Table of Contents

Level 3 Digital Training:

Introduction to Level 3

1. The Practically and Efficacy of Hypnotic Suggestion

2. How to Hypnotize,

    a. Inducing the Hypnotic State- Utilization

    b. Inducing the Hypnotic State- Breath

    c. Inducing the Hypnotic State- Eye Fixation

3. Advanced Inductions – Countdown, Body Scan, Pacing & Leading

4. Re-entry and Emerging Techniques

5. Hypnotic Language: How to structure a Winning Suggestion that Works

6. VAKOG: First Rule to Stylizing Individualized Suggestions

7. Suggestions for Success: Reframing the Subconscious Mind

8. Suggestibility

9. Guidelines to Structuring the Perfect Patter

10. S.M.A.R.T. Goal Setting for Goal Getting

11. The Most Important Secret of a Successful Hypnotic Experience