

# HYPNOSIS MASTERS



## SERIES

*How To Use The Unique "Deep Trance Voyage" Method To Unlock Incredible Personal Power Anytime You Want*



## **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: Harry Nicholls**



Harry Nicholls started his hypnosis career as the protégé of the famous hypnotist Richard Bandler. In their years together Harry explored deeper trance states than most hypnotists ever experience.

During this time he discovered that these journeys of exploration had two unexpected effects. First of all they began to unleash an incredible yet untapped store of personal power.

Secondly he noticed how this new-found personal power made him much more effective with people as a hypnotherapist. As his own inner power grew, so did the impact of his hypnotic power when healing people.

Harry then spent several years travelling to find the healers with the best reputation to see how they did what they were doing. As a hypnotist he had the advantage that he could often understand what they were doing better than the healers themselves could!

Harry now has a packed hypnotherapy practice in Vancouver, Canada and runs specialist workshops in hypnosis and deep trance states. He is especially known for his Deep Trance Voyage, in which he guides people through the essential practices they need to access their own inner store of incredible personal power at will.

Harry's websites is: [www.DeepTranceVoyage.com](http://www.DeepTranceVoyage.com)

# **How To Use The Unique "Deep Trance Voyage" Method To Unlock Incredible Personal Power Anytime You Want**

## **Seminar Session 1: How To Prepare For Effective Deep Trance Voyages**

### **Overview Of The Preparation Method**

The whole process of preparation is required to make sure that your mind is primed for safe deep trance explorations which allow you to do important work and return empowered from the experience.

The first thing you do before even beginning any preparation is to set your intention – to decide within yourself that you want to go on a journey of personal power.

There are Four simple steps to preparing the mind for deep trance voyages:

1. Grounding the body
2. Centring the mind
3. Connecting with an inner voice/guidance system
4. Clearing negative influences (“Illumination”)

### **Step 1: Grounding The Body**

This step is designed to prepare your body for a longer journey. This is a very important step as during a deep trance voyage you will often loose contact with your body and you will need it anchored in so that coming back is easier. This step helps you avoid the problem of coming back dazed or somehow slightly “out of tune” with yourself or the world around you.

#### How To Ground The Body

1. Settle yourself in a comfortable position and enter trance
2. Release stress and tension
3. Relax your whole body from top to bottom & go deeper
4. Focus on your feet
5. Imagine roots growing out of your feet deep into the earth
6. Feel those roots pulling you down through the layers of the earth: earth, rock, magma all the way to the centre of the earth
7. Feel the pull of the earth's magnetic core pulling at you
8. Let that sensation pull up into your whole body to stabilise you so you feel solid, strong & grounded

## **Step 2: Centring The Mind**

Now that your body is grounded, it is time to clear your mind and prepare it for the voyage to come as well. This makes sure that your mind is focused for the journey to come and is not “up in the clouds”. It is the mental equivalent to grounding, because there are trances that involve the mind more, just as there are trances that involve the body more. This way you have the mental focus to explore the deep trances properly.

### How To Centre The Mind

1. Close your eyes and go into trance
2. Think about the space you are in: the room, the chair etc.
3. Bring your awareness to the centre of your body (the area behind the belly button)
4. Think about or sense a point 10 feet in front of you
5. Repeat this for 10 feet behind you, left & right, above & below
6. Imagine a 10 foot sphere around you as your awareness rests in your “centre”
7. Now imagine moving out and touching the sphere 10 feet in front of you
8. Return to the centre
9. Now repeat this for the points on the sphere behind you, left & right, above & below, making sure to return to the centre each time before heading out in another direction
10. Turn everything inside the sphere “clear” so everything around you for 10 feet is clear
11. Focus on your feet, bring the grounded feeling from the Grounding exercise up into your centre as well, so you are clear, solid, rooted and strong

## **Step 3: Connecting With An Inner Voice/Guidance System**

The problem with exploring deep trances on your own is that you have no one to guide you and you don't want your conscious mind to interfere with the process. To resolve this we create a kind of “unconscious hypnotist” who will guide your experiences whilst you rest in trance.

### How To Connect With Your Inner Guidance System

1. Close your eyes and go into trance
2. Bring in the work from before: grounding & centring
3. Go deeper to prepare yourself for making internal connections
4. Start listening for a positive inner voice
5. Relax and listen to this voice, let the kind voice echo inside your mind

#### **Step 4: Clearing Negative Influences (The Illumination)**

The Illumination allows you to set the intention for the experience ahead. Some people get up in the morning and quickly rehearse what they want or need to do that day so that they are more effective. It primes the mind for having positive experiences that day. This step can be used on its own in order to move through your day with a sense of purpose. You can also use it in your deep trance voyage in order to prime your mind for giving you the kind of positive deep trance experience you want. We will use the metaphor of some kind of “universal energy” in order to effectively prime your unconscious mind.

#### How To Clear Negative Influences (The Illumination)

1. Close eyes and go into trance
2. Do steps 1-3 (grounding, centring, connecting)
3. Find a wonderful feeling and spread it throughout your body
4. Rehearse the experience you want to have (in trance or in your day)
5. Imagine an energy coming from an infinite, pure, positive source (God, the sun, the universe etc.) through the top of your head
6. Let it fill your body and spill out to fill your whole 10 foot sphere
7. Allow it to overflow and flow through you into the thoughts that are rehearsing your day or the deep trance you are about to embark upon
8. Let the energy clear you, heal you, energise you etc. as you rest in its glow
9. Allow your inner voice to automatically speak to you in kind soothing ways

#### **How To Put It All Together**

You have now had a deeper experience of the 4 preparatory steps for exploring deep trances. It is worth practising each step for a while until it becomes easy and natural. You can put them all together in a single trance. Initially this might take you 20-30 minutes to do properly. Over time, as you get used to the process, you'll be able to do the whole thing in just a few minutes so that you can focus most of your time on actually exploring your deeper trances.

You can also use these processes every morning as a way to prepare yourself for a smooth, fluid and successful day.

## **Seminar Session 2: How To Explore Deep Trances**

### **How To Create The Perfect State Of Mind For Deep Trance Journeys**

Every trance voyage needs fuel in order to reach greater depths. That fuel is emotion. In particular positive emotions. You want to search for states and memories that make you smile. When your mouth wants to smile naturally, you have accessed the state properly.

Here is a list of powerful states that can be mixed together for the perfect fuel:

- Relaxation
- Pride
- Laughter
- Love
- Orgasm/Peak Experience

The secret smile will blend all these states together into a powerful rocket fuel to propel you into deep trances.

## **The Secret Smile**

1. Close your eyes and go into trance
2. Place your tongue on the roof of the mouth, touching your teeth
3. Allow a smile to slowly start to spread on your lips
4. Bring in relaxation:
  - a) tighten your toes and relax them
  - b) repeat three times
  - c) allow this relaxation spread across your body
5. Bring in pride:
  - a) remember a time you did something you were proud of
  - b) relive the moment until you feel the pride
  - c) move this feeling throughout your body
6. Bring in laughter:
  - a) remember a time you laughed wildly
  - b) let go of the moment but keep the feeling
  - c) spread it throughout your body & let it mix with the other states
7. Bring in love:
  - a) remember a time or person that you deeply love
  - b) spread it throughout your body & let it mix with the other states
8. Bring in a peak experience (like orgasm)
  - a) remember the best orgasm or peak experience you have had
  - b) spread it throughout your body & let it mix with the other states
9. Allow all the feelings to mix and flow
10. Go to your centre and experience your whole body glowing with these feelings

## **How To Take Your First Inner Deep Trance Journey**

Remember to start every voyage with the 4 steps of preparation from Session 1 followed by the inner smile.

1. Close eyes and go into trance
2. Go to/start from your centre
3. Move yourself outside your body so you look at the centre of your own forehead
4. Step into that centre and find a structure – like a pyramid
5. Let your attention be drawn towards a light that leads to a staircase into the pyramid
6. Take the steps down into the pyramid: count each step 10-1
7. Find yourself in a hallway
8. Find a corridor leading off from this hallway and follow it to a door
9. Open the door and step inside to find an oval hall with a circle of doors all around the edges. You will be exploring each door in turn
10. Find a door that draws your attention and open it
11. Step inside the first room – this is the Healing Room
12. Find the room full of charts and medical machines. This room will let you explore your body and how to restore balance and health to it
13. Step back out into the hall and find another door
14. Open it &, step inside the second room – this is your Trance Room
15. Find a control panel and other devices to help you explore different trance states
16. Step back out into the hall and find another door
17. Open it &, step inside the second room – this is your Learning Room
18. Find a library, computers and other learning devices
19. Step back out into the hallway
20. Step back through the door that goes into the corridor
21. Follow it back into the first hallway and the staircase
22. Go back up 1-10, bringing back with you the lessons and sensations you acquired here
23. Step back out of the pyramid into the centre of your forehead
24. Step back out of yourself looking at your forehead and drift back down into the centre of your body
25. Feel yourself grounded and calm then end the trance



## **Discover The Tools Of The Mind**

The deep trance journey sets the scene for you to be able to have specific experiences in trance. The ones we have focused on here are enhancing the ability to heal (yourself or others), develop states and other trances that you need and to learn at accelerated levels.

### The Healing Room

In this room you can scan your body to find an illness and correct it. You can create tools that will let you find out what is wrong (scanners, maps etc) as well as to heal those problems (potions, medicines, machines etc.)

You can also use this room if you are stumped by a client and you want to find some inspiration as to what you can do to help that person.

### The Trance Room

You can use this room to explore different trance states. For example you can deepen the deepest trance you have experienced. This is the room of possibilities, because as you shift your state you change what you are capable of. As a hypnotist you can explore the different experiences and abilities of deep trances.

### The Learning Room

This room has everything you need in order to learn things. You have books that will describe what you need to do, video libraries to watch things even mentors and coaches to train you in a physical skill. This is a great tool for those that need to take a test or exam as you can leave all the things you have been learning in here to be available for you when you need it.

The important thing about all these rooms is not so much the experiences you have in there, but what you end up bringing back with you into your normal everyday consciousness.

## **How To Take More Deep Trance Journeys**

Now you can put everything together. You begin with the 4 steps of the preparation. You then put on the secret smile. And then go through the process of going into the pyramid, into the corridor to the oval room and visit a particular room.

Once you are in there you start to create tools that can be used in order to achieve your outcome, whether it is healing, learning etc. In time you can explore the other rooms and dedicate them to specific tasks and populate them with specific tools.

## **Quick & Easy Exercises For Everyday Practice**

### Morning Practice

This is a very simple exercise that will take just a few minutes. The two key exercises are Grounding & The Illumination.

1. Close your eyes and go into trance
2. Ground yourself (feel the roots make you solid)
3. Rehearse your day to make sure it goes the way you want it to
4. Empower this exercise with the Illumination, let the light / force / energy fill your whole day giving you boundless energy and making sure things go right
5. Make sure your day goes all the way through to the evening, when you do the Evening Practice and go to sleep

### Evening Practice

In the evenings it is important to clear your mind from the tasks of the day. It is particularly important that you release any negative events or emotions that came up during the day.

1. Close your eyes and go into trance
2. Set your intention to clear your mind from the pressures and demands of the day
3. Start rewinding your day: review what happened 5 minutes ago
4. Review an hour ago
5. Review several hours ago and keep going until you have cleared the whole day
6. Make sure that the final scene you clear is the start of the day – your Morning Practice

In time your unconscious will learn the steps so well that you will only have to start the Evening Practice and you will fall deeply asleep and your unconscious will do the rest in your sleep.

## **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)**