

Lesson 007 Workbook

Waking Hypnosis

WHAT THIS LESSON IS ABOUT

“Waking Hypnosis”

In this lesson, you’re going to step into one of the most powerful—and misunderstood—skills in covert hypnosis: waking hypnosis.

This is the ability to create hypnotic responses without putting someone formally into trance.

KEY TAKEAWAYS

- Waking hypnosis works through focused attention and expectation, not formal trance. Eye-lock creates rapid absorption by narrowing the subject’s focus. Physical stimuli paired with suggestion can amplify real sensations in the body. Repeating the same stimulus inside and outside of trance helps demonstrate the power of suggestion. The hypnotist must learn to hold gaze steadily without tension or intimidation. Expectation and anticipation dramatically increase hypnotic responsiveness. Calibration is critical—observe how the subject responds and adjust your pacing.
- Waking hypnosis works through focused attention and expectation, not formal trance.
- Eye-lock creates rapid absorption by narrowing the subject’s focus.
- Physical stimuli paired with suggestion can amplify real sensations in the body.
- Repeating the same stimulus inside and outside of trance helps demonstrate the power of suggestion.
- The hypnotist must learn to hold gaze steadily without tension or intimidation.
- Expectation and anticipation dramatically increase hypnotic responsiveness.
- Calibration is critical—observe how the subject responds and adjust your pacing.

PRACTICE ASSIGNMENT

1. Practice the Eye Lock Sensation Exercise with a partner.
2. Stand or sit facing your partner.
3. Ask them to focus on one of your eyes.
4. Maintain steady eye contact while speaking calmly.
5. Lightly touch their cheek three times while saying:
6. “In a moment, when I touch your cheek three times... You may notice a pleasant sensation begin to grow.”
7. On each touch, suggest the sensation growing stronger.

8. After the third touch, ask them what they feel.
9. Then repeat the process after breaking the eye lock so they can compare the difference.
10. Your goal is to learn how attention changes perception.
11. Practice at least five repetitions with different partners.

INSTRUCTOR NOTE

Most people think hypnosis requires someone to “go under.”

That’s not actually true.

What hypnosis really requires is focused attention and expectation.

When you hold someone’s gaze and direct their attention to a sensation, their brain begins to amplify whatever you describe.

That’s the doorway into waking hypnosis.

Don’t rush it.

Hold the gaze.Slow your voice.And let their nervous system catch up to your words.

That’s where the magic happens.

— David Snyder

NEXT STEP

Now that you understand how to create a basic waking hypnosis experience using attention and sensation anchors, the next lesson will deepen this skill.

You’ll learn how to stabilize hypnotic states and extend the experience so suggestions last longer and become more powerful.

When you are ready, continue to Lesson 008 to expand your control over waking hypnotic influence.

Review this video at least three times, practice with at least three different people this week, or before you begin your next lesson.

Your next lesson is on its way!

Practice log — Lesson 007

What you did, what you noticed, what changed. Write it down while it is fresh.