The Power Of Conversational Hypnosis' and is the No.1 best selling hypnosis course in the world.

Igor is also the creator of over 30 other advanced hypnosis Programme. All his programmes are available from:

**[www.StreetHypnosis.com](http://www.StreetHypnosis.com)**