

Lesson 008 Workbook

Instant Hypnosis Inductions

WHAT THIS LESSON IS ABOUT

Instant Hypnosis Inductions

Instant inductions are one of the most dramatic—and misunderstood—skills in hypnosis.

When you watch an experienced hypnotist drop someone into a trance in seconds, it can look like magic. But underneath the theatrics is a very simple set of psychological principles.

KEY TAKEAWAYS

- Instant inductions rely on two core principles: “sudden loss of physical or mental equilibrium” and a “direct command.”• The induction itself is only a gateway to trance, not the final goal.• The hypnotist must keep talking immediately after the induction to stabilize the trance.• Physical balance disruptions and mental confusion both create openings for trance.• Most instant inductions combine pattern interruption with a clear directive.• Once the subject drops into trance, the hypnotist immediately deepens and structures the experience.• Understanding the principles allows you to create your own inductions instead of memorizing scripts.

PRACTICE ASSIGNMENT

1. Practice identifying the two principles behind instant inductions.
2. Watch several hypnosis demonstrations and ask yourself:
3. Where does the loss of equilibrium occur?
4. Where does the sudden command occur?
5. What does the hypnotist say immediately afterward to deepen trance?
6. Then practice a simple pattern interruption exercise with a partner:
7. Interrupt a predictable movement (like a handshake pattern).• Immediately deliver a clear directive such as “Sleep.”• Continue talking and guiding them into relaxation.

INSTRUCTOR NOTE

Students often obsess over instant inductions.

They want the flashy technique.

But here’s the truth:

The induction is the least important part.

The real skill is what you do after the moment of interruption.

— *David Snyder*

Your next lesson is on its way!

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