

HYPNOSIS MASTERS



SERIES

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



Hypnosis Master – Harry Nichols

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Hypnosis Master – Harry Nichols

Welcome

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 NICHOLS



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, 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 website is: DeepTranceVoyage.com

Hypnosis Master – Harry Nichols

Introduction

Welcome to StreetHypnosis.com. My name is Igor Ledochowski and what you're about to hear is a very special interview with Master Hypnotist Harry Nichols, which was recorded for us at a Private Hypnosis Club as part of our interviews with the Hypnosis Masters Series.

As you will hear, Harry is a master explorer of deep trance states. His Deep Trance Voyage is a distinct hypnotic system, which allows people to safely explore the deepest levels of trance and return with greater personal power than they had to begin with.

Listen on at the end of the interview to discover how to get your hands on a five hour seminar revealing his astonishing Deep Trance Voyage insights.

Hypnosis Master – Harry Nichols

Interview – Part 1

Igor: Welcome to StreetHypnosis.com. My name is Igor Ledochowski and I'm here today with Master Hypnotist Harry Nichols from DeepTranceVoyage.com. I'm very excited to talk to Harry, because Harry Nichols is probably one of the few hypnotists that I know who's taken the time to take the full and complete inner journey of the hypnotist.

In other words, to sail the seven seas of the mind and explore all the different realms of power and different things that are inside each one of us. The reason I think this is particularly interesting is because with that journey, Harry has done some amazing work and has had amazing results as a hypnotist.

So, if there's any person that truly embodies the idea that hypnosis is not something you do to someone or even with someone, hypnosis is something that you become. It's an atmosphere that generates from inside you and people around you just end up responding to it naturally, then Harry is really your man. This guy lives it, breathes it, is it.

Harry, welcome and thank you so much for coming into this Hypnosis With a Master Interview Series.

Harry: Thanks, Igor it's really good to be here. Already I feel like I'm relaxed and ready to go into trance.

Igor: Awesome. Well, hopefully not too soon because before we do that, I really want people to have a sense of what your own hypnotic voyage was like. I know that you teach a seminar, which I think is fascinating, that you call the deep trance voyage to hypnotic power.

Before we get into that sort of side of things, let's give people an idea of where you came from.

- ◆ **Could you tell us a little bit about what your first hypnosis experiences were like, how you got into this field and why you decided to get so interested in exploring these states of power inside the mind?**

Harry: Well, the first thing I'd like to say is that you can probably tell from my voice that I was born in England in East London, if anybody knows that, then hello to everybody from East London.

Growing up and going to school, I went to one of these kinds of what you'd call a grammar school, which as far as I'm concerned is a Harry Potter type of school. While I was at school, I was very interested in acting. While I was acting

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I got into the school play, I got some good parts and did a bit of Shakespeare. What I would find is that while I was on stage, in fact, even before I started, I don't know whether it was fear or not, but what would happen would be I would go into a deep trance.

I'd perform very well, come out at the end of the trance at the end of the play, and if you looked at me, you'd ask me the question, what happened to you? I couldn't remember at all the whole of the performance, but I do know that I felt amazing and I had people around me who would just say wow, that was an amazing performance.

After a while I began to realize that every time I'd think about the part I was going to play, immediately I'd drop into that trance. What would be available to me would be everything that I'd learned beforehand. I would go into character, and it would just be wonderful.

Igor: That's a very powerful sort of starting point, but you didn't really get into the actual idea of hypnosis as a field on its own until a little bit later on.

- ◆ **Can you tell us about your first steps and how you actually got into the field itself and then how that developed into your desire to explore the hidden resources of the mind?**

Harry: Well, NLP really. After years and years of working in the printing industry, running companies and having a great time, I changed careers. At this time in my life, I was going through what I would call a bit of a crisis. The crisis, in fact, led me to wanting to learn a little more about how the brain works, how the mind works and how to make some money.

I became very interested in NLP and while I was going through the first steps of learning about NLP, reading magazines, listening to tapes and watching videos. What really happened was I decided that I needed to go to the source of the information.

So I got on the phone and phoned up Dr. Richard Bandler's office. I decided after a conversation with somebody who put me into a trance anyway, that I would go and train with Dr. Richard Bandler.

Igor: How was that experience? I know you'd been to sort of like the, shall we say, all the big names. The fire walking, fists in the air and the hundred or thousand people in the room type of trainings.

- ◆ **How did you find your first day of doing hypnosis with the big cheese, himself?**

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Harry: It was quite daunting actually. For me it was interesting because it was my first trip to the states. I went over to the states to a place in Minnesota and the first day I was in there I felt totally overwhelmed. When Richard came up on the stage, immediately that was it. I dropped into a deep trance and from that moment, I really began to learn how easy it is – and it really is easy – to begin to learn how to navigate through deep states of trance.

Igor: We've talked about this before.

Tell people a little about the story of what actually happened at the time, because it's dramatic, just to say you learned the idea of voyaging through deep trance states, that's like saying that the Pope is a Catholic. There was a little more that happened at the time.

◆ **Do you mind sharing a little bit of that?**

Harry: Well okay, do I have to?

Igor: Yes, you do.

Harry: This is what happened. I'm sitting there in the training and we're doing trance inductions. The person with me is going through the basic trance induction that you learn in NLP, kind of Ericksonian hypnotic trance.

I can hear his voice and everything's fine and then all of the sudden, it's like a light bulb goes off in my mind there's a big flash. For want of a better word, I am traveling– it was crazy. Words can't really describe it. The closest thing I can really say is that have you ever seen the beginning of the movie 'Stargate', where they go through, up and down and bending. I was moving at the speed of light and explosions are going off inside of my mind. I was, basically, shouting at the top of my voice, yee-haw, which really attracted Dr. Bandler because that's one of his favorite things to do.

There were 60 people in the training, and everything stopped. I was bouncing up and down in my chair and going completely wild.

Igor:

◆ **Would it be fair to say that people noticed?**

Harry: Yes, people did notice. The other thing, which is strange, is that I completely blocked the whole thing out of my consciousness. In other words, for the next few days, everybody was looking at me as if something had happened, whereas with me, it was like what are they looking at? It was strange times.

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Igor: This is important for people to realize, especially the more novice hypnotists and we're talking about now, the inner journey of the hypnotist through personal power.

Ironically, we're often the very last person to realize when we're succeeding, when we are going on this journey of power that suddenly we've got everything we've looked for and everyone else is noticing it and not telling you. It's like, what are you talking about? Sometimes it takes a while for your mind to catch up to what the rest of you already knows.

Harry: Absolutely. I would say it took more than a few years.

Igor: We'll go down that road in a little bit. To you folks listening at home right now, Harry has gone through some pretty intense and trippy experiences and he's come back with a wealth of knowledge, a lot of which I'm hoping he'll share with us today.

So you had this intense experience, what happened for the rest of the seminar, because that was like the first training, the first thing on the first day of the first experience.

◆ Where did you go from there?

Harry: More of the same, really. Dr. Bandler, bless him, he would every now and again just know the trigger that would trigger me off and he would do it. I would find myself going back into that state through different points of the seminar. It was crazy.

Igor: That's amazing. You said you walked into this at a little bit of a crisis point in your life.

◆ How did that affect you as a person at the end of that training?

◆ How did these intense deep trance voyages change you?

Harry: Igor, they changed me in a way that I just began to realize that there was something more than just going after the money, because that's where I was at the time. I wanted to be one of these guys who could make lots of money, have the big car and just have a whale of a good time.

It made me realize that there was a lot more to me than met my own eyes, so to speak. Also, it allowed me to think well, if there's more inside of there I want to find out what that is. I started look at working with other people because there were 60 people in the room, and although I had my own adventure, I was very locked into what was happening with other people.

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So it changed me from being self-focused, to being focused on myself and others.

Igor: That's a big shift. It's a big transition going from the idea of the worldly cash and those sorts of things, which in themselves all have value, of course.

Harry: Oh yeah. Give me some now.

Igor: Moving from that to this more service orientation, it reminds me a little bit of the shift that people make very early. Hopefully, in hypnosis, which is the orientation from what real power means from control over others to the idea of serving, working with others to get a kind of everyone wins type of scenario, which is really I think where the real power is.

This is something I know you and I share in common and we'll get into much more of this idea of where does the real power come from as we explore your hypnotic journeys a little during this interview. It sounds like that's a pretty traumatic shift to make in just a few days right?

Harry: Yes, absolutely.

Igor: I know that was a starting point of something, and it actually started a really interesting and fascinating journey from there.

- ◆ **Can you tell us a little bit about the phone call that came a little bit afterwards and what it actually opened you to, as a result, of your having gone to this yee-haw experience with Dr. Richard Bandler?**

Harry: I was on my way back to England and even on my way back on the plane and meeting people, things started to happen way beyond what I could really work out. I got back to England, got back home and things seemed a little bit different. I seemed different anyway.

It was a couple of days just getting back into, shall we say, normality. Then I got a phone call from America, out of Richard's office. I'm kind of like, why are you phoning me didn't my check go through? What I heard was Richard Bandler would like you to become his apprentice.

Igor: Wow!

Harry: I went, can you say that again? Dr. Richard Bandler would like you to be his apprentice and he'd liked to know now.

Igor: Wow, no pressure there.

Harry: I thought about it and said yes.

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Igor: That sounds like an amazing opportunity, to be the personal protégé of a man like that, but it came at a price.

◆ **It wasn't easy to say yes, was it?**

Harry: No, not at all. What it entailed was being available for one year for every single Bandler seminar all over the planet. I had to be there. That was part of the deal.

Igor: That's quite a commitment because he does a lot of trainings.

Harry: Absolutely.

Igor: At least he did back then anyway.

Harry: He did, but actually the big carrot, which was the call was the fact that he was going to be doing a big training in England at the time over a whole year, and he was going to spend a lot of time in London. I think it was like nine weeks, which never used to be on his schedule, so that was kind of big carrot as well.

In fact, that was what was used to say, you'll have more time with Richard. So that was pretty cool.

The other side of it, obviously, is that there was a cost involved and I just went okay, let me weight things up. I'm in a job at the moment. I was training people. I was working for charity at the time and I was kind of the head of the South of England. I was a trainer. I was training people. I had to go here and there. I kept thinking well, you know what think about your employer. I'm going to be away for three weeks, four weeks or one week.

Igor: Not exactly an easy sell to make, is it even for a sales trainer.

Harry: Absolutely. At the time, I thought well, given the choice – I'll ask you now, what would you do? I just said, yes. I must admit I had no idea of what was going to happen, but I took the risk, and it was a risk actually, but I just said, yes.

Igor: The risk wasn't just the fact that you'd have to change jobs and find a different way of getting income was it? The opportunity itself came with a price tag too and that was difficult itself to manage no job, having to pay for traveling to these things, and the actual apprenticeship itself isn't cheap either.

Harry: Absolutely. Yeah and I dove in.

Igor:

◆ **How did you survive?**

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I'm sitting here trying to picture it. You have no job. You have no source of income. You have to pay a massive price tag to be able to go on this amazing experience of a lifetime, but even so, it's a pretty big thing.

- ◆ **How did you manage to pay for it?**
- ◆ **How did you manage to keep going throughout the year without a real, shall we say, steady job?**

Harry: I did have a job at the time, so for the first few seminars that I went to in San Francisco, which is an amazing place to go, I had a job. I came back and the first time I came back, my boss said to me, are you going to be doing a lot of this? Kind of.

So I left that job. It was tough. But you know what, after the first couple of trainings I did, I started to work with people. It was amazing. A few people knew what I was doing. I used to work in print, so I went back into the print and I'd be doing one-on-ones with people who I knew that were going through stress. So I was doing lots of part-time work to supplement my travels and my learning.

Igor: Let's pause for a minute, because you said something that I think is very important and close to my own heart.

This is something that every single Master Hypnotist that I've come across has at some point made. He's crossed the dividing line between just a seminar junky, someone who just reads, learns and listens, etc., to being the person who actually does the work.

I'm not talking necessarily, in your case, you need to do it be able to eat, which is always a good thing to be able to eat at times, but you actually made that transition and said all right, I'm going to work with people. I'm going to help them from small things like overcoming stress and things like that, to maybe bigger things as well.

I'd imagine it wasn't until you actually started working with people and applying the stuff that you started biting in terms of what you were learning and really taking hold of you.

- ◆ **Would I be correct in thinking that?**

Harry: Absolutely. It was a little like osmosis. I had to work and these opportunities began to present themselves. I'm telling you I wasn't like, Mr. Confident. I was like well okay, I can work with you. What I found is what I was learning was just coming out kind of unconsciously when I was working with people.

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Igor: Thank you. I was really hoping you'd say something like this, because this is my experience as well.

For those people who are in the Private Hypnosis Club, of course, there's a sense of overwhelming because there's so much stuff to learn, so many things, and what they don't realize is it's actually very simple. Start actually doing it.

If all you do is just hypnotize people, put them in trance and take them back out again, and at the same time, you're in a learning environment where all this stuff is going on around you, coming inside your mind, you can't help but apply all the skills that you've been exposed to automatically.

All you have to do on a conscious level is I'm going to put this person in trance. That's the bit that's easy, the bit that everyone can focus on easily anyway. If you're allowing your mind to absorb all this information at the same time, it can't help but impact and come through you. Once it's come through it, it's like its set and is part of your arsenal now because you know you can do it.

Harry: Absolutely. Just the thing that you say a lot – just applying the H+, it's incredible. The most important thing to realize, when I started off, is that I was a bit nervous, but the people I worked with had so much confidence in me that, that in and of itself really started me down the pathway of actually knowing that I could help people. It was very powerful.

Igor: We're going to keep coming back to this idea of H+. For those of you not familiar with the terms, it's the idea of hypnotic intent. An all-consuming intention to put this other person in trance, coupled with an even more overwhelming desire to do something really wonderful for this person and open them up to an amazing experience that will help them in the rest of their life.

For those of you who have been listening to this Interview Series for a while now will be hearing this over and over again. If there is a master key that separates the average hypnotist from the true masters, I cannot emphasize this idea of hypnotic intention enough.

Harry, this is one reason I'm really, excited to have you hear because your work is virtually just one big grab basket of hypnotic intention.

Harry: Absolutely!

Igor: So, now that you've wet our appetite with the idea of the apprenticeship and you starting to do the work and so on, there must be some pretty interesting and crazy stories. Anyone that's hung around with Richard Bandler knows that stuff happens.

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◆ Is there anything like that you can share with us about your experiences there?

Harry: There were a few. Obviously, some are personal and private. What I would really like to say is one thing about being around Richard Bandler is that something's always happening. It's one big trance experience.

In the first year that I was around Richard I was, of course, overwhelmed. I would say I was in the groupie kind of things. Oh my God, I can't believe it. I can't believe. I'm actually doing this, here's this guy and everybody knows him. It was crazy. While I would be doing that and I'd be around Richard, suddenly I'd be maybe in the hotel or just walking down a corridor and oh, there's a very famous person that just walked past me.

People who, shall I say celebrities, very famous people I'd be bumping into all manner of different stars. It was crazy. Through all of that I'm sitting and just going, wow.

Igor: It's like having a backstage pass to a rock concert, only at this point it just keeps going on and on and won't stop.

Harry: Yes, and it was fun. It was fun, not that I really met the people too much. I just happened to be around when they were around. Richard has a magnetism around him and he really likes to help people. It was very much like being in a movie and watching a movie. Just being in the director's seat, the best boy who does the camera click, that was what it was like.

Igor: But it wasn't all kind of fun and parties, you paid a price for being in this position.

Harry: Oh, I never got invited to the parties.

Igor: I mean more like you're there and it sounds very glitzy and glamorous. You're walking down the corridor and one famous person after another is walking out, and you're there with the big cheese, Richard Bandler, learning these things, but there's also a down side to this whole experience as well.

◆ Can you tell us a little about that?

Harry: Yes, it's by association.

Being around Richard and getting to the point where whenever he was in England, I would be there. I'd be around traveling with him. Before he did a seminar, I'd be sitting with him and just getting prepared. What would happen would be, people around me, people around his seminars would gravitate

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towards me, want to be friendly, want to go out, want to go for a drink, want to talk and want to do exercises with me this kind of thing.

I don't know if you've ever been in a position where suddenly there are people around you and you're not quite sure exactly why they're there. Why is this person suddenly taking an interest in what's happening with me and what I'm doing? Every time, I really want to work with you and I want to do a trance with you. It was very– how can I put it– I was very wary of people around me.

Of course, what would happen every now and again is people would really want to be around me and they'd put in, is it possible I could meet Richard? Also, there are people who look at you in that position and really want to be in that position, thinking that it's something more than possibly it really is.

Igor: Again, this is something important on the journey to mastery, which is the idea of taking things in perspective. This was, for you, a valuable learning experience to take the idea of okay, we're learning all these skills, but we're still human beings. Even Richard's a human being, contrary to popular belief he has his plus sides and his minus sides.

A really important attitude to take is it's so easy to get lost in the journey to power with this, oh I'm powerful, I can do all these things and all the rest of it, and get trapped in that and maybe even self-destruct a bit.

You have some particularly poignant experiences in this direction.

Tell us a little bit about your journey to power. I'm particularly interested in the moment in your first year or so, when you were still getting used to it. You've opened this gold mine of states inside of you, but you haven't really learned the mining process properly yet.

- ◆ **Could you tell us a little about how that was and the ups and downs of that side of things, plus maybe some of the risks and warnings you want to share with people about that?**

Harry: Yes, definitely. The most important thing I learned in the first year of being around Richard and doing a lot of seminars– I did a lot of seminars over and over again – was really that I'd opened up inside of myself access to big powerful states, but I couldn't really control them.

For instance, what would happen was in that first year, we had this network of practice groups and we'd all get together in different parts of the country, and it was all over the U.K. these practice groups were running. I'd turn up to one and go into a practice group, and we'd do some trance work. What would happen is that because of what was unleashed inside of me, all manner of things would happen.

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There was one time where I remember we were doing some trance work – and this is going to sound strange, but the person's stereo started to come on, play a few bars and then go off. Light bulbs would burst. All manner of things, which of course, if you think about it, if they're not happening when you're not there, and then suddenly you're there and they happen, people tend to put two and two together.

With the mystique of being around Richard as well and Richard had his persona about power anyway, it did lead to people's idea of who I was or what would happen when I was around, it was quite strange.

Igor:

- ◆ **What was outcome of all that; they had a pretty strong reaction, didn't they?**

Harry: Yes. Some people would tell me not to come around.

Igor: Seriously?

Harry: Yes. You know, we're having a group this week and I'd go oh, can I come down on Wednesday and they'd go well, actually no we've moved it somewhere else.

Igor: We fear you, stop talking to us.

Harry: Yes, fear- false evidence appearing real. It was very interesting. People who you initially were close to would suddenly not want to do things or go out or whatever and do trance work with me, so it was quite disconcerting.

Igor: Thank you for sharing this because I think this is something important for people to also understand. Many people approach hypnosis, they come to hypnosis because they have a desire for power. There's nothing wrong with that, but they don't actually understand the nature of power when they do that.

If they find the power they're looking for, which is the kind of power you're describing, weird things happening and having power over others, it's almost the idea of like, I'm afraid of you and I'll do whatever you say type of thing.

Some people might think wow, I would love to have that kind of power, but actually there's a great weakness in the power. You stop being invited to things. You're actually excluded from things. People are afraid of you, exclude you, and that in itself is pretty bad. But you also got some friends who went down that path and never really turned around. They never actually managed to stabilize their understanding of power and go to this higher level of it.

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- ◆ Can you tell us a little bit about what happened to them, as a kind of a warning lesson to other people who are stuck on this, shall we say, initial phase of the journey to power, which is a dangerous time for a lot of people?

Harry: Absolutely! Because as far as I'm concerned, what's really happening is you're opening up inside of yourself the potential for deep trance. As I'm sure many hypnotists know there are many types of deep trance phenomena that can happen when you start to go through these states. They will be reflected in your everyday working, living, breathing life.

Yes, this pursuit of power – we've spoke about it before – power over. I had a few friends, we all started together, a lot of camaraderie and, of course, when things started to happen and you have no real way of dealing with it in your psyche, what can start to happen is that you start to go more and more on the outside looking for answers. You can start to implode.

I always say it's like being stressed out. Suddenly, you're doing lots of trance work, but instead of relieving stress, actually it makes you more stressful. Some of these guys and girls I should say couldn't really handle the shift and changes that will happen when you start to explore and work with deeper states of trance.

Igor: This is such an important thing because you say imploding, but without going into specifics because some of these people, of course, there are some privacy issues as well, but imploding is really an understatement of what happened to these people.

This is one of the reasons I admire your work Harry, because when you take people through these states of power exploring the seven seas of the mind, to be able to get to this point of hypnotic power. Again, you have to see Harry in action to understand what I'm talking about.

You've actually developed and taking from a different community that is focused almost exclusively on the idea of how the Shamanic community. You've taken these ideas, on a journey to make it safe, to take the process of acquiring power in piecemeal stages. So, you put in things ahead of time that will create a context that will allow you to contain the power and channel it in a healthy way, rather than just having the raw power like stick your finger in a plug and having 240 volts shooting through you.

You're going, how about we have a little machine in between that will mediate that power to a nice massage, maybe like a radiator keeping you warm or a TV set to keep you entertained. Rather than, let's just stick my finger in the voltage and go direct to the source without any way of channeling it in some way.

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That's very important for people to take that, particularly, because you went beyond that. Luckily you survived your first year of that journey. This is an unusual thing by the way, for anyone who's been apprentice to Richard Bandler, you were actually invited to stay on for longer. In your second or third year of your journey, everything started to stabilize. This whole journey of power you went on went to a much healthier and, in my opinion, a much more powerful place.

◆ Can you tell us a little bit about what happened there?

Harry: Yes. I think it's like you were saying earlier, the more you go into trance and the more you start to really learn how to ground that energy in the mind and the body. What starts to happen is you become not only inside of yourself but you kind of magnify or project out of yourself this very, I would call it mature, calm, focused energy.

I think actually what happened with me is I started to mature as a person as well because I did a lot of inner work. In fact, I retreated to the inside a little bit after I went through these different things that happened to me. In the second or third year, I'll share with you.

Before I used to be, shall we say, afraid of dogs, I had experiences when I was younger that made me become a little phobic of dogs. I remember there was this one day I was walking down the street in East London and there was a dog. There were a lot of wild dogs in East London walking along the street. The dog walked over, across the street and it was quite a big dog actually. It walked across the street – a busy street by the way – it came, stopped in front of me and looked at me.

Whereas before, usually if a dog walked past me they'd start to bark and I'd go into that place of I need to run now. I just found that animals, especially dogs, would start to come up to me. Owners with their dogs would go oh, he likes you he usually bites people.

Igor: This is interesting because animals tend to be very sensitive to those things that we blind ourselves from, for example, what's going on inside someone. The saying is that a dog can smell fear in someone and they can tell when people are calm. There's a great person, called a dog whisperer and his big thing is always if you want a dog to behave, you just have to approach it with confidence, calmness and quiet energy.

You see him on TV and it's miraculous the stuff he does and you discovered that all by yourself just by going through these power states. Rather than trying to control the dog and say sit, you must do what I say, it's almost like I'm not even thinking about the dog, but the dog likes me and he wants to do what I say. That's a big shift in attitude, isn't it?

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Harry: Yes. I was actually shocked. It's like the dog's coming over and I'm looking at him going, hello what's it going to do? Oh hello. Yes, absolutely.

Igor: People might say that's all well and good animals are one thing, but who the hell wants to do that, unless you work with animals, of course. This shift didn't just happen in the animal kingdom. You shared a story with me earlier, which I would love for you to share with everyone else, because it's hysterical and really shows me the epitome of what power really is.

It's power without even having to do anything. It's really being the hypnotist, having become it rather than trying to do some fancy little mind jujitsu to get people to do what you want or open doors to you or whatever it is it's the event in East London you shared with me, a while ago.

◆ Would you mind talking about that?

Harry: Of course, I'll share this with you. Okay, so I'm from East London. My parents come from Guyana in the West Indies, and East London at the time – probably still is – is very multi-cultural. My best friend, a yell out to Mark, if he's listening to this Mark's Irish and we used to go around to different pubs, drink and just have a good time.

Igor: Let me just explain this part of the story that Harry's telling here. You can't see this yet, of course, but Harry is actually Black, so this is a significant part of the story.

Harry: Yes, thank you I'm Black. So I'd been kind of hanging with Richard for a few years, and I will tell you that all my friends, when I came back from my first experiences, were not my friends anymore everything shifted. That's one of the things I want to kind of get clear is that all the old friends I used to be around kind of shifted, apart from Mark who will always be the same.

So we go out one night and we go into a place in East London. Shall we say that they're not very happy with people of a different hue. He had to meet somebody and Mark being fearless anyway said come with me. I was kind of like I don't think I really want to go. He said no, it'll be okay. We get into this pub...

Igor: If I could interrupt again. For people who are not from London won't understand what this means. Harry, as a Black man, is about to walk into the most racist part of London, which is probably the most racist part of all of England. We're talking about, if this was in America, this would be where the Ku Klux Klan would have their headquarters. This is a big step for someone to take.

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Harry: Yes. I'd actually driven past these places before but never stopped. So anyway, I trust Mark. He says it's going to be five minutes. He's got to see this guy blah-blah- blah. So we go into this pub and you know like the proverbial, you walk in, everybody stops and looks at you. So everybody stops, looks at me and looks at Mark. They know Mark and everybody goes back to their beer, but you could cut the atmosphere with a knife.

Anyway, we go to the bar, we're there and Mark says, I'll be five minutes I've just got to see this guy and I'm going you're not going to leave me here.

Igor: Don't leave me.

Harry: You'll be all right. So I'm by the bar. Of course, I'm standing there and let's just say I'm a little bit nervous. Anyway, this kind of a big guy comes over to the bar, looks at me and he goes, what are you drinking? Okay, I'll have a half a lager. I did drink at the time. I drank alcohol at the time.

Anyway, after a few moments, he's looking at me and suddenly, the whole place, the whole energy of the place shifts and we start to have this great conversation. Ten or 15 minutes have gone by and Mark comes back. He looks at me, looks at this guy and he says come on, we've got to go. I shook hands with the guy and he was like, it was really good to meet you mate.

We walk out, jump in the car and Mark drives off at 10 mph. While we're driving back he said you're not going to believe something. I said what? He said that guy you were speaking to was like the head of the local organization. I went, you're joking? He said, what did he say to you? I said we were just having a great chat. It was like we were good friends, talking about West Ham, which is a local football club and whatever.

I kind of put this out of my mind for a while and a few weeks later I saw Mark again and he said you're not going to believe this. I said what? He said know that guy, he's been talking about you. I said, what has he been saying?

For those of you who are quite funny with language well, this is just a language pattern so just take it in the spirit it's given, because this is exactly what he said. What did he say, Mark? He said, you know what, I hate niggers, but that Harry oh, what a great guy I really like him, bring him back again.

Igor: That's amazing. To have like the head of the local racist chapter to sing your praises and actually want to meet you again, hang out with you and buy you a drink.

Harry: Exactly.

Interview – Part 2

Igor: To me, that epitomizes what true power is about. You didn't do anything to him, right? You didn't do some crazy language pattern. You didn't do some manipulation, some reframe. You didn't get inside his head or do anything like that. You were just being you, but having had this exploration of power states that we've been talking about, having managed to consolidate and ground that power into something useful, something happens.

I don't know if it's a magic force. I don't know if it's something about your sub-communications, the natural non-verbal signals that we give out or some pheromone spray that you put on who the hell knows.

Harry: It definitely wasn't pheromone spray.

Igor: All I know is that when you get to this point of power, stuff like that happens all the time. This is the real payoff of being a master hypnotist; it's not all the things people think they want, to do all those things to get to this point.

◆ **Wouldn't you say that's right?**

Harry: Absolutely and things happen around you. It's inconceivable sometimes. I can tell you stories upon stories about things and I'm sure hypnotists out there who are listening to this will have the same experiences. It's wonderful it really is.

Igor: Now we're talking about the power of hypnosis here and this is all about becoming a better hypnotist.

◆ **How did these experiences influence you in terms of your hypnotic work that you were doing with people?**

◆ **Can you share a couple of stories about some of the wild or crazy stuff that Richard Bandler had you doing and how it transformed you as a person and transformed your work?**

Harry: I think one of the most important things I learned working with Richard is that you have all the resources already available and sometimes all you need is that little trigger to fire you off.

For instance, I remember doing a big training, like 400 people in the room. A lady there had a problem she wanted to get fixed. I think she'd already approached Richard to work with her, but as is the way of Richard, she was there waiting on her own in the middle of a seminar, and Richard said to me, I've had a word with this lady and you're going to work with her.

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I went okay, what's the problem? She's got tinnitus. That's ringing in the ears. I went, okay. He goes, she's over there. I rush over there to this lady and introduce myself and then suddenly I realize I have no idea of what I'm going to do. I said hold on a second I'll be back. I rushed back to Richard and he's there on the stage laughing away there. He said yeah, you really need to know what you're doing before you do it.

He said what are you going to do? I said I don't know. Then he proceeded to tell me a story, as is Richard's way. He told me a quick story about sound and how sound works in many different ways. If you have one sound, another sound and one's at one level and one's at another level, if you put them together, two different frequencies, they cancel each other out. Get it?

That was it. I went back over to this lady and once again, I went into a deep trance. I worked with her and lo and behold, it was very quick. It was a practice that we were doing in a training and at the end of it, it was done. I was amazed that just by hearing something – and she could hear at the end of it. By hearing the story, it activated inside of me the resources that I needed to get the job done. It was amazing.

Igor: Of course, your ability to enter deep trances and function in them, was of particular assistance to you as well, because it means your conscious mind doesn't interfere with the process, which is the whole point of having this hypnotist's or mesmerist's state as I sometimes call it. It puts you in a position where you have access to those resources without the limitations of regular consciousness.

Harry: Yes and what just popped into my mind is this just a quick thing here. I realized that the difference between somebody who's been doing hypnosis for a while and is confident and somebody who isn't is that we both go into a deep trance when somebody says, I want something done.

The difference is when you're just starting, you go into a deep trance and then you go I don't know what I'm going to be doing. Whereas, a more experienced person will go, here comes the state now I've got to get to work. I think, really, that is kind of the difference that I've noticed.

Igor: That comes back to a theme that I know is recurring in your work as well, which is the idea of trusting your unconscious. It's such a simple idea, but of course, some simple ideas aren't as easy to live by in their full potential. That's part of what it is that you do with people, isn't it?

Harry: Absolutely.

Igor: Let's move on a little bit now in terms of your hypnotic career, in terms of your inspirations. I know you've taken the path less trodden, not just because you're

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a hypnotist – which is in itself unusual – but also the route you took through hypnosis was not the most usual route.

- ◆ **Can you tell us a little about the people that inspired you along the way, the role models that you had and what they inspired you to do in terms of what road to take?**

Harry: Obviously, the main one for me was Dr. Bandler, in that when I found out about NLP and the hypnotist process, I was in a kind of transition stage in my life anyway. Meeting Richard put on the pathway of realizing that there's a lot more that I could be doing and a lot of different ways I could explore what I really wanted to do in life using hypnosis and NLP.

So he's kind of the main one. Of course, as soon as you work with Richard, you realize or if you know anything about Dr. Bandler, you realize that Milton Erickson is one of his favorites.

Igor: Of course, he's a big man.

Harry: Unfortunately, of course, I never got to meet him, but I studied and studied Erickson's tapes, watching him on video and just by watching and listening, what better person to learn from, even though obviously not in the flesh? The amazing way that he was able to find solutions that seemingly he didn't even know how he did it.

His route into trance, once again for me, is one of the most powerful, the most non-intrusive ways of moving people through different and deep states of consciousness, definitely.

Igor: Let me just pause you there for a second. I know we've talked about this before.

- ◆ **Could you share some of your ideas in terms of what made Milton Erickson unique, compared to other hypnotists?**

There have been great hypnotists and we're not going to detract from any of their work, but there's something about Milton's work, which was much more in the direction of where you ended up going.

- ◆ **Could you kind of talk about some of the comparisons you've drawn between the two?**

Harry: In my studies, shall I say, of Milton Erickson and the other thing is as well, it's like that deep trance identification thing. To be able to learn about someone you really need to get into how they were doing things. We like to call it

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“modeling” or strategy elicitation, but with Milton, I found even listening that he had a way of going into a deep trance state himself.

In that deep trance state that he would get to, he was able to elicit and find out information about the person or the situation that he was able to utilize in, for want of a better word, magically and be able to use trance to help people to change problems or shift themselves.

Igor: So you think that part of the magic and mystique that surrounds Milton Erickson or the place he got that power from is he went into specific kinds of intense altered states himself to do his work. As a result, of which he had access to abilities, spot nuances and have access to information that way that other hypnotists don't have.

Not that they can't do the same work, of course, they can. But part of his magic and charm was the fact that he was working through these deeper states, as a result, of which the work became so much richer. That's probably why a lot of his slightly more mind-bending stuff came from because the unconscious is pretty mind-bending, isn't it?

Harry: Absolutely, I totally agree with you. I think, to me, whenever I'm doing Milton Erickson type trances myself, I find myself going to that place as well. Let's call it a place of power. It's a place of power still calm, where you can have access, I think, to solutions that you interact with the person that you're working with and you're interacting at that level of, shall we say, trance. It's amazing.

Igor: Again, this is an important distinction to make. It's not just going into a deep trance. It's going into a very functional deep trance where you have a connection to your environment, a connection to the people in your environment and the environment itself.

Part of Erickson's genius is his ability to use the environment in a way that is therapeutic for the person. Because you had this deeper connection to them and understood its implications, so you'd say well, we've got this environment, we've got this scene how can I use this to help this person?

He'd come up with all these weird and crazy stunts, but they would work. He'd know they'd work ahead of time because he had a connection to the person and the environment and by putting the two together, all he had to do was just put one little shift on the context to make these crazy changes happen. That was only possible because he was in the right kind of trance state to get him connected to, rather than separated from, all these things.

Harry: Absolutely. Something that just popped into my head and I'm just going to share this. This comes from me. What I think about Erickson was he was able to go into a place of deep fascination. I think a lot of the problems – we get

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fascinated with our issue or our problem and he could go – and this just came out of me. He could get to that place of fascination and be able to shift that state into something that's more useful.

Igor: Right. By fascination, you mean he could move from the fascination about the problem to being maybe fascinated about a solution or fascinated about some other facet that would pop the problem.

Harry: Absolutely.

Igor: Again, this is something that we'll come onto a little bit later on. This theme is something I want to just mention here, the idea that you're using fascination, or shall we say, attention for the clearer term, which is fascination as a type of attention. To use attention and the shifting of attention as your main tool, shall we say, as a hypnotist.

So all this stuff, and then there were other people that you followed and were influenced by as well.

Harry: Oh yeah Robert Anton Wilson, absolutely. I just couldn't go any further without saying something about Robert Anton Wilson, amazing hypnotist.

Igor: For those of you who are listening, you actually were in a fortunate position to actually be able to meet this man because, as you know, he's notoriously reclusive and very hard to get a hold of.

◆ **You actually got a chance to meet this man and hang out with him and do stuff, what was that like?**

Harry: Amazing. I got the opportunity, and one of the perks of being around Richard in the states. Robert would come and actually do some talks and do some exercises as part of what he did at Richard's seminars in the states. It just so happened a couple of days – unfortunately, at the time, he was in a wheelchair and my job would be to look after Robert while everybody else is at the seminar, which is cool.

I'd take him somewhere. We'd sit down and apart from having the most hypnotic deep blue eyes I've ever seen – which is a trance in and of itself – he had a way of just knowing things about you that there was no way he could know, amazing.

Also, when he would speak at the trainings, I'm telling you, after half an hour – and this is for anybody whoever attended one– the whole of the audience would be not just deep in trance, but there would be people completely knocked out, crazy.

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I loved the way, obviously, used a lot of energy but also his hypnotic voice was truly amazing. I kind of miss him. He's left us now, but I was privileged enough to spend some time with him and I learned a lot just by osmosis, by being around him and listening to his stories that he would tell.

Igor: Right.

Hopefully, a lot of people are learning by osmosis by listening to your stories right now, so I really want to thank you for sharing these things, because it helps put the path to mastery into perspective for everyone. You had some very powerful influences.

◆ How did that shape where your journey went next?

You had the apprenticeship and this, of course, is part of what you did in that time as well. But I know you took a certain path, a certain line, which is a very unusual path for hypnotists to take.

Could you tell us a little bit about that? I may as well just tell people about it. It's going towards a more Shamanic healing practices and finding information there that to us, as hypnotists, is of great value and it's the path I, myself, have taken which is where you and I connected.

◆ Could you tell us a little about what made you go down that path, and how that influenced you as a hypnotist?

Harry: The most important thing that happened is that I wanted to know more about hypnosis. I went and visited and saw many different types of hypnotists. Like traditional, you name it, being a seeker at the time, it's like I want to find out more. Obviously, an apprentice of Richard's, that's what you get into, I need to find out more about everything.

It was also something that Dr. Bandler was going through himself. He was saying you need to look, search and find all different types of hypnotic processes to get better, to be a more rounded individual. So I started to look into what we'll call Shamanic practices.

What I started to find was that there isn't any real difference. It's all about going into altered states of consciousness. The bottom line is what are you going to do when you get into these states of consciousness?

As I started to go through, I just started to find that it's not just working with the mind, there's working with the body. There are ways that we can go inside of our consciousness and begin to use the power that's inside there as long as we have an intention that is going... well, I'll say good intentions. When you've got the good intentions and you're focusing and know what you want, what starts to

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happen is that you're able to utilize deep states of trance in a way that's going to be useful for you and other people.

Igor: So you've given me some very interesting insights in terms of the difference between what makes a pseudo-guru, like a fake guru, what he is and maybe he can do some useful things. And, you've actually met some real, shall we say, people of power, men and women who had an immense power without any overt hypnotic training or activities, but of course, as a deep underlying context.

◆ **Could you tell us a little about what you would say is a distinction between those pseudo-gurus and those real people of power?**

Harry: What I would say is this. There are people out there who have a persona that attracts lots of people and they're usually very good hypnotists. Some of them will get to guru status. Now, what I found is and you name it, I've seen them and experienced what they've been doing. The pseudo is very adept at utilizing the energy and trances of the people around him or her.

Let's say you're sitting in the front row and you go into a deep somnambulistic state, and then the energy kind of pours off of you. Then the pseudo-guru goes oh, thank you very much. They're very good at using that energy for themselves. That's what I call pseudo, in that it's not really their power. They're not really emanating their power, what they do is they're very good at using.

Igor: Let's pause for just a moment, just to emphasize, we're not actually necessarily criticizing their practice because it can have a very healing effect on individuals within the group. It's a value to some extent in the sense that, for example, Emile Coue, the famous French hypnotist who spawned the whole affirmations program. That's exactly how he would do his work.

He'd have this old ramshackle barn in France where you'd have dozens of people waiting around. Half of them would be in such deep trances they wouldn't even know their own name. The other half would be nervous peasants, local lords or farmers whatever coming in for some work to be done.

There is something whether, it's an energy, a non-verbal thing or it's a sub-human thing, I really don't know what it is, but there is something that is absolutely true. When you put people in normal states of consciousness into the same room as people who are in a deeply altered state of consciousness, the one with the more powerful state of intensity, the more deeply altered people will suck the others into their reality.

I've seen it happen time and again in voodoo trances where people are drumming and going crazy/nuts. There's a great example of an anthropologist who was there all prim and proper, I'm going to just study and take notes or whatever.

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Halfway through a ceremony, she got so sucked into it, she ended up having a spontaneous possession or in the terms of reference of voodoo people and it freaked her out, because she thought she could remain in control, but being a human being, surrounded by people in a deep trance state it just sucked her down that role.

Emile Coue, of course, did it in a very healing sort of way. Even these pseudo-gurus can do it. Faith healers and all these other people who are put into this same category can do it and they can do great work with it provided, of course, that they're being honest about the fact that they're using the people as their mechanism, the energy for doing it.

It can do great work, but there is something beyond that, which I think you're about to come onto, which is another level beyond that still. You should still do all that and go beyond that to the real states of power.

◆ What happens when you get the real people of power, what is it they do beyond that that makes them exceptional?

Harry: What I want to say just on the last point you made – and I agree with you. To me, I don't look at good and bad. I just know well, that's what they're able to do. To me, the most important thing is that honestly you go, that's what I'm doing. I'm raising everybody up and I'm using you, as a group together we're doing it. When they become gurus and they claim that it's them doing it, that's what...

Igor: There's disconnect from what they're actually doing and what is actually happening.

Harry: Yes, because we all get into states and for people who get into crowds, football or soccer we all know that, it's a natural normal thing that happens. But beyond that, there comes a point where you can get into a state of consciousness, drawing in power which you access and the power that you access, that power can then be projected and magnified from you. It's not yours necessarily, it's power that you access and then that can then be there to be used in many different ways.

Igor: This again is perhaps the distinction between people like Milton Erickson, who went to these intense places and his own personality, his own state was as much a part, as much an engine driving this hypnotic process as the utilization principle, as using what his clients were going through and using those trances as well.

It was a double whammy. You're using the trance states that they're going through in a very creative and powerful way, but he's also using his own version of it to put people through that. A classic example of that, of course, is his infamous handshake induction, totally different from the ones that most people think it is.

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That was a question of Richard Bandler, but the real Ericksonian actually called the 'pantomime induction' technically is not a handshake induction, did exactly that. He would go into this profoundly altered state where people that got sucked into trance.

Now you actually met some very interesting people who do this in many different guises. In other words, doing shall we say, non-linguistic inductions, inductions that have nothing to do with what you say to people, but are massively powerful nonetheless. Partly, because of where they're coming from and partly because of this other thing they're doing to draw into hypnosis.

◆ **Could you tell us about some of the interesting characters you met along the way and the experiences you had with them?**

Harry: Off the top of my head, I mean there have been many. What I want to say as well is remember that trance comes in many different ways and forms. I used to love dancing and still do. I remember in the U.K. there was a time where suddenly, the biggest craze was trance dance. Sound familiar, people going into trances by dancing. The music would take us into these states of consciousness.

It's a trance and a very deep trance, which reminds me of an amazing lady from India called Mother Ama who would spend time traveling all over the world. I remember there was one time in South London where she was there, she was having an evening and I turned up. I was on my trek to find the people who do the trance and I was there and I was struck by first, they used lots of music. The music in and of itself, with the crowd, we all started to raise our vibration, going into deep trances.

It came to the point where what you do it you wait for a few hours obviously, building up that state of expectancy. She would come out dressed beautifully in saris and an amazing procession of people, all adding to that state of consciousness. Then you'd stand in the queue, you'd wait and then you'd get a few moments with her.

Now for those people who have actually met her, I'll say this it's amazing. She's a very motherly type of woman, very big, round and just lovely. She grabs hold of you, she gives you a hug and she starts to whisper in your ear. She says darling, darling, darling, darling, in many different rhythms I should say, because I've had friends who have done the same thing, and they've just described it as they heard the darling, but just in a slightly different way.

After that, let's just say that for me anyway, for the next few hours, the next few days, I was pretty high. When I say high, in the highest state of consciousness, deep trance but also feeling absolutely wonderful. I can't really describe it other

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than joyful and blissful. To me, that's using the power of resonance, of sound, of rhythm.

Of course, it also comes from her body and the personification of herself and what she projects out, but I'm telling you, true power. Even when I think of her now, I actually go right into those state, it's beautiful.

Igor: That sounds amazing. I'm glad you're talking about these things because we've spent a lot of time talking about personal power and things that come from inside you, which is important. Mother Ama has this.

Another aspect of the hypnotic skill is again, people focus so much on language, and the language is massively important, but another aspect that people don't realize is the delivery, the rhythms, tonalities, pauses, the breaks. Even the pomp and ceremony you build up with all this is part of the hypnotic experience.

It seems like Mother Ama is a beautiful example of this because, let's face it, her linguistics variety was not exactly very wide.

Harry: Not really.

Igor: Yet, she had profound effects on clearly yourself and everyone else there as well. This is something I admire about what you do, which is you can go in, look at something that other people might think is a bit woo-woo or crazy, but look at it through the eyes of a hypnotist and actually deconstruct and say, hang on a second there's something important going on here.

Let's not just reject it out of hand because clearly people are changing. Clearly it is having an affect, let's find out what this is.

So we've got personal power on one side and a deep trance on the other side, but you also have this idea of rhythms and sounds building up an auditory atmosphere, which becomes like the rabbit hole down which Alice decides to go in to Wonderland.

Harry: Absolutely.

Igor:

- ◆ **What other kinds of things did you experience that took you down this path?**

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Harry: I used to live in England up until the year 2001. I got married to a wonderful lady, Cathy, my wife and moved to Canada, which was a complete culture shock coming from the East end of London.

Igor: I bet.

Harry: Yes, into a place where, I'm telling you, it was amazing. There are trees and mountains and Eagles.

Igor: Snow.

Harry: Plenty of snow. The weather's kind of, especially in B.C., it rains quite a lot, but we're in a rainforest and it's amazing. Native to this land are what they call Native Americans. First nations they're called here in Canada. Me being me, you can expect what happens, I start to bump into some very interesting Native American wise men. I worked with a few and one particular, my friend, Leonard.

He started to introduce me to real powerful sounds, like drumming. Drums and rattles and things like that. Once again, this is sound. The amazing thing that happens is that these beats and these rhythms are hypnotic. By just going along with these different sounds and journeys, what would happen I found, is that my consciousness would start to open up once again.

I would go into deep trance and then this would open up, I would say, a place of power. Just working with these men and women once again, there's a natural ability and they're very close to nature. What I found since I've been here in Canada is that I'm much more attuned to the environment around me, and the trance that, that evokes inside of you.

Igor: Again, something interesting from what you're saying there is the thing that's emerging is that there are many different paths into trance, but there are also many different types of trances. As hypnotists we just think of putting people into trance, not what kind of trance should people go into, and depending on the device you use, you also put people into different trances like that.

For example, the Mother Ama, it became a high with the Shaman using still sound. It took you into a deeper place, shall we say. I know you draw a distinction between the mind and the body, putting the mind into certain kinds of trances and putting the body into different kinds of trances to start complementing each other.

- ◆ **Can you talk a little bit about that and maybe some of the Shaman or Shamanic type of people that you've met along the way that you really learned these distinctions about more clearly from?**

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Harry: Yes. Once again, one of the most important things I've learned is, there are trance states that we can go into from the body, through the body. The body is our vehicle here on the Earth. Specifically, with the "Shaman" that I've met, wise men and women, for instance, there's one Tibetan Monk, and I kind of studied with him for a while, working with tone, sound and with the voice.

One day I was getting to the point where I was having difficulty, believe it or not, getting into deep trance states. He said to me okay, this is what I want you to do. I want you to go running for 40 minutes. Run for 40 minutes full pelt. When you get back home, I want you to go sit in the corner, get into a comfortable position and go into trance, which was really weird for me because if anybody knows me, knows I sweat quite a lot.

I find it quite uncomfortable. It was really kind of just get totally exhausted and then sit and go into trance. I'm telling you, it's one of the most powerful ways obviously, and I know you're very much a student of bypassing the conscious.

Igor: Go straight to the unconscious.

Harry: Yes, go straight to the unconscious, bypassing the conscious by just overwhelming – the whole body just releases.

Igor: This is something very important and again something I really like about your work, which is the difference between mind and body trances. There are times when the mind gets blocked where you can use the body as the vehicle to get passed that block and there are other times when its the body that's blocked and we're going to use the mind, as kind of like a laser to move through that.

For example, what happens when we get into physical healing and stuff like that. This Tibetan really showed you that distinction very clearly, especially with the idea of running into trance has a completely new meaning at this point. It's something that I've actually particular admire about a lot of the Tibetan processes is they really do have a very wealthy map of the inner world. They have very clear distinctions about different types of trance states.

◆ Can you tell us more about your experiences at that level?

Harry: Yes. Especially Tibetan type of, shall we say, Shamanic trances are very technical actually and they're very "scientific" as far as the mind and body are concerned. I found that one of the most powerful uses of trance that I've learned from working with Tibetans especially, has been working with, it's like visualization. So the visualization they use like Mandalas, which is a pattern. Just by staring at the pattern and going into deep states of consciousness, this is another way of opening up the internal map and the internal mind. It always makes me laugh because I started to work with the Mandala's, finding out how

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they work inside of my mind and then I remember then going onto the Internet and suddenly going okay, there are all these hypnotic swirls and patterns.

Igor: That's right. It's the same thing.

Harry: It's the same thing. The difference is that the Tibetans, through their own– and you have to remember– I have to make this point about the Shamanic practices. Really what's happening is, is that these are very rich maps of ways of going into deep states of consciousness, but usually they're culturally-based. This is very important.

What I did was go okay wow, this is really cool, but that's culturally-based. Let's take the culture bit out of it that's going to be endemic to the people and where you've grown up and go actually the process is this. Let's take the process and leave the cultural parts of that to the side...

Igor: Which is the whole idea of ghosts and spirits, this deity or that deity and the blue nosed God and the seven armed goddess, these are all archetypes, if you will. When a person's grown up in that it's like for us, you'd be talking about Santa Clause, Jesus Christ, one of the Saints or even historical figures. These are our versions of those archetypes.

The Tooth Fairy, for example, wouldn't it be interesting to do a Mandala on the Tooth Fairy, in itself would be weird. But we've grown up with those and because we grew up with those as children our connections to them are very different to someone who doesn't know them, for him its just a quaint passing.

I think the same is true of a lot of Eastern spirituality. It's enmeshed in the local culture and again, the power of the Mandala isn't to take the blue eyed goddess or whatever, unless you are so consumed by the local philosophy that it starts having the same meaning to you. The easier path for a Westerner to take is to say what's the process behind it? Let's plug in our own personal archetypes, and at that point, we have the same experience.

Harry: Exactly. Similar- same- different- the whole thing is an exploration and the process leads you into the place where you can then find the power.

Igor: This is like being Sinbad the Sailor of the Seven Seas. You get to see all the different countries, different nations and you make up your own mind. Because, if I were Sinbad with my background, I'd probably make totally different conclusions from what I've seen and pay attention to totally different things than someone from China, where incidentally people believe is where Sinbad actually came from, the Middle East or Africa wherever.

Each one would see the same sights and same experiences, but interpret them differently. That's part of what we need to do when we explore deep trances is take our personality and then take them to these different realms, explore them,

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map them out and find out where are the realms of use to us. Find which are the realms of power, which are the realms that can sabotage us and find ways of controlling those, and hence, we have a much healthier, happier and more successful life.

Harry: Exactly. To me, I like to say well actually, we can find those different states – a state of this and a state of that – because that’s how – I was brought up in England. I’m like, here’s a state of power. Here’s a state of this. Here’s a state of that. Remember, all states that we go through are altered states of consciousness.

To me, an altered state is a state that you’re not in at the moment so in order to alter my state– here’s the NLP part of me coming – just tracking the states, giving them a meaning and extracting from that state what’s going to be useful for me or not. If it has power inside of it, I want to go back there and keep on accessing that state.

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Interview – Part 3

Igor: A classic example would be things like sportsmen. You have runners. You can see the intense concentration in their faces before they go into competition. That's different to maybe an opera singer, who's got a concentration all their own, but it's very different than the runners. Again, an intensely altered state, but very different to these others.

They're all related, they have running themes, for example, concentration, awareness brought on to some point. They are also different. One is more creative, one is more performative and the other one is more about endurance, power or physical excellence.

We look at them all and think that these are all flow states, but they're not. They are all flow states, but what kind of flow states; those nuances between the states and what they empower you to do and what they disempower you to do.

Imagine trying to make love to someone while in that same state of mind you'd be running that 100 meter dash in. Probably not the most enjoyable experience you or the other person is going to have.

Harry: Yes, it's called therapy.

Igor: Or, at least when there's a big sign on the wall that says "seek therapy now."

Harry: Yes. I agree. I like to break things down. You said it beautifully.

The opera singer, to get into that place to have the best performance they can possibly get, they have to go into a hypnotic state that utilizes sound. They're utilizing sound, they know how to work with sound, they know how to project sound through themselves. They're in that state and when they're in that state, what are they doing? They're accessing the power and that's what we mean by power. They're accessing that power state.

The writer goes into a different state, the deeper the state, the more they have access to their own inner genius.

Igor: It reminds me of a classic story many hypnotists will have heard, the exploration Aldous Huxley and Erickson did themselves. Aldous Huxley, when he was writing his fiction, one was called *Brave New World*. He would go into such an altered state he would literally not hear or see anything outside himself. People would talk to him and he would ignore them.

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Erickson started to explore this and see if it was a classic hypnotic state and give suggestions, which of course, the guy ignored. To write and polish works like that I have seen this time and time again. Scientists do this. Artists do this. They go to a place where that part of their thinking process is so crisp, clear, clean and unfiltered that you can call it nothing, other than power. It's a very different power of a salesman, charismatic or the sportsman.

Harry: Absolutely, its still power.

Igor: This is leads me to something I particularly like, which is a concept that's been floating around for some years now, but it's been building up in increasing momentum. I think it bears some relevance to what we're talking about. It's something called the 'urban Shaman'.

Given we've talked about Shamanic healers and things you've come across, can you talk about this idea of an urban Shaman.

◆ How does it relate to us as hypnotists and what's your take on the whole field in general anyway?

Harry: It's this play on words. Unfortunately or fortunately, words evoke feelings, thoughts and consciousness. So Shaman, shame and when you hear that word, usually I've noticed that people immediately access these old stories, old parts of consciousness. They were typical people and they were different, a bit special but a bit dangerous. They could do things.

Igor: In the Western heritage, who are the bad people? The witches, the sorcerers and the warlocks and that cultural bias is still in the back of our minds, because we grew up with it in our fairytales, myths and legends.

We may have a Shaman who either falls on one side, which is the medicine man who is a con artist and hasn't any real power other than the placebo effect. It still gets me now when people say that it's just the placebo effect. People live or die, because of just this placebo effect. Let's look at what's in it.

The other side is the evil magician, the witch that is going to wield spiritual powers to hurt people. Shamanism is a very different thing, in my opinion, it's the original hypnosis. I know you have your own takes on this as well, which are very similar to mine, so I apologize for interrupting you there, but it's an important point to pull out for people.

Harry: This like one of the conversations we have personally, I like it. I want to say this, Shaman and wise women have always been seen culturally as they either, go woo let's do some healing or as you said it's bad, don't trust them because they have something we haven't got.

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Igor: Black magic, voodoo.

Harry: Whatever it is, but there's something strange and weird about them. Does it sound familiar? The first year of working with Bandler that's what I was getting, like he's kind of a weird guy look at him. But to me, what I found in my years of exploring, going around the world, meeting different people, wanting to find out how people work, tick and how can they get to these states of consciousness is that we can all do it.

Over the past few years, we're beginning to see the urban Shaman. The urban Shaman, as far as I'm concerned, you meet them every day. They've got suits on. They wear wonderful dresses. They have their own personal power. They're in business. They're creative. There isn't any difference really, when you think about it, because what are they doing?

Most of them, when you sit down, you start talking and begin to listen do you know what they're doing? They're going into deep states of consciousness. They go and find their power. They go in there they're accessing trans-phenomena, but they know how to navigate.

The difference to me is that they go into deep states of consciousness and they bring back with them, to the waking state, some of what they learn in those deep states. They bring back the power. More than anything else, they begin to utilize these states of consciousness in every day life and these are very successful and powerful people.

Igor: So what you're suggesting, for example, is the Olympic athlete that's doing sports psychology and visualization to prepare himself, but then gets up on the starting blocks with laser like focus, that's a Shaman in action, in that particular setting. The businessman who walks into a meeting and suddenly everything goes crazy and he realizes all of my expectations are wrong, but comes out with either the deal in the bag and having calmed down all the fears and done it.

For example, Donald Trump going from negative billion. He was in debt to a billion dollars, whatever it was and then to come back to the other side of it, that took something. He had to access some resource or some thing that ordinary people don't, at least, they don't realize they're doing it or, have access to it when they want or need it.

Harry: Absolutely.

Igor: Another example, you have the TV show called 'Tool Time' where you have the neighbor that no one ever sees other than the eyes. He has this intense wisdom, that just by talking to him, problems tend to resolve themselves. That's

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another example of healing, but maybe its psychological healing, which you could call being an urban Shaman.

Harry: Exactly. We mentioned business men and women, I've met more powerful healers, Shaman, whatever you want to call them, ordinary people in their community who are able to shift and change people. I'm telling you, they all have the same characteristic. They have found a way to get into these deep states of consciousness to extract and access to the power in whatever form it's in.

To me, it's great to find a state, but you need to bring back something so it will be useful for you.

Igor: It's not some voyeurism, it's a voyage.

Harry: The people who get lost are the people who turn into the voyeurs because you're lost inside of it.

Igor: It's the spirit realm and we can walk through walls and everything is possible, but they never bring anything back.

Harry: Exactly.

Igor: I found the people who we'll call in this definition, the urban Shaman, like you talked about, most of them, especially the most powerful ones, a lot of them don't know they're doing it. They think they're normal people going about their lives. They don't realize that somewhere along the lines they've tweaked their unconscious mind and hit on a set of procedures.

Often unfortunately, they have immense control and power in one part of their life and very little in something else. What I love about your work is you create the balance. You take the principle and don't just have power in one aspect, don't just be a powerful hypnotist, have power in the whole of your life, as a cleaner, cook, parent, teacher, salesperson, lover, friend, therapist or coach.

In every possible part, role or aspect of your life, there are states of power. You need to be able to find and use them in a way that will enhance your enjoyment as well as your effectiveness in that particular area.

Harry: Absolutely.

Igor: That brings us to something that's really, the meat of what you do and it's something you're famous for, which are your hypnotic states of power. I think people will realize that when we talk about hypnotic states of power we're not talking about one state. We're talking about a lot of stuff.

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- ◆ Can you give an idea of what you mean by what hypnotic states of power are and more importantly, why people would want to go there if they haven't figured about this already?

Harry: One time, shall we say, in the community, I was known as Mr. Rapport. It sounds like an oxymoron really, because the first couple of years nobody wanted to rapport at all.

After a while, once I started to come to myself and find my own power, people gravitated toward me and they do now. That's very powerful, because when people gravitate toward you and you're in that state of consciousness then you have tremendous power. You can lead, guide, allow people, which is what I do, I allow people, when I'm working or even just in personal conversations and interactions, to be themselves.

Igor: You don't just allow people to be themselves, you allow people to be more of themselves than they can normally be.

Harry: Thank you.

Igor: This is something I've seen that characterizes you. You have a way and its part of the power you specialize in. When people are around you, a lot of the mess in their life, the filters and blocks sort of go to the background and stuff in the background before, which is all the real power is coming more forward. Suddenly, this is real buzz it's a tremendous skill and gift that you have.

When we talk about power, we're talking about different types and states of power that do different things.

Harry: Thanks for that. I was speaking to my wife, Kathy, about this before we had the interview. I've been through all of these journeys and things have happened to me. Because of that experience, whenever I meet somebody, I think you haven't been there yet. I can step back and go wow this is going to be fun. You have no idea what's going to happen.

I can be fully present, because I have an idea that if somebody is going to start to move through these different states, then I've already been there so I can be "empathetic".

Igor: What you're saying is wonderful. This gives you more insight inside hypnotic intent or as I would call it H+. People ask me sometimes, how can you generate this intense sense of knowing that they're going to go into trance and something powerful is going to happen?

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It's because I've been there, I've done it myself and I've seen other people do it, so you're not trying to pretend something wonderful is going to happen, you know it. You can see it. You can see them standing on the edge of a wonderful valley of lush richness.

You're saying "come with me for a little bit you're going to love this." If they say no, say it's all right don't worry stay there for a while, because eventually you'll follow me anyway so take your time, ready yet?

Eventually gravity makes the feet go down that path and that's part of what makes it easy to be a hypnotist. You're not trying to drag or push them you're saying take your time. Wait. Are you ready yet? No, okay, wait. Okay, now fine. Let's go. Have a look at this. By the way, did you see that tree over there? No. Come with me and let me show you this thing about the tree.

By then, I've gone through the tricking bit. You're not really tricking them, they're there anyway you're just pointing some things out that make them curious enough to want to go there more.

Harry: Absolutely. I don't know how to explain it. It's the difference between imagining it and doing it.

Igor: Seeing as we're talking about all of these powerful states.

- ◆ **What's in your grab bag of states?**
- ◆ **What is it that you as an urban Shaman or what I would call a street hypnotist, what have you got inside your grab bag that you like?**
- ◆ **What's your staple diet?**
- ◆ **What are some of the more exotic things you've created for yourself in times of need?**

Harry: The most important is inner calm. It's that state where, when everything around you is going crazy you can be calm. In a state of peace or calm, I still say that's the most important state, if I'm working with anybody, that's the money state and to be in that state and be able to maintain that kind of state.

If you think about anybody who's got any power they all exude this. Stuff is happening all around them chaos, but inside they're there and they're in that place of absolute calm.

Igor: Even the people who go down the more excited route, they still have this immense calm theme that colors that excitement it's not falling off the edge, wide or erratic, which is kind of what defines your first year more, when it's very

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erratic, unpredictable and that's frightening. They have a calmness, which is more predictable and reliable, shall we say, which makes it that much more appealing right.

Harry: Absolutely. Talk about excitement its controlled excitement, yet it's not controlled.

Igor: There's wildness to it but it's difficult to describe. It's like the wildness of letting your horse grab the reins and just run, but you're still sitting on the saddle and you're still safe versus the wildness of having a rabid horse going nuts, frothing at the mouth and kicking in doors. That's a very different kind of wildness, which is much more frightening, because you never know if something is going to get damaged on the way.

Harry: Yes. I don't ski, but the people I know who ski, they're going down and everything is just right. It might be difficult the things they're doing, but inside they're absolutely calm.

Igor: You just hit pay dirt on me with that one. Again, people describe it as flow state and whilst I'm a big proponent of the idea of flow states. The key thing and this is what I love talking to you about in your work and something we're going to go into more fully is it's not just one flow state there are many different types that get you different types of experiences and enhance you in different ways.

It reminds me a little bit of me as a boy into martial arts and I still am. One of the legends of martial arts, one of the big stories around it is the old Asian warrior monks that spread across the continent. You have the Buddhist monks, the Shaolin temple, Ninja of Japan, the Samurai with their own discipline and the Yamabushi, which are the mountain warriors of Japan as well.

These are all famous for their intense, spiritual practices or what I would now call hypnotic practices. They would sometimes spend days or weeks in a particular trance state to create a power state that would give them one special ability to an absurd extreme.

A classic one and this is something you see across the world in every form of Shamanism, is the endurance trance. If a Shaman has to travel a long distance in an emergency, he can go into a particular state of mind in which he feels no pain, no fear, no tiredness and he can run. He's not going to be the world's fastest sprinter.

He may be three quarters of the same speed, but he can run and run. He can run to the point where he'll drop down dead before he feels tired or is willing to stop, which is one of the reasons they're very careful about switching these states on.

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Then, when they're in them they're very careful to switch them off after set periods of time, because you can literally run until your body is incapable of dealing with it anymore and that's an immensely powerful resource that you have at times.

Other ones would be the power of persuasion, something people are interested in. There are whole sects that focus on the mind states that you get into, which one might call charisma, influence or something else, where people just want to do what you request of them.

I can ask you what you want. I can't guess your mind. At that point, there is no need to do crazy frames. Please, I need a car or whatever and people do it.

Other examples of this has been creativity, to be able to problem solve or insight to be able to analyze. You'd have people who'd be gathering all of this information, particularly in the spy networks. The agents were great at mixing mysticism and practicality. You'd have mystical spies who gather all this information, sit down and go into these crazy states. When they came out, they would analyze whole battle plans from little nuances they'd seen.

This goes to the heart of the hypnotic states of power. It's not one state. It's a question of what is this state designed to do and how are you going to make a state like that happen so you can be more successful in whatever endeavor you're in.

Harry: Absolutely.

Igor: Now that we are excited about this, the big question for me is how do you get there? I know you've worked out in your *Deep Trance Voyage of Hypnotic Power*. You take people through a very meticulous set of processes that gets them from A, where they feel powerless to B, where they are powerful where the world opens up.

◆ How do you get from A to B?

Harry: First, you have to define where you are. You need to know where you are, not just physically, but from where you are inside and outside as well. We have to go inside, find that calm place, find that centered place of who we are and physically where we are. You have to understand, when we go on a journey, we have to start somewhere.

Igor: This journey reminds me of the old European explorers like Christopher Columbus, for example. He would never have discovered America if he didn't actually define where he was. When he started talking to the Italians about this crazy voyage across the sea to see if there was a country there, they said they weren't interested.

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He had to go to Spain to Queen Isabelle to persuade her to fund the voyage in the first place. Therefore, defining where you are right now and your purpose for doing whatever you're doing, without that, nothing else happens. What's the next step?

- ◆ **Once you have a sense of where you are and where you want to go, what happens next?**

Harry: How are you going to get there? What is it that's going to take you there?

Igor: I know you've broken this process down into many steps and step one is to define where you are.

- ◆ **What is step two, in terms of how you're going to get that process?**

Harry: Create a vehicle.

Igor: So, like in the metaphor of European explorers or Christopher Columbus, you have to build ships, right?

Harry: That's right.

Igor: You're not going to swim to America.

Harry: He could have if he'd done that Shamanic thing.

Igor: But he might have drowned halfway through because he'd be running out of fuel.

- ◆ **What's the vehicle in the deep trance journey?**

Harry: We are the vehicle.

Igor:

- ◆ **How do you prepare yourself?**

You have the ship and it's all ready.

Harry: For me, we have to get inside, be calm and quiet and then we have to find tools.

Igor: Tools would be like the navigators and sailors that are going to make the ship go forward, right?

- ◆ **What are the tools in the deep trance journey?**

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Harry: The mind and the body and the connection between the two. There is a connection.

Igor: What kind of tools do you generate inside the mind to get you there?

◆ What are the basic tools of the craft?

Harry: One of the basic tools is finding a still point which goes along with the calm. From this still point we can then start to look for the infinite possibilities of moving from this point. Also, using attention, because by having attention or focusing attention and from the still point, we can then start to move in many different directions and navigate.

Igor: So, if I understand you correctly you're talking about the trance of infinite possibilities, a quiet trance inside the mind in which all the different trances or doors are open to you. You go into these other doors using your primary school, which is the attention to focus on one door, you go inside one room and there are some abilities there.

When you focus on another door, another room opens up, which is kind of like a navigator sitting there. We're going to go in this direction so point the sails this way. Turn the wheel this way. Then the sailors go around scrambling making sure that is what happens.

To stick with our sailing metaphor, what happens after that? It's not enough to... you have your vehicle and know what you want to do or achieve, you have your tools...

◆ Would you send people in the middle of the high seas straight away?

Harry: No, of course not. You have to get familiar with the landscape, with the waters. We need to start sailing familiar waters, going through and learning how to use the tools.

Igor: So, you have a set of training wheels, the equivalent of sailing once around the island so you can figure out how sailing works and you get comfortable in the boat. Then, when you go into distances where you can be "lost at sea," you have trust in your navigation skills, because you can still use the stars to get home.

You have trust in the vessel, because the boat is strong and safe, and even if a storm arises, you'll still be able to navigate those waters back into a safe place or find a safe harbor, right.

Harry: Absolutely.

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Igor: After that, what happens?

Harry: It's like Columbus, he explored the uncharted waters and he found something, he found a country, a place, a power.

Igor: That's when you go for the meat of the journey, which is, you seek out states or places of power inside the mind. But that's not enough, because that's something that many mystics sometimes talk about, but they're missing one thing you have and I think it's so important.

◆ Can we talk about the final step in the whole journey?

Harry: When you go somewhere, it's like going shopping. You come back and you haven't bought anything. You have to come back with something. What was your intention? What are you looking for? Even if it's just a small piece, you need to bring it back.

Igor: So you're not just window shopping when you do hypnosis.

Harry: Absolutely, not.

Igor: I love that analogy. A lot of people do that, they talk about all the things that are possible, it's like saying I went to shop and saw these wonderful shoes, this wonderful computer and this amazing gadget that does all this stuff. Then someone turns round and says where are they? Well, I don't have them.

The New Age movement, the Human Potential movement points out a lot of things that are possible but there aren't that many people who know how to go systematically go out there, buy it, get it, bring it back and start using it. That's the piece, that's so important.

You don't just go for a little voyage, have a look around, site see, come back and say that was interesting. There is no harm in it, but the big thing is, when you start bringing stuff back, you make sure you bring the right things back and it becomes empowering. That is when you have power, right?

Harry: Exactly. When you bring it back, what are you doing? You're filling up your map. To use an NLP analogy, I'm sure you've heard this. The map is not the territory. I realized by doing this particular process that no, the map isn't the territory, but the territory is the map so every time you go out into uncharted waters and come back and bring back the gold, nuggets, knowledge and wisdom, you've started to make your own territory.

You can go back along that territory and go a little further. You can make another here. It's infinite. The trance of infinite possibilities is that. That is what we're talking about.

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Igor: It's like these warrior monks we talked about before, that first wanted to win a fight and be concentrated. Then they discovered that when they're doing that, somehow they switched to another state which is related to it in which they are more intuitive and read people better. They need to be able to read someone when they're about to chop their head off, which direction the sword is going to come from, right?

Harry: Absolutely.

Igor: You don't do it just for reading swords you do it for reading intentions. Another state might be more creative about a particular way of defeating someone that may work out better. Bit by bit, it leads you to the next step automatically if you're paying attention.

Harry: Absolutely.

Igor: Let's talk about your big seminar, your Deep Trance Voyage to Hypnotic Power. You have a four day seminar where you take people through exactly this journey. For those of you who are in the private hypnosis club, Harry is about to share the foundations of his system with us so it will come on right after this interview.

You have a process you take people through to get them to that final stage, that place of power.

◆ Could you describe what happens in your workshop?

Harry: Its four days and it's filled with amazing powerful, deep states of consciousness, deep states of trance.

Igor: When we're talking about Harry's amazing deep trances, he really means it. He's not just doing it once. You're work is characterized by rolling your sleeves up and doing it.

Harry: Yes. I'm very much in the school of let's do it and let's do it now.

Igor: There will be as much trance work being done in the seminar as there are explanatory bits. There will be some explanatory bits, but your explanations are enough for you to start doing your own learning.

Harry: This is a voyage of discovery, not the ship. It's a journey through altered states of power. We can navigate the seven seas of the mind and the body. It's about us, me and you, finding our own states of power.

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Igor:

- ◆ **What can people expect to have happen?**

- ◆ **How will they be or what will they be able to do, as a result, of having come through that process with you?**

Harry: We're looking for is unshakable confidence as a hypnotist. We're all hypnotists by the way. We're all hypnotists anyway, just building that confidence as a hypnotist and building massive hypnotic intent. Without intent, we're like the person who's just going out window shopping and come back with nothing. It was an interesting experience, but nothing has happened.

Igor: This is where most hypnotists fail. If your induction is failing, chances are, they've broken your intent. This happens when a client comes in, gives you a negative trance and you go oh my God, what do I do? What they've just done is broken your hypnotic intent. You can't hypnotize them, because they hypnotized you not to be able to.

Harry: Absolutely. I remember that one very well.

Igor: It's not pleasant when it happens, is it?

Harry: After years of working and I still work one on one with lots of people, sometimes it happens to me. I have to check myself.

Igor: This is the key piece of what we're getting here, which is the idea that, if someone breaks your intent how do you get back on that pony and ride it? How do you rebuild hypnotic intent so that in spite of problems that would normally destroy the session, you can turn it around and empower the session even more.

Harry: Back to the still point, calm.

Igor:

- ◆ **How will people be, as a result, of this training?**

Harry: I think, and I can only think, I can't know, but what's going to happen is that you'll develop some powerful and natural dynamic skills for focusing. Not only focusing your hypnotic intent, but more importantly, as far as I'm concerned, is be able to have confidence in yourself and your own skills.

Igor: When you're hypnotizing, you're a Milton Erickson; when you're running your whatever, all star performance person or when you're speaking you're a motivational guru. When you are writing you are a world-class author. Therefore, no matter what you're doing you're at the extreme edge of what is

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possible and you can enter those states at will when you want to, once you've trained yourself to find and access them.

Harry: It's about being able to access the states. Once you've accessed them, you get better and better. It's like everything else, what's learning? You get a skill and practice it and the more you practice it, the better you become. It becomes automatic and people ask how you do that? He says I don't know, but it works. That to me is the most important thing, because we spend a lot of time talking about it. If you can do it, you don't need to talk about it.

For us in what we do, it's another skill to be able to do it and then be able to deconstruct it, teach it and train it.

Igor: Which is another level.

Harry: If you want to go there, we still need to access that power, get that information and then start to work on those different levels. It's all transitional. In other words, this is about you being able to find where the power is, access it and then use it, play with it, learn it.

I've noticed through years of working with hypnosis, NLP and many other things that the thing that stops most people is that they say they don't know how to do that. What would happen if you could? What would happen if you could access that power state? They say they don't know, because they can't get there.

Igor: This is the assignment. This is what people will get in the live training. For those of you in the Private Hypnosis Club, Harry is about to share exactly how he does it. He's going to give us a bite sized version of the big points of the seminar, the big movements so you can have that experience yourself in the seminar portion, which comes with it.

Harry: The Deep Trance Voyage of Hypnosis Power is something I've been working on, me and my wife Kathy Welter Nichols. We both teach it; its one of the most enjoyable, powerful, joyous journeys that you're ever going to take. It's all about accessing your own potential.

I'm happy to say that not only do you get the male part you also get the feminine part as well. It's equally as good.

Igor: I've worked with both Kathy. Kathy's voice sends me off on different planes. You're in for a real treat. Don't take my word for it. Listen to the seminar portion that comes after the interview. You'll hear Harry and how much he knows. He's going to guide you step-by-step through the process using me as a guinea pig. I'm going to be offering myself just for you.

Hypnosis Master – Harry Nichols

You'll hear the processes in that deep trance voyage. He'll shed them all for you for free. You'll get a taste of just how powerful the live seminar is.

Harry, I want to thank you, not just for taking extra time to give us a good feel of who you are, where you come from and what you do, but also for the information you're about to share with us. The approach will take us through in the next sequence when we go through different sessions of the actual seminar.

Harry: Thank you very much Igor. Thank you for inviting me to speak about a little bit of what I do. From the first time I met you, I have to say that I'm very proud to work with you. I think you're an absolutely, amazing master hypnotist in your own right. I've learned a lot from you already and I hope to learn more in the future, so thank you very much.

Igor: Thank you for those wonderful words of praise. This man is amazing. Check him out, you'll find out for yourself.

My name is Igor Ledochowski from StreetHypnosis.com and I'm here with Harry Nichols, the creative genius and the master hypnotist from DeepTranceVoyage.com.

Thank you everyone for listening in. Be sure to look for the next sequence in this interview with the Hypnotist Masters Series.

Seminar 1 – Part 1

Igor: Welcome to StreetHypnosis.com. My name is Igor Ledochowski and I'm here with Master Hypnotist Harry Nichols from DeepTranceVoyage.com.

Harry has already given us an in-depth interview about the idea of hypnotic power states and how to go through a mental voyage or discovery to find places of power inside the mind that help you to enhance performance, excel at task and turn your life around in a powerful way.

I'm excited about this seminar portion, because Harry has agreed to teach us the fundamentals of this deep trance voyaging. If you'll just listen, he'll take me through hypnotic inductions to take each sequence through. You'll probably end up going into trance yourself and discovering hypnotic power.

Because this is a hypnotic session, there will be discussion about certain things, but we'll also go into exercises. I strongly recommend you do not listen to this if you're driving a car or operating any kind of machinery. There is going to be a lot of hypnotic content here and we want you to listen to stuff in a safe manner.

Let me welcome Harry back.

Harry: Hello Igor.

Igor: Thank you very much for doing this. I'm so excited that you're going to show us the core skills necessary for this deep trance voyage that we've been talking about for so long. Now we're going to launch into the big questions.

◆ How do you start the whole process?

Harry: How do you start? It's very interesting, because you start by starting. There has to be something inside of your mind that says yes.

That reminds me of a story I heard a long time ago. There were two guys, very powerful, strong, deep trance guys. The one thing that happened to them before they got to this stage, they were workmen. They both had the job of cutting wood deep interest he forest.

One day they're going to go and cut wood, and they realized at the end of the day they would get paid. They're good friends. They went down the pathway together. They found a clearing in the forest. It looked wonderful. There were good trees here to be chopped down.

They decided one would take one half and the other would take the other half. They sharpened up their axes and they began to chop wood. Just like that.

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After half an hour, one of them looked over to his friend on the other half and noticed he wasn't chopping. He wondered what was going on, but he continued to chop wood, because he knew that at the end of the day, he would receive his just deserts.

So it happened. An hour went by, one was chopping and one was not. Two hours went by. One was chopping and one was not. It was time for a break so they stopped, sat down together. One said to the other, "How come you're not chopping? You have a family, you have kids to feed. Why aren't you chopping?" He said, "Look. I'm going to get paid anyway. It doesn't matter. You do what you want to do, but I will get paid."

So it went hour after hour, one was chopping. The other actually chopped a few trees down, but not that many.

It started to get toward dusk and the paymaster came along. The paymaster was a very wise man, and of course, around him he had all of his junior paymastees. They were apprentices and they were learning the way to become paymasters. The paymaster turned up, sat down in front of these two men and he said to one of them "Have you chopped very well today?" The one that was on the right said, "Yes. I've sweated and toiled, and I've nearly cleared this forest on my own. I'm looking forward to be paid."

The other one that was left said, "Excuse me sir. We did this together. I don't know what my friend is talking about, but I expect to be paid half of this bounty." "Hmmm." said the paymaster. He looked at the forest, he looked at the trees, he looked here and looked there, examined everything that was happening or had happened. He looked at the two men.

He said, "Hmmm. I've come to a decision." One of his apprentices brought out a silver tray. On this tray, which was very large, he placed one golden coin. He opened up a bag and then one after the other, he dropped one, two, three, four, 10 silver coins, 11, 12, 20 silver coins, 21, 22, 30 silver coins.

He put those into the bag again. He looked at the two men and he said to the one of the left, "Dear Sir, you say you have worked hard today, yet from your demeanor I can see your ax is still pretty sharp. Your clothes do not have any sweat and your brow is neat and tidy. So, for the sound of the work you said you did I give you this; nothing. Be comforted by the sound."

Then he turned to the man on the right and said, "You have worked very hard and you deserve your just deserts." With that, he tied up the bag of 31 silver coins and gave them to him.

Igor: That's a good story.

- ◆ **How does that relate to the whole process of going on a deep trance voyage and discovering our own inner power as hypnotists?**

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Harry: The most important thing is to want to do it. We have to make the decision right now that we want to find the power. In making that decision, we've already started the process.

Igor: It's like the reward doesn't come on its own, just because you've done things. You've got to go with the right intention to get things done. You have to get your ax blunted because of the effort you're doing.

Harry: Also, saying that I'm going to do it.

Igor: How do we do that? We are now here. Let's assume that everyone listening to this call is saying they're ready to do. They want some powerful hypnotic experiences. They want to clean up their life and have crazy experiences that Harry has been talking about.

◆ **What are the steps or process they go through to begin that voyage themselves?**

Harry: Yes there is a process. Inside of that process there are steps.

1. Grounding

With grounding, what we're going to do is orient your body to the space that you're in right now. If you're sitting down on a chair being comfortable, then we need to orient you to the actual space time continuum.

Igor: It's like an athlete that is about to do some stretches and get himself physically loosened up so he can get a sense of where his body is so he can use it to its maximum degree.

Harry: Absolutely.

Igor: This is important given when people do hypnotic voyaging it's not just a mental thing. You've got to be able to bring yourself back into your physical experience and that's part of what the body is about, right?

Harry: Absolutely. Without the body to translate the information, we're just in the mind.

Igor: What is step 2?

Harry:

2. Basic centering

Igor: We have grounding and centering.

◆ **What is centering about?**

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Harry: Centering is moving from grounding. We're going to center our mind. We've got the body, we're going to orient the body and then we're going to start to center our mind inside the center of ourselves, thereby, anchoring ourselves into the moment.

Igor: What is step 3?

Harry:

3. Connect with your inner guidance

We're going to go inside and start to orient with the inside of you and find a place where we can start to navigate from.

Igor: Okay. Step 1 is about getting you physically ready for the journey. Step 2 is getting your mind ready for the journey. Step 3 is going to the right place and finding your intuition, your unconscious trust will take you to places you need to go to.

Harry: Yes. This is the trust your unconscious. Trusting your unconscious in the way we do it is going to be a bit about having that internal part of yourself, maybe that internal voice that's going to connect up.

Think about it. We've got the grounding, the centering, the body and mind and now we're going to add that very vital component, which is that internal voice that is going to start to move us.

Igor: I like the idea of an inner voice because people talk about trust your unconscious. It's the theme of the work I do it's like saying be yourself. How?

◆ **How can you be yourself when you're so under pressure or afraid that you stop being yourself?**

What do I do? I can't tell you, you just have to be yourself. That doesn't help me. This inner voice is kind of like the how to trust yourself as opposed to telling someone how to do it.

Harry: Yes. I would say it's more like when you start to do something, what is the first thing you do? You're going to listen because it's a guidance thing. It's going to be paying attention and of course, it's going to be my voice for the moment. That is going to train you to trust your own inner voice.

Igor: Oh I see. This is like building an inner hypnotist that is going to guide you whenever you want to. This is very important. Remember the ABS formula? To get someone's attention, you bypass the critical factor and you stimulate the unconscious.

The problem with self-hypnosis is who is going to guide you? If its part of your mind guiding you, then that part is usually the conscious part, which brings with it the critical factor, which means you can't bypass it.

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What you're doing here is creating an unconscious guide. It's ingenious. It's like an unconscious hypnotist that is going to do all of that stuff for you. You're going to have your own unconscious mind hypnotize you to do better. This is beautiful. I love this. What is the next step?

Harry:

4. The Illumination

It boils down to, we're inside, we're orienting mind, body, we've got the inner voice moving and going. What we need is of course, if you're going on a journey, we need to start to build some positive experiences.

Igor: This is very important, because we talked about the idea of power before. When it starts going on erratically, if your attention is going somewhere positive, you have good things. When your attention goes to negative, you have bad things.

One of the big dangers of doing this work is that when you have all that power, your life becomes mood dependent. When you're in a bad mood, you get speeding tickets, your mortgage gets foreclosed, your house gets burned down. When you're in a good mood, all the good stuff happens.

Clear your mind so you have positive things first. Your channels are blocking off negative channels so only positive channels are open. That is where all the energy gets to go down once it's released.

◆ Is that what you're saying?

Harry: Yes. Not only that, but more importantly, is that not only are you declaring the negative from inside yourself, but now you start to orient to the outside. A positive thought and then you're thinking about positive things happening. Already you're setting that tracking motion. You're setting the seeds there.

Igor: You're going to prevent the environment from simulating negative things in you. That's the beginning four steps to start the journey. It sounds very much like you go to a lot of trouble to prepare someone for a successful journey.

◆ Why is it that you spend so much time getting people ready for the journey without just diving into the actual experience?

Harry: The most important thing to remember is that this is going to be a very deep trance experience. You know as well as I as a hypnotist, you need to have things in place. You need safety checks, all of these things. The more in-depth you are, the more the brain realizes that this is what we're going to be doing. It focuses all of the attention into that point.

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Igor: The four steps are grounding, centering, connecting and finally, what you call illuminating. Those are the four basic steps of preparing the way forward.

I understand you're going to take us through each of those four steps in a longer induction. Then we'll look at how to put the four steps together into one big step, which is the preparing for any deep hypnotic work you do. Initially, we need to take longer to get used to the bits and pieces in between, right?

Harry: Absolutely.

Igor: Let's look at Step 1, the grounding exercises. Tell us a little more about what grounding is about and why it's important to spend time mastering grounding.

Harry: The beauty of grounding is there is that orientation with the, I'm on the Earth. Here I am I'm sitting in a chair. I'm in Vancouver. Also, I have a relationship to my environment. The basis of grounding works on; I'm connected to this planet and I'm connected to the material part of this planet.

Igor: That is important, because it's something that hypnotist call a cart error. I think, therefore I am, which denies the body as a part of your experience. What we're doing is correcting that error. We're eliminating it from happening so you don't just get stuck in a mental sphere or things that happen inside your mind but give you no power in the real world.

You're using your body as a vehicle to take whatever internal experiences you have and make them physically a reality as part of what you are. You're not just coming back thinking you're happier, you actually have an endorphin rush that goes with it. You don't just think about some creative things, you actually do them and make projects happen and so on, right?

Harry: Yes. Literally, the grounding is like when you ground electricity. That's it.

Igor: The other side would be that it helps you not be lost at sea. It's like your sea anchor because we're going on some deep voyages. You can always find your way back and it's easier to find your way back when you've got solid grounding. If you lose yourself and sometimes you end up having to go away to sleep and wake up. By the way, I've done this.

One day I decided to spend the entire day in trance. It was the most messed up day I spent in my entire life purely because I didn't ground myself. I had the most almighty headache at the end of it. I felt terrible. I felt like everything in my life was wrong.

Where did I go wrong? I did not get grounded, so the experience was totally disorienting. It's like being spun in a bottle without any sense of direction. This avoids it, right?

Harry: Absolutely.

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Igor: Let's get into it. I'm ready. Tell me what to do and I'll do it. For those of you listening, if you're driving your car, you need to stop. It's about to get trippy or not. I don't know how trippy grounding gets, but it's definitely hypnotic.

Harry: Let's just say that we're going to stabilize you. I want you to start to feel yourself on the surface, feet on the floor if you can do that from wherever you are. I want you to close your eyes. Take a deep breath in and as you exhale just begin to relax.

Again, another deep breathe in. Relax. Exhale. Good. On the third breath, deep breath in, you've done it already, I want you to sigh. Again, another deep breath in and this time when you sigh, release any stress or tension. That's right, one more.

That's right. Now take in another long, slow deep breath in. I want you to imagine right now. You can feel your feet on the floor. As you do, just find yourself dropping just a little bit deeper inside. That's right. So that in a moment, as that breath moves inside of each and every thought that you're having now you can easily and effortlessly find relaxation.

At the top of your head, it's as if I could touch the top of your head with my finger. That feeling could begin to ripple down your head, your back, your face, your neck, your shoulders, your arms, your chest, spiraling down your back bone now, hips, legs, shins, toes, feeling the bottom of your feet.

Now, allowing your breath to lead you deeper and deeper inside of what is perhaps your body orienting now so that in a moment you're going to feel a tingling in your feet. It's as if roots begin to flow down through the floor. Down into the Earth, going through layers and layers of Earth. That's right.

Feel the roots from the bottom of your feet pulling down deeper and deeper and deeper still. That's right. Moving through layers of fire, magma, iron and down deeper, the roots flow down until you find the center of the Earth. That's right.

You'll feel a pull as if there is a magnet, deep in the center of the planet. Those roots from your feet entwine. That's right. You feel that power pulling back up through those roots, through the deep layers of the Earth. Through fire, air water, pulling up and up right to the palms. That's right, deep up into the souls of your feet.

Pulling up through your toes, ankles, shins, knees, thighs, hips, that's right. Pulling up through each and every organ, each and every part of you, through your fingers, up your arms, into your heart, into your throat and up into your head, into your left and right brain and into that spot on the top of your head.

Feel it now, from the top of your head down through the body, through your feet, down to the center of the Earth. Feel that pull and it pulls back up, all the way up. That's right.

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There is a circuit holding you to the Earth, grounded. Totally grounded, because you see, the Earth knows who you are. Your own unique footprints are now connected and grounded to the center of the planet. Feel solid, strong, grounded, each and every part of you, knowing the meaning. That's right.

That's right. Now feel that connection. Feel that feeling. Solid, that's right. As you do, allow your mind to begin to clear up. That's right, so that each and every part of you now is connected fully. That's right.

Now in a moment, and only in a moment, as your body orients, that's right. You can again now feel your head, your shoulders, your neck straightening up and your back, your arms. That's right, the feeling in your hands and the feeling of stability. Your knees, your ankles, your feet, that's right and that connection.

Feel your feet. In a moment, and only in a moment, when it's just right, now time to take three deep breaths. With each and every breath you take find yourself coming back into the chair. On the third breath you can open your eyes, but feel that connection through the bottom of your feet and feel how it feels.

Igor: It's great. Well folks, all I can say is I hope you join me, because I am buzzing. That itself would be a wonderful hypnotic voyage.

The problem about people hypnotizing you is its true, hypnotizing hypnotist's is tricky. That's great and people can listen to this again and see themselves through it.

- ◆ **Can you give us the essential maneuvers you're taking me through so that people can start doing this on their own and have some directions to go on?**

Harry: The basic hypnotic induction. I didn't do too much of a set up. Going down with the breaths and orienting yourself to body parts. You can do it many different ways.

Igor: You're taking them on a mental journey through the body. Here is your head, getting a sense of where your body is at. Progressive relaxation is the most boring example, but it's a valid example.

Harry: Yes. And it was progressive. It might have been rather quickly progressive, but – we want to get to places quickly.

Igor: Phase 1 is to physically get in touch with your own body.

- ◆ Are the feet being flat on the floor important?

Harry: Yes. Initially, when you're doing this, I say to people, always start with the feet flat on the floor.

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Igor: No lying down for people yet.

Harry: No. There are laying down trances, but I think when you start off in this process, the most important thing is to realize when you're sitting we want to keep the body as erect and straight as possible.

Igor: You noticed my neck was going into double folding so some nice suggestions for setting up, which also made me more comfortable, which is nice. This is important. The grounding is also partly the physical discipline of getting yourself ready to go into trance, because your body has to do something while your experiences are off doing other stuff. It's important to maintain a physically erect posture which is still relaxed and allows you to travel.

Harry: Yes, also remember, it's natural, unless you've been meditating for years and used to keeping your back straight, people are going to flop over at some point. The point is, that's why we put our feet on the floor, because having the feet flat on the floor, at least gives that support. It gives you the connection as well.

Obviously, if you're on the ground floor it's fine, but if we're up on the fifth floor, one of the things you can put inside of that, because the next stage is the visualization –

Igor: Right, the journey to the center of the Earth.

Harry: If you think about it, all it is, is here we are, a body on a planet. Now to feel like we're on the planet we stand on the ground but it's a round sphere. The idea of going to the center of that sphere and then the other thing is that every bowl or circumference has a center. The center of the Earth has a crystal or iron ore, whatever that, if it's magnetic, that's going to be the pull that's what's behind it.

Igor: You're using it like a metaphor, an archetype of solidity, stability to tell your unconscious mind that this is about being solid, grounded and here. You're not going to be off somewhere else.

Most of my mind went somewhere and I actually feel really good right now. I feel solid and stable. I could sit here forever without moving. I actually don't want to move at all still. It's a nice, happy afterglow so that's fantastic.

Harry: Remember we're dealing with the mind and body here, which is cool. Once you've done this a few times, every time you put your feet on the floor, you've already given yourself a post hypnotic suggestion that you're anchoring.

Igor: Initially you would do it like this to get used to it, but in time, the minute you notice your feet touching the floor it becomes your trigger point for being grounded anyway. Grounding for you, now that you're used to it, is like a two second process. Oh here is my body, here are my feet. I'm ready to go to the next step.

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Harry: Exactly.

Igor: This is important to emphasize these are the training wheels. Do this often, do this well. It's important, but there will be a point where just thinking about your body and your feet gets you to that point and you're on to the next step.

Harry: Absolutely.

Igor: What is step 2? We are centering. This is about the mind now. We've done the body.

◆ What is the idea about centering the mind?

Harry: Centering the mind. We've got the body and the body is orienting to space.

Let me make clear about the grounding, which is important to realize. The grounding is where all of us, when we have our feet on the floor, the mind and the body are anchored in a spot. For that spot, we can move around with it. I wanted to get that clear because it's something we're going to take with us everywhere we go.

Now, the centering, the same principle, one of the principles we're going to use is that the Earth is round and a sphere. We like the idea of having a sphere. It gives us 360 degrees.

The centering takes grounding and says okay. We're grounded; our body is in this space. Now let's start to define the space around us.

Igor:

◆ What does that do for us?

Harry: It's the same as grounding but using our mind to define the space.

Igor: In our body, we think about the arms, legs and feet and then feel the feet on the floor as a way of keeping us solid and stable. We're going to stabilize the mind by figuring out where is the mind right now? There is this room, there are four walls and a ceiling and a floor, there are people here or not.

Purely by noticing that these things exist around us, it keeps our mind here and now as opposed to last Tuesday when I was having steak or next Friday when I'm on a hot date or anything like that.

Harry: Yes. I've just grounded. Hey, I'm I a room. There are a lot of people who are on the planet but are actually not really here either.

Igor: Right. They're in their thoughts. They can be solid, on the Earth and plug away, but their mind isn't appreciating what's going on around them. It's an interesting trance. It's like an inside/outside trance. You're saying here is the world.

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You're going to go inside yourself to get more of this outside world. It's like setting that ambivalence of while I'm going inside, I'll be coming back to this outside world and that is where the action is at.

Harry: Absolutely.

Igor: I like it.

◆ **Is there anything else you want to say before we launch into that one?**

I'm am eager and ready to go. Do whatever you just did and do it to my mind, because it likes it.

Harry: We'll have a bit of a set up in this one. I need to say for instance, let's say that you're sitting in a room and you're on the ground floor. That is a different set up, a different parameter. It's the same thing, so wherever the space that you're in, that's the place where you need to look around.

Igor: Wherever you're starting from, you're starting from scratch each time. It's a good mental discipline. It's like a physical discipline of saying here is my body. I'm not going to disassociate from my body in this experience. I'm going to associate to it to bring things back into my body. It's the mental equivalent of I'm not just going to become mentally lazy and just dive in and assume stuff.

Today I'm in this room. Tomorrow I'm in a different city. It doesn't matter where you go and you bring your power with you. It's like you have power spots. You bring your power spot with you whether it's a bus or plane. It doesn't matter. You can do it anyway.

Harry: Yes. Close your eyes now. You already know where you are. You've looked around. You know where you're sitting, once again three deep breaths in and out. That's two.

On the third breath I want you to go to the top of your head again and bring your consciousness down through the top of your head, right down past your belly button, down to the center of your body. Some people call it the hara.

If you imagine two finger widths down, that's right, bring your consciousness right there. You can also imagine that if there was a line that went straight down the middle of who you are, it went straight through your hips vertically and then horizontally, at that spot, bring your consciousness right there.

Now, I want you to notice that you could look from the inside and find 10 feet in front of you. That's right. There is a spot 10 feet in front of you. Your unconscious mind knows exactly where 10 feet is.

It's as if you could look behind you 10 feet. Then you could look to your right 10 feet. And you could look to your left 10 feet. From where you are, still deep inside of the center of that place or spot, you could look down 10 feet, above

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you, 10 feet. That's right that, above and below, front and back, to the right and to the left, around you imagine a sphere, 10 feet around you. That's right.

All you have to do is, inside of your mind, knowing that your consciousness is now in the center of who you are, just imagine that you could move out of your body, stretch out in front of you 10 feet and touch, that's right, the edge of that sphere and come back into the center and feel good.

That's right. Now you could move out from behind yourself. Stretch forward, touch the edge of the sphere 10 feet and find yourself back in the center of who you are and feel good.

Then you could look to the right of yourself. You could stretch out 10 feet and touch the edge of that sphere, and then come back to the center and feel good. You could turn to your left and stretch out and touch the edge of that sphere 10 feet and feel good as you find yourself back in the center.

Now, it's as if you can look up through the top of your head, reach up and touch the edge of that sphere 10 feet above you, feel good and find yourself back in the center. Now you could look down and reach down 10 feet below you, whether that's through the floor, that's right. Reach down 10 feet and touch the edge of that sphere. Come back to the center and feel good.

That's right. From the center of who you are, I want you to take another three deep breaths. This time, inside of each and every breath, I want you to dissipate everything inside of your sphere. When I say dissipate, I want you to turn everything clear. If there are any thoughts, any images, any ideas, any feelings inside of your sphere, just turn the whole of the inside of it clear. That's right.

That's right, so that in a moment you can clearly look out from inside the sphere and see around you 10 feet to the right, to the left, front and back, up and down, and realize 10 feet around you in every direction, 360 is clear. That's right.

Go inside. Feel it. Make sure that each and every part of your sphere is clear. That's right. When you're ready I want you to pull your consciousness from each and every part back into the center. That's right. As you do, notice that feeling in your feet. That's right. Bring that feeling up into your center so you're grounded, centered, clear and relaxed. And your mind is open and ready for whatever you want to focus on. That's right.

Good. In a moment, I'm going to ask you to take three deep breaths, but before I do, I'd like you to remember this feeling in the center of who you are so that at any moment, any time, you can find that center and around you, feel that sphere. Feel that feeling of being solid, anchored, rooted and strong. That's right.

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All I'd like your unconscious mind to do now is find that feeling and when you're ready three deep breaths. When you open your eyes feel that place that spot and know you'll be able to feel it and see it again and again still.

Three deep breaths, on the third breath find yourself back in the chair, body feeling great and mind clear and ready.

Igor: That was good

Hypnosis Master – Harry Nichols

Seminar 1 – Part 2

Igor: That was once again, a wonderful trance. It's interesting because we talked about in the Interview session how our main tool as a hypnotist – in doing these journeys ourselves, our main navigational equipment is our attention and we move our attention to be able to do this.

So like you said, we're building this fear around you, partly because it's a great way of clearing my thoughts out. I've never done that as a way of clearing my thoughts out and letting go of concerns and having just this nice empty – well, not empty space, but like space that is unimportant other than the journey I'm taking.

The other thing was just moving my attention backwards and forwards from these different points and really getting used to moving my attention. Some points I found a little harder to take my mind to than others. That's part of, of course, where the training comes in to give you a nice rounded attentional direction, so it was a great exercise.

Harry: Yes. Once again, these are basic inductions, and yet we could really refine it by orienting yourself. You're sitting there and you go, okay, so I need to go at the back of myself. Well, you could turn around and reach out. It's one of those things where with more time and more detail, we can really...

Igor: This is the bare bones of this attention shifting thing, but even this was fantastic. I'm guessing in your live training you have much more time to explore the variations and get peoples really on track.

Harry: Yes. I'm sure that some of the people listening will realize that these basic inductions are inductions that you've all done in many various shapes or forms. It's just that we're kind of utilizing them in a way that builds this.

Igor: I kind of like the sequence. I like the fact that it builds on itself. You have the grounding first, and then you bring the idea of grounding up and I had a real sense of my core, my stomach area. I felt stable when you asked for that sort of sensation to be brought up. I felt like a king sitting on his throne going, all right, now I'm in control of this and it's time for me to check out what's going on at the edges of my kingdom.

Harry: Yes, that's a great analogy because it is your kingdom. The kingdom is you. The kingdom is inside of the body and your space around you. One of the things I like about this one is you're defining the space. It doesn't have to be 10 feet.

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Igor: Actually, I found 10 feet to be very interesting because I was expecting maybe like five or six feet, but it made my mind go much further out. It was interesting that the further out my mind has to go, the more I have to stretch my attention. It's almost like my mind doesn't want to go, but it's all the same thing.

Harry: Yes, absolutely.

Igor: One important thing to emphasize to people is that you, of course, used the classic terminology, like imagine, think about and so on. I know this is something you do and take more time, but you're not meaning necessarily that they have to strain or really see crystal clearly like that with their eyes open.

For me, for example, just then it was more a sense of what would be there 10 feet in front of me or behind me. It's more a sense of knowing for me. Some people have a sense of seeing it, and some people have other ways of doing it. The point is you don't have to strain at it. You just have to shift your attention towards it.

Harry: Absolutely. My main way of doing it – and actually you've got it right. To me, it's sensing. I sense things around me, and by saying 10 feet, I found whatever number you put on it allows the unconscious that scope to actually well, it's not exactly 10 feet, but here it is.

Igor: Here's the range.

Harry: Here's the range. It's interesting because when I first started doing this, it was just around you, but I moved it out because what I found when I was doing it myself and doing it with other people is what it allows the mind to do is to know that it doesn't really have big boundaries. There's that boundary thing. If you can go out 10 feet...

Igor: It's interesting you should say that. It actually felt to me a little bit like I was sitting in a cathedral. You know you have that sense of real space around it, and it's very calming. There's not something crowding you. It's not like a tiny little cupboard where there's a ceiling pressing on you. I'm sitting in the middle cathedral, and there's nothing pushing on me.

If nothing else, it's a very nice metaphor to give you space. People ask for that. I want some space, some mental space and they've got it.

Harry: I need to clarify this a little bit. I'm thinking now a little bit more of a setup is that thing. When we're sitting here on the 5th floor, actually going down 10 feet – for some people if you're on the ground floor, you're going to be going into the Earth. The great thing about that is that we've already had the roots going into the Earth, so we already have the sensation of going down. You can be on top of the building...

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Igor: All the pieces are reinforcing each other, and I like that actually. To me, it's very elegant. The other thing I can imagine this doing, this is something similar to what I take people through when they do the hypnotist state. I do it with eyes open, for a different reason, of course, but I imagine that when people do this regularly as a regular practice they become much more aware of the space around them and the people around them.

Even right now I get much more of a sense of I'm in control of my environment. I feel right now the way I do when I'm the stage, for example, teaching or with a client. I own this environment. It's like it's mine and it's a very empowering thing to do. It's kind of strange that a simple exercise of shifting attention should give you this laid back sense of this is my kingdom, this is coming to me now and this is my space.

As opposed to my coming to your house, to your space, to your thing, it means you can be much freer to do your work.

Harry: Yes. I'm sitting here listening to you and I'm going, you're already realizing that there are so many uses just in this space. One thing I would say is, to use the analogy of training well, guess what? Here's the thing, you're not limited, so that space can get as big. Guess what, if you're going to be making it clear, then there's an added benefit in that as well.

Igor: Exactly. Then it's just a question of if you have large audiences, you may have to spread it a little bit further out. Everyone has their emotional or intellectual limit, and when you get to that point you just train it and then it becomes...

Harry: Yes

Igor: That's how you expand your boundaries, right? I like that.

Harry: Yeah and the most important thing, just to make it very clear because I'm Mr. Technical as well. It's a technical process. What we're really doing – think about it – cut to the chase. What we're doing is we're bringing your attention out wherever it is, wherever it's been, now bring it back here.

Igor: Always back to you, which is kind of the mental equivalent of life, the fact that you're going to your central balance. For those of you who don't know what your central balance is, by the way, just remember when you were kids and you went swinging around a pole.

The bit where you put your belly around the pole so you can just rotate around it, that's your body's natural sense of gravity. That's really what he's talking about.

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Harry: Yes, and in retrospect, I was thinking when I was doing this I should have done the line. The other thing about the unconscious is when you say to somebody, what I want you to do is find your center, you'll find it. You'll find it. As long as the mind and body knows I have a center here, as soon as you go to it, you'll find it.

Igor: The other thing is, of course, it takes your mind to where you just put your body before and this whole grounded this, and it just connects them up. It's very nice. It takes a little bit longer this time around of course, but in time and at the end of this whole process, you're going to show us how to put everything together into one smooth sequence.

Harry: Yes, absolutely.

Igor: Let's just skip ahead into Step 3. This is the bit where I guess the real juice starts getting interesting. Up until now, we've done some very basic exercises, very useful, but very basic.

- ◆ **What's this finding your inner voice, your guidance system, trusting your unconscious?**
- ◆ **What is that all about?**
- ◆ **How do you this?**

Harry: Now this part is where, as you said, we move from the basic into I think the real hypnotic process. The real hypnotic process, I think, is really about now we've got the mind and body, we're set up, we put in a post-hypnotic suggestion that you're going to be clear, so you're clear now.

Once you've cleared out the space, then we need to connect and put something in it, so we've got the five senses. The voice, the internal voice or because we're navigating, you need to be led, so this is where in some ways you're going to be led to the place where you can find your voice to make the connection.

Igor: By that you mean you're going to lead us to this place where I get to find my own inner hypnotist that will take me the rest of the way. So you're kind of like the bus driver that takes me across to the meeting place.

Harry: Exactly. You know what, I'm going to kind of lead you there and for a while you might still just want to hear me talking, but at some point you just go, I've got it, thank you very much, I've been doing it long enough.

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Igor: By at some point, you mean it doesn't necessarily have to happen in the first session. If you don't have thunderbolts of lightening in the first session, it doesn't mean you're a failure. Just keep doing it, you're building up connections until your mind goes okay, it's time to do it now.

Harry: Also, we already all have our inner voice.

Igor: It's telling you you're not there yet.

Harry: I like it because we're setting the intention now that we've already set up. Do you want your own inner voice? It's like, yeah. Some people will go, thank you very much, got it, and they're gone. It really depends on...

Igor: Where they are on their own personal journey. Sometimes the rewarding part is actually doing the journey just to get to this bit itself. Then all the other things seem easier and it's all good. As long as you keep doing the exercises, eventually you'll get it.

Harry: Do you want to hear the sound of chopping wood, or do you want to do the work? The real beauty of this for me is that you're always learning. So if anybody thinks they're just going to listen to a few and then that's it, no. I still do this all the time.

Igor: It's really getting down to the practice is the core of what you're doing. This is the heart of your method.

◆ **What do we do to actually get this inner voice?**

◆ **Do you want to just take us through it now or are there some more things we need to know before we start?**

Harry: Really, I can say it like this. Back into a trance – not that we're not in one already. Now we can do a little bit of visualization. So we're going to use guided visualization and then we're going to connect up.

Igor: Let's pause there for a moment. When we talk about visualization, we're talking about the same thing as before. If you can imagine it, think about it, sense it and notice it. It doesn't have to be little pictures that you see. Let the imagery that's begin described evoke whatever it evokes and whatever that is, is the experience.

Harry: Exactly. The other thing to realize is that my words and where I'm leading you, I'm just leading you. So, if your unconscious goes oh, thank you, it can translate everything that I say into something that works for you.

Igor: Perfect.

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Harry: That's as much as I can do, unless you want *my* voice in your head, but you don't want that. Oh sorry, Richard popped out.

Igor: Your pedigree is showing now.

◆ **Shall we dive straight into this?**

Harry: Yes.

Igor: Let's just dive in. I'm assuming the position. Feet flat, arms flat. Eyes opened or closed, which would you prefer?

Harry: Close your eyes.

Igor: Magic words, I like that.

Harry: Eyes closed now. Now close eyes. Inside you go. You know that it's three deep breaths in and all you need to do is just relax, finding that wonderful, beautiful, amazing, relaxing, flowing place. As your feet orient themselves to the ground, in yourself now, as you find the center of your body, defining your space and clearing, really clearing so that it's time now to really enjoy that feeling of relaxation. Good. That's right.

You may not have noticed the feeling of your feet on the floor, your hands, the warmth, your mind focusing now clearly because the deeper you go, the more relaxed you can become and the more comfortable this feels, comfortable now. Understand there are greater levels of relaxation that are already bubbling up from inside of that clear, focused, grounded feeling.

Now I want you to understand that it's time for you to move down or up into a state that's already been prepared for you just by being relaxed. Good. Because, at level number one you know you're relaxed. You can drop down now even deeper to level number two where you can allow your body to open to the possibility that it's time to connect fully with level number three so that when you drop now into level three for the purpose of connecting fully – that's right – with level number four. That's right.

So at level number four, you know it's time, as you listen to the sound of my voice, you'll know connections are about to be made. As you listen even more intently, you will become instantly aware that within this process you're going to notice how easily and automatically you begin to hear my voice deep inside guiding you because my voice, this voice, is a voice of support, a voice of wisdom and a voice of encouragement.

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I have a voice like that, and when you listen for what you want to learn, you can hear this voice. That's right. And if you listen and if you truly listen, listen, listen, listen and just let this voice repeat and repeat now inside and out, all that you want to know that's good about yourself. Good.

Now, there is deep inside a connection to your own inner voice. Trust that your unconscious now is ready right now to begin to turn the volume down on my voice and turn the volume up on your own inner voice. Or, you can allow my voice to continue to guide you and let your own inner voice, when it's ready, to begin to learn how easy it is to take these words and begin to focus in, in the right tone and the right tempo that's just right for you.

Listen now. You have a very strong mind, and you like learning about yourself to find new ways that will allow you to make changes that you want that will feel good for you, and it doesn't matter if you know exactly what those changes are. It's only important that you learn and enjoy as this process naturally takes place.

At the deepest level, you realize that there's a part of you that can make changes; wonderful, powerful changes in any area of your life, because you have throughout your life always made changes.

Even now, you're not the same person you were a year ago or 10 years ago because you've learned many things since then, and you realize that there is much more for you that is possible. Even now, as you imagine how you wish to feel more fulfilled with who you are, as you see yourself at a future time clearly in your mind, you've already made those changes.

Being more open to learn, you have a strong mind and your mind is now ready to listen to this voice. Your voice reminding you of all the wonderful things you're learning. That feels good. You can understand that to make any change, you can make that change happen just like you want it, and you can also allow that change to happen naturally and easily, as if it were the simplest thing in the world to do.

All you have to do is be open to that change, and put aside your doubts. Put aside your hesitations, and give yourself permission now that will naturally allow you to feel good about this process and all the wonderful work you're doing right here, right now.

At the deepest level of your mind, even though you don't know it, there's always been a part of you helping you because you're right here, right now. Listen to this voice, your voice telling you just what you need that you want. It reassures you too. Just relax and let it happen. You don't even have to try. All you need to do is listen and let the kind words echo again and again inside your mind.

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It's time for you to find those resources, resourcing, resourceful. Your voice letting you know now it's time for a change. It's time to listen. It's time to learn. That's right. Listen to your voice. Listen to your voice because now is the time to trust your unconscious, and you are, aren't you, unconsciously trusting your own inner voice. Your voice – your voice

You are okay. It's there repeating in the back of your mind. It's time for permission to be grounded from the back of your mind to the front of your mind. Your own internal voice is ready. Ready to learn, really learn it's time. Really time for you from inside out and outside in, from front to back, you can begin to trust your unconscious; unconscious trust.

Your voice is ready. It's time to trust that the places you desire to go are ready to be opened of that. You know it's time to go deep, deep to go time after time, trusting your voice. It really is time.

Learning about yourself, listen, listen. Just let this voice repeat right now to yourself inside all that you want to know. That's good. That's right. Now go. Go now voice connecting– voice connecting. Releasing, trusting, voice connection, releasing, clearing, opening up channels of communication; voice trusting, you trusting, unconscious trusting, power opening. Opening to receive, receive the opening, adjusting, learning, learning, voice trusting, trusting self, self trusting, journey beginning, beginning journey.

It's time. Time it is. Yes, yes, yes and three times yes. Good, very good because it's time now. It really is time to turn the volume down because you can come back any time you're ready. That's right. Good. Good.

Now getting back to my voice, it's time for you to allow me to bring you back into waking consciousness. Now you may find that your voice will come with you. Always trusting, always communicating in soft and pleasant and supportive tones and tempos and words. You may well find that you need to come back again and again, so you build the trust.

It doesn't really matter because once you start, you've started. Once you carry on, you've begun. Once you've begun, you can always come back, bringing back the learning of connecting with your deep inner voice, the part of you that's ready to guide when you're ready. Now in a moment, step-by-step, bringing yourself back only at the rate and the speed that you begin to notice you're still connected.

Your feet are on the floor. Your connection is solid. The space around you is clear. You feel in your center your mind is open and ready to learn new things, and you bring back with you the knowledge, the understanding and the trust that the deeper you go, the better you feel.

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The better you feel, the deeper you go. When you come back to full waking consciousness, you'll be bright, alert – that's right – and you will have brought back with you something of true worth. A gift from your unconscious that will become conscious faster than you can think. That's right.

So three deep breaths, and on the third breath come back into the space, into the room wherever you are, with an overwhelming sense of clarity, of energy and with a feeling that it's time to learn new things, and with a voice that's ready to begin to lead you on some amazing adventures inside and out.

Three deep breaths-

1. One coming back now, bringing everything with you.
2. Two, each and every part of your mind and body and that deep internal voice connecting up fully and orienting you back into a waking consciousness.
3. Three, coming back, fully awake, feeling good, feeling wonderful, energy moving through you from the top of your head to the tips of your toes, each and every cell in between, your mind opening to the realization that you're back and ready to learn.

Open your eyes and feel good.

Igor: I don't know where that took me. Where do I begin? That was a dynamic journey. I liked that a lot. It was interesting because it started like a regular trance induction. I'm going, yeah, he's talking about the voice and, of course, my inner analyst just took me down to analyzing a technique and going, yeah, that was pretty nice. I'll remember that for the next time.

The next thing you know, I have no idea where it is, I'm hearing something about clapping. I bring myself back and I'm thinking, hopefully I'm not coming back too early. I was wasted on that. I was totally on another plane. I like that a lot. That was very good.

Harry: Well, number one is you're a good trance subject. Number two, very much – and I'm going to put a proviso on this one – we've done step one and step two. I think this induction in and of itself is one that's going to accumulate over time. If you actually were conscious through it you realize there was a transition that I like especially, when I'm doing trance work.

As the operator, I'm leading you somewhere. In what we do, we call it choice points. There's always a choice. I always allow that choice and once that choice is made, by going through this again and again, depending on how you process, you'll either go yep, got it or I need to do that again a little bit more.

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Igor: It's interesting you should say that. I like the idea of choice points. The deepest trance, actually one very fond example is my brother who said this. There came a point where he actually came out of the age and felt like pulling back. I told him, you know what, it doesn't matter and dove off and we had one of the best trances ever really early on.

I had the same thing here. A few times I was like, do I go now? No. Do I go now? No. The next thing I know, you're calling me back and I'm going, oh man, where have I been? So that was a wonderful trance. Really good. I feel like I've had a good night's sleep, I'm relaxed and I'm very clear-headed actually as well, which is great.

Harry: I think one of the benefits of this – and I think, as I was saying, the accumulation of going through this again and again will then kind of unravel the inner voice.

Obviously, I have to say to you that in the context that we're doing it, we're kind of taking the trances out and going here's the trance. You know as well as I do that there would be a bit more setup. We'd probably even kind of get into what the inner voice is and how it's setup.

Igor: This is something for people to appreciate. Right now, we're doing a crash course in deep trance voyaging. When you're at a live seminar, you've got a lot more time to build people, give them reference experiences and that builds up into something bigger.

Right now, we're really going after the big boy straightaway, because we can't sit here and do four days' worth of work, we'd be here forever.

Harry: Absolutely. On the other side of that as well, the fact is that if you're an experienced deep diver – I think that's what you call it now – experienced deep diver, that's an EDD.

Igor: ED squared.

Harry: Yes. So the experienced deep divers already have a landscape and have everything set up. I like this because if somebody was doing this with me, then I would be a little bit like you. Like, where's he going? Then suddenly, my inner thing would take over and go, whoa!

Igor: Yes, I know where he's going with this. Shut up for a while, I'm going to take you there.

Harry: Exactly. That's why I said at the beginning when we're the operator, and it's like we're laying the track down and then we just go, hey, there's the track, go get it.

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Igor: Now an important distinction to make here as well is that when people come back, I was well off somewhere and there's a separate choices, like there's a weird sort of awareness, where I don't quite know what happened, but I do know it was there. There's a choice at different points of whether or not you go to sleep. In other words, that's when your awareness goes off.

The difference between you coming back from somewhere and getting a sense about being somewhere and falling asleep and waking up and going, what time of day is it, and four hours have passed and so on.

We're looking to stand on the edge. Sometimes people will fall off. They'll stand on the edge of going to sleep and then actually it will be four hours later when they wake up again. That's a very different experience from being there, coming back and not quite knowing what happened, but getting a sense that you're still there. It takes a lot less time to wake up, for example.

Afterwards you still have a little bit of trance hangover, but it's over more quickly. I like the grounding thing as well because it means you're back in your body more easily as well. You know where to find it again. So these little nuances – and this is part of what you talked about in the exploration phase, which is you have to get used to the different trance states you go through yourself and what those things mean.

The only way to do it is to fall. You'll fall off the edge from time to time, and that's fine.

Harry: Yes. I think the initial setup and intention is very important. The thing is, is that you're going to be safe. We're exploring ourselves and there's nothing to be afraid of in yourself.

Igor: Your unconscious mind has protected you all your life.

Harry: Exactly.

Igor: Why would it stop doing it now, unless you give it the instruction not to, in which case it's like, all right, if you've got the safety valve off, then more power to you.

Harry: I always laugh – sometimes I'm with clients and they go, oh my God, I've got this weird thing and I say have you ever died from a trance? It's always a good thing it's like well, no.

Igor: You're always going to find your way back.

Harry: It's your intention and if something does pop up well, guess what, it's popping up for you to work with and deal with. There are always two sides to everything.

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Igor: I like this analogy. No matter where you go to, eventually your mind will always come back to ground level, and you'll be able to deal with it and get on with your life again.

I like the practice so far. It's actually very grounding. It's very calming, very grounding and it's very solid. I tend to be one of these people who likes to go straight into the deep end, let's go get the work done, whatever. I will tend to rush things a bit.

I like the fact that you can be methodical, very steady, build it up, build up your attention, build up your powers of awareness, build up your trust, build up your ability to let go and release something and then start guiding and directing it to some things. This has been a great journey so far. I've really been enjoying it.

Harry: Yes, well, if you were sitting here – obviously, you guys are just listening to us, but actually being here and going through the induction and watching Igor is quite amazing because he is a deep diver. He's an ED squared and all of you are not squared, but you'll be deeper still as we go through further and further.

Igor: Listen to these inductions again and again. They have a lot of interesting things built in.

Harry: Yes. It's kind of multi-layered, in that, you'll listen to it again and go oh I didn't hear that.

Igor: Exactly. So then seeing as we're diving off the edge, shall we just go straight to step four? Let's debrief, so people will remember where we've been.

- We've done the step one, which is grounding and getting into your body.
- Step two, which is centering, which is the same thing you did with your body, but this time with your mind.
- We've just completed step three, which is connecting in with your inner guidance system and that really took me off on an edge.
- Now step four, that's all about the illuminating, the positive experiences and so on.

◆ Can you tell us a little bit more about what we're doing here?

Harry: Think about it like this. If you think about your normal day – I won't say your normal day, but a person's normal day. Typically, they'll get up and go okay, what am I going to do today? Well, you know, actually I go through my whole process, my calendar actually I've got to do this, I'll be at work here. I've got to pick up the kids, etc.

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So naturally, what we do is when we get up in the morning, we actually go through a replica we're planning.

Igor: What's going to be expected of me? Where do I have to go? It's a natural thing.

Harry: Absolutely, and I notice its positive thinking. So, if you're the kind of person who goes, well, the most wonderful and amazing thing is going to happen during the day, we call those affirmations. Or, we could go hey it's going to be a wonderful, great day. It's going to be a wonderful, great day.

Affirmations are great. What makes affirmations more powerful is if you add all the sensory information through the representation systems.

To me, this is what we would call – years and years of people doing this, and we have things like The Secret and the Law of Attraction and whatever. These are all parts of really going, okay, well, you know what? No matter what happens today, I want to be able to be at my best. I want positive things to happen.

When I first met you, one of your sayings that I love is – it's a standard thing where you're attention goes...

Igor: Energy flows.

Harry: Absolutely. Think about this. We always think about something before it happens. What if when you get up in the morning – and it doesn't have to be in the morning, but morning is a good time to start. When you're going to start your day, you're already preparing for positive experiences.

How you're doing that is that you're using, obviously, the power of your mind, but you're using the voice. What you're doing is projecting into your day, and then what you're doing is that's kind of serving as a kind of a Law of Attraction.

Igor: An analogy that just came to my mind and we've all had these days, where something happens that may be unexpected. It's just going a bit askew, and you look at it and say, you know what I'm not letting this happen. There's no way this is happening. I'm going to do something else. Then you do something about it, you move heaven and Earth and somehow, you don't quite know how, everything clicks in.

You talk to the right person, you persuade them just quick enough you catch the next thing and the next thing and the next thing. So somewhere all the way around the houses you've gone around and something which had been derailed has been pulled back together.

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You know this because you have the sense of conviction when something's going on that this is going to happen. I've got to make this happen today no matter what, or I can't let this happen no matter what. Either way, when you get to that point, your mind says, I guess you're serious about this. All right, I'll make it happen.

So what we're doing really, I guess, if I understand you correctly is it is that essence of setting your intention to make sure that your unconscious mind has clear instructions. This is the type of experience I'm going to have here, this is the type of experience that you can go in I call this setting the parameters, where you say okay, here are the walls.

Do not go past these walls. Inside you have whatever you want, but we don't want bad stuff here, we don't want to have bad stuff there. We just want to have these good things somewhere in the middle.

Harry: Yes and what I would add to that is it's also a generalization. So the generalization that we'll be using – and maybe we need to set this up at the beginning, is that we're allowing "energy" to move through us and into our day, into our space, into wherever is.

That energy in and of itself which is really cool when you think about it, it's like are we going to use this energy and this energy is going to clear the space, but it's really just clearing the space so you can pay attention when you're there, so that you have everything available.

Igor: So there are no other distractions and so on. It's an interesting concept, the idea of energy. It leads into interesting territories. Are we talking about real energy or something you imagined? Kind of like are passive regressions real or not? Really, I think you agree with me on this point, which is the idea it really doesn't matter if it's real or not. Do you believe in God or not? That's a personal choice that everyone's got to make.

The point is, though, that if you pretend it's true, at the very least it triggers an archetype of the unconscious to make your day effortless. If you imagine there's a universe of energy waiting to be tapped, then it makes your day somehow more effortless. If you imagine that you're wasting your own energy and you have to replenish it in some way – I've done this myself, especially when you have back-to-back clients and it can cost you a lot of energy.

The weird thing is when you get to the point where you pretend that someone else is giving it to you, it's like okay, I'll take it and I'll do it. Whereas, if you come from the frame of reference where it's your personal reservoir that's being raided and then you feel drained at the end of it. Is it real or not? Who can say I honestly don't know.

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What I do know is that at the very least if you pretend it's true that it's coming from some external, infinite source, then your unconscious mind has a habit of making things happen in accordance with what you expected. So you may as well expect someone else to be spending all the energy and you get to keep your own.

Harry: Yes, and it's wonderful. I'm kind of non-religious in the way that we work with clients. I worked with a client, and I was working with somebody the other day and they said, I don't know what it is, but when the faith moves through me. That's it. I can do anything, so we use the faith.

Igor: No white lights. It's just faith. That's what we're talking about.

Harry: Faith. Whatever the normalization of what that means to you, that in and of itself is power because when whatever that is and that power moves through you, then what are you doing? You're raising "your vibration." In other words, you're vibrating at a frequency that actually things start to happen around you. I don't want to get too metaphysical, but that's it.

It's like when people say, I don't know, I was in a good mood and all these great things happened.

Igor: Exactly.

Harry: Absolutely.

Igor: When we talk about energy in that sense, we can tell the difference between someone who's in a good mood or in a bad mood; someone's who's hyper and someone who's depressed. Those are energy levels in terms of their states, their emotions.

We're talking about that kind of energy. It's an emotional energy. It just stands to reason, purely based on state-based learning, when you change your state, you change what you can pay attention to, you change what you can remember what you know.

So what we're doing here I guess, is in a way changing our state, the kind of state in which when we begin trance, it gives us certain types of trance experiences, which are the ones that we want.

Harry: Yes.

Hypnosis Master – Harry Nichols

Seminar 1 – Part 3

Harry: What was Step 1?

Igor: Grounding.

Harry: What did we do, we changed our state.

Igor: There you go.

Harry: Step 2, centering. We're changing our state. Step 3, accessing the internal voice that's changing the state.

Now we're going to do another state change. This state change now expands the perimeters of where we were going. We're talking about ourselves. Now we can go hey, let's do it.

Igor: I think that's a great thing.

◆ **How do we begin the fourth step, the final preparation step what do I do?**

Harry: Same again.

Igor: Feet flat, hands flat. Eyes opened or closed?

Harry: Closed.

Igor: There's a thought.

Harry: Yes, see if you can close your eyes now. There will be times when you can open your eyes, but not yet. All you need to do now – I love the three deep breaths because at the end of the third breath, you'd already be in the place where you need to be, won't you? That's right, all the way. Good. That's right.

So as you exhale on the third breath, what I want you to do is, find that point at the top of your head. Bring your consciousness down to the center of who you are. That's right. Now bring your consciousness down to your feet.

Now notice as you move your attention to the front and the back and to the left and to the right, and the up and the down – that's right, breathing easily and effortlessly from that centered place inside – what I'd like you to do is begin now to really find an absolutely wonderful feeling, something that you've felt before.

Hypnosis Master – Harry Nichols

Maybe the feeling of joy, and let that feeling begin to permeate through each and every cell of your being. That's right. That's right, through each and every cell from head to toe and toe to head. You've heard it before, inside out and outside in. That's right, feeling yourself going comfortably deeper and yet becoming more aware of your mind. Clear. That's right.

Now what I'd like you to do is notice within the next few hours, maybe it's the start of the day, maybe it's the afternoon. It doesn't matter. From where you are now, what I want you to do is begin inside of your mind to locate exactly what you'll be doing later on. If it's the day, start to go through your day. That's right.

If you do things like calendar, look through your day, look through the next hours and as you do, what I want you to do is to feel that spot on the top of your head. In a moment, just like the lens in a camera it's going to open up and as it opens up, you're going to feel flowing down through the top of your head energy, energy of a source of pure positivity. That's right. It's going to pour down through it. It can be faith. It can be God. It can be the sun; any energy that's the source of pure positivity.

Let that begin to run down through each and every cell, stream through your body and filling you up with this positive energy. Now this energy may have a color. It might be gold. It might be purple. It might be blue. It doesn't matter. Let your unconscious now begin to feel this positive energy move through you. That's right. Move through you, filling you up. That's right.

As it fills you up, it begins now to begin to fill up the sphere that's around you, filling it up, 360, around you. That's right. As it fills up, you begin even now to locate the next few hours, the next things you're going to do. It might be a person. That's right. It might be a situation. It might be something that you're doing.

Allow your unconscious now to send that energy, and remember this energy flows not from yourself, but it overflows through your head, through the sphere and begins to fill up, really fill up – that's right – that space that thought, that experience, that meeting. That's right.

Notice this energy – that's right – flowing. It flows through you, and it begins to cleanse, clear, clear the space, clear the person, clear the room, clear the experience, clear the situation, filling it up all the way until it clears up the moment when you can see yourself ready to fall asleep. That's right.

Whether it's the morning or it's the afternoon or it's the evening, filling up the space in between and around any situation. That's right, completely. That's right. It continues to flow through you into the situation, the space, the phone

Hypnosis Master – Harry Nichols

call, the meeting, the learning. That's right, filling it up totally, fully and deeply every single nuance. That's right, filling it up.

Notice how you feel centered, grounded, clear and peaceful. That's right. As you continue, don't leave anything out. Fill it completely with this positive energy – that's right – to another clearing, cleansing, correcting, grounding, balancing. That's right.

All you need to do is rest in this energy and as you do, allow that internal voice, the you, that's you to softly and gently begin to just find the right tone, the right tempo with positive words of encouragement. That's right. Just below your state of waking consciousness, restfully, deeply, comfortably. That's right. That's right.

Now when you're doing this in the morning, set the time – five minutes, 10 minutes – but send this energy, and let it flow through you, around you, and fill up all those places and spaces in your life to be, to come. Take 10 minutes, five minutes, 15 minutes or 20 minutes. It's up to you.

When you get the feeling that everything has been filled and cleared, and you sense that it's time. Then all I'd like you to do – that's right – is take three deep breaths, and when you come back from the third breath, you can open your eyes, orient yourself back into the room feeling each and every part of you just ready to allow that positive vibration to come back to you.

Igor: I'm back, and that was wonderful. It's interesting; this reminds me a little bit of the exercise I used to do whenever I started doing executive coaching. I was coaching people like high level directors and stuff, twice my age, and I was terrified I might mess up. I could lose this massive account that was important to me.

Sometimes for up to an hour in the car, I'd do something similar to this. At first, I started just with visual rehearsal, but then I'd invariably get to the point where I'd go, I don't know what's going to happen. I don't even know what this guy looks like.

So I had to go to this other thing, which is like just fill the whole place – usually I did it in my car outside before going into the building or something – I'd fill my car up with this positive vibe that would come through me and I'd fill the visit up, fill the building up with love vibes. Like everything is going to be happy and success, I had the sense of people shaking my hands and saying this is an amazing thing. Thank you so much.

I noticed that every time I did that, I did quite well, even though I had no idea what I was doing. The times that I forgot to do it because I got a bit cocky, I said I'll do this I'll just turn up five minutes before and do it, nothing. Those were

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the embarrassing session where nothing would happen. So this is powerful stuff.

Harry: Not only powerful, but as simple as this is, I can say this to you. Let's just say that this program, even on the basic side, we've tested it. I've had people doing this for years in different things and different ways, and I will tell you that just doing this, if you did nothing else, the changes and the shifts that people have gotten just by doing this religiously are nothing short of miraculous.

It really is, and I'll say to the people that I've kind of worked with are mostly therapists who have a workload of people.

Igor: It's easy to just skip it and go, no, I don't have time right now, I'll just dive straight in, but that's where the discipline comes in. That's where you say no, I need to do this, because I'm building up a psychological bank account of the effort I'm putting in, so when I go on my deep trance voyages, I have all this stuff stored up.

It's kind of like stocking your ship up with plenty of food and water. This stuff is going to help you navigate your journey without running out.

Harry: Yes. The beautiful thing about this – and this is why I like it. I'm sure some of you out there probably do it already in some way, shape or form, and there are out there – after we started to do this, we thought it was our own invention, and we found out, by the way...

Igor: They copied me – 10 years before I started.

Harry: Yes. It doesn't make any difference. The most important thing to realize and why I like it, is because if you just broke it down and took all of the components apart, what it's really saying to you is look. If you take this energy, whatever it means to you, allow it to move through you and then clear your space or clear your day, you're not using your own stuff. This is the secret of this.

Igor: So you have nothing to run out of.

Harry: It pours through you. It's clearing you positive, but it's also sending out your positive energy to positively clear. I'll probably share with you later on when we get into some more stuff, when I've got a client and I forget to do this, I'll be driving in and I'll find the room that I'm working in and do it with the room. It's just something you can use at any point.

Igor: It's very important and something interesting enough in my own experience. You can say, if it's the same experience that you've had, but in all the colleges you've been to in Asia, South America, North America and Europe wherever you find, shall we say, naturally evolving mental discipline like Shamanism,

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wise people, some of the more spiritualist practices, some of the Christian groups and stuff like that. You invariably come across spontaneously this type of exercise because it fits.

Someone comes up with it once, and once they do it, it's so good that they keep doing it repeatedly and evolving it. This is actually a very important practice. It seems so simple that people just skip it and go, yeah, that's not that powerful, but it's a cumulative practice. It's like doing a press-up. If you do a press-up today, it doesn't do much.

If you do five today, five tomorrow, five the day after, 10 the day after that, 15 the day after that and so on, before you know it, you'll be built like a sports star, and it doesn't take that much effort to do.

Harry: Yes. I don't know how long we took there, but actually you can pare it down, as I said. Before you go into the room, it's done.

Igor: Speaking of that, why don't we finish the session? I know it's been an extended session, but I really have to thank you for spending the extra time with us. Why don't we spend the last part of the session seeing how we can put these four setup stages into one simple process that you do, as a way of setting yourself up for deep trance voyaging.

That way people get a sense of like okay, right now we're taking our time for each individual piece, but really it's all going to be one thing.

Harry: Absolutely.

Igor: Let's put everything together. I know you have a particularly interesting way of putting the foundational pieces together, so you're using counting as a way of mentally making a pilot's checklist, saying I've got everything done. That way you're using numbers to make sure you've gone through all of the four phases before you do your deep trance voyaging, and everything works out a lot better.

Harry: Absolutely.

Igor:

- ◆ **Where do I begin?**
- ◆ **How do I start?**

Harry: We're going to start like this. What I want you to do is, number one, and this is one. You've got your eyes open, and this is one. So at one, what I want you to do is, feet flat on the floor, I want you to get comfortable. Have your back as straight as it possibly can be, but be comfortable.

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So this is stage one. At one time, I want you to take a deep breath and close your eyes. That's right. On the third breath, feel the top of your head. It's as if you feel me touch the top of your head, and the feeling of deep relaxation flows down all around you, from the top of your head all the way down, all the way down, all the way down, all the way down.

One, to your feet, and that feeling begins to flow all the way down from the roots in your feet, all the way down through the Earth, through the layers upon layers of Earth, fire, water, air all the way down, flowing down until those roots find the center of the Earth.

At the center of Earth there's a magnet, a powerful magnet. That feeling wraps around this magnet at the core of the center of the Earth and begins to flow back up, up through the deep core, through the fire, the water, the air and the Earth. Flowing up through those roots, flowing up and up and up and up back into your feet, up and up and now feel that magnetic pull as it flows up easily and effortlessly, all the way up, filling each and every part of you. Flowing all the way up like a river.

All the way up to the top of your head and down right into the center of who you are. Then it flows down again. Remember, as it flows down faster and faster and deeper and deeper, the deeper it goes, the more connected and solid and firm and grounded and rooted and strong you feel. It goes up and down, cycling back up and down. The more it goes around into the center of who you are, the better you feel, the stronger you feel, the more grounded you feel.

One, one, one, and rest your consciousness now. Right on the center of who you are because it's time to find that center as it continues to move through you, up and down and down and up and down to the point deep inside the center of who you are. That's right.

Now the mind, your mind becomes clear as you focus in to the center. To the left your mind goes, reaching out easily and effortlessly to the left 10 feet, and sensing the edge of this sphere and coming back to the center, to move now to the right. Moving, stretching, sensing, touching, feeling the edge of your sphere, and feeling good as you go back to the center.

Then stretch out to the front, sensing and feeling and touching and experiencing the edge of your sphere in front of you and back to the center, and then move behind you. Turn around and stretch to that point behind you, and feel it and experience it and sense it and know it and experience it, and then move back to the center and feel good as you look up through the top of your head and stretch out above you to the edge of your sphere.

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Feel good as you sense and touch and feel and experience, and then move back easily and effortlessly to the center. Feel good now as you move down below you to the edge of your sphere. Feel it and sense it, experience and know it, touch it and feel good as you move back to your center.

From right to left and left to right, and front and back and around. That's right. Clear your sphere. Clarity, clearing as you explore each and every part of your sphere, clearing it out. That's right. Let everything that you do not need in this moment to be released outside of these boundaries, and just move your mind back from above and below, right and left, front and behind you back to the center and feel good. That's right.

As you really begin to focus in on your center, feel that feeling of being grounded, rooted, strong, powerful, here. Let that feeling from the center of the Earth, that magnet, that part of yourself who knows who you are, and then move back up into the center.

One, you're in the center. Two, you're in the center too. That's right. Let each and every part of you, knowing the meaning of being in the center, to just relax easily and effortlessly now. That's right. That's right.

In a moment, as you breathe deeply, easily, effortlessly with just a little bit of clarity, you could allow my voice to take you now into the place where voices, inner voices can connect fully, easily, effortlessly – that's right – into the place where you know you can drop down, step by step. That's right. Step by step, levels of learning how to be open to the possibilities that your voice can lead you into states of exquisite learning.

As you listen to my voice – a voice of support, a voice of wisdom, a voice of encouragement – I have a voice like that, and when you listen for what you what to learn, you can hear this voice because, just like my voice, this is your voice too.

If you listen, if you truly listen, you can hear this voice, this voice speaking to you right from the center of who you are. Listen and when you hear this voice, realize you have a very strong mind, and you like learning about yourself to find new ways that will allow you to make changes that you want, which will feel good for you, just like one and two, and it's only important that you learn and enjoy as this process naturally takes place.

You have a strong mind, and your mind is now ready to listen to this voice, or not. My voice or your voice knows no matter what; no matter which voice is always reminding you of all of the wonderful things that you're learning and will learn now. That feels good. Listen. Listen. Listen.

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Three times, listen. Be open. Trust your unconscious now. Put aside your doubts. Put aside your hesitations and give yourself permission now that will naturally allow you to feel good about this process and all the wonderful work you're doing now. Listen. Listen. Listen.

Trust your unconscious. Make that change happen. Trust your unconscious. Make that change happen. See yourself at a future time. Hear your voice, or mine. Clearly, you've already made those changes. Be more open to learn. You have a strong mind. Listen. Listen. Listen.

Trust your unconscious. Trust your unconscious. Trust your unconscious. Now is the time for you to listen, listen and listen because that feels so good. It's time for you to make wonderful, powerful changes, and once you trust your unconscious and you listen, listen, listen, you'll know it's time for you to get what you want. That's right.

Trust. Just let it happen. Remember, it's okay to trust your unconscious. Listen. Listen. Listen. Three times listen now.

One, two, three. This is how it can be as you find yourself again in your center, grounded, centered, trusting your unconscious. Listen, listen and listen because it's time now to allow the top of your head to open softly and gently, like the opening of the lens of a camera.

Now look into your day, the moments upon moments ahead, to all your desires, to all your dreams, to all your goals for the next moments, an hour, a few hours, a day, until you find yourself resting peacefully. See that in front of you here, and feel it in your own unique way now and allow.

It's time to set your intention for the day because you only allow positive energy to flow down now through the top of your head, flowing, vibrating, pulsating and stimulating. That's right, spiraling down, encompassing, flowing, filling, clearing. That's right, from your head, flowing down your spine and your neck, releasing your brain, your body, your mind and your emotions.

- Flowing down positive energy, faith, clearing, cleansing and releasing.
- Flowing from the top of your head, vibrating, pulsating, spiraling, flushing, cleansing and clearing.
- Flowing, releasing through you, through your feet, filling up your sphere inside of your mind and outside of your mind, and clearing, filling.

That's right.

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As it continues to flow down positive vibrations, pulsations, sensations moving through you, cleansing and clearing your mind, your organs, your body, your endocrine system, the blood, your heart, your emotions, your feelings clearing, releasing, filling up that sphere around you.

As you see your day in front of you, let that flow, filling up the room, the hours, the moments, the minutes, the meetings, the learning, the sensations, the thoughts, the interactions, the situations, the obstacles, the blocks, the happiness, the joy, the successful conclusions. That's right. Let it pour through you, from you, around you and into those places and spaces that you have located. That's right.

Send the energy from you, through you and fill up those places, spaces, people and things. That's right. As it continues to pour through you, realize there is a never ending source of positive energy, vibration, thought forms that you have access to now that pours through you, around you and from you and clears situations, physical, mental, emotional, material. That's right.

As this continues to pour from you, through you, inside of you and outside of you, keep your focus on your center and allow that internal voice. Remember to listen, listen, listen because it's for good reason that you illuminate your day.

So illuminate as you rest peacefully, calmly, attentively with positive expectation, which allows that when these situations arise, you will be one, grounded; two, centered; three, connected to your inner positive self voice; and four, illuminating and cleansing and clearing everything that you're about to step into. That's right.

One, two, three, four. Your inner voice knows the score. One, two, three, four. You're inner voice knows the score that you can begin to play so that moment by moment, step by step, scenario by scenario, success by success as you step inside the moments that are already magnetically pulling you towards success.

One, two, three, four goes with you forevermore now, so gently, in this energy, quietly focused, trusting your unconscious now. When you're ready, and knowing that your unconscious mind and, in fact, you, each and every part of you, the you that's you, and the you that's ready to become you, and that you – that's right – you are now ready to step into this journey of deep trance because you're ready to begin the voyage to hypnotic power. That's right.

When you're ready, take three deep breaths and on the third breath open your eyes and come back and know that it's time; bringing back everything you've learned because the secret is to bring it back with you.

Hypnosis Master – Harry Nichols

Igor: Well, Harry, what can I say? You have outdone yourself once again that was a fantastic journey. I'm going to embed the whole sequence of the whole lot and, of course, people should realize that this is the installation phase, a training phase. In time, they'll be doing the whole sequence in maybe 5 or 10 minutes if they want to, 20 or 30 minutes, if they prefer to enjoy it more.

This is still the setup phase we're on right now. We're just really spending time to build a launching platform for what we're doing.

Harry: Absolutely.

Igor: Harry, I think we've learned a lot in this session. I'd like to thank you for really taking the time to systematically break these things down. I know there are a lot of other things you can still show us and teach us in terms that preparation phase and getting your mind in the right place, but that's all we have time for in terms of this particular session, a quite extended session.

Harry: It was great. Thank you very much. The most wonderful thing, as you know, about working with hypnosis is that, even as the operator, you get to go loose. I was there with you, and it was wonderful. I hope everybody's enjoyed it and learned something, and realize that it's just a beginning.

Igor: So on that exciting happy note, or shall we say, that mellow and rather focused note, I think this is a good place to end this particular session, this session one.

We're going to continue in session two, now that we've set the platform and we've set the mind and everything's ready to go, Harry's going to actually start taking us through the actual deep trance journeys. Taking us to a different place in the mind, finding different rooms, different states and it's time to play with that.

This is what we've spent all of this session setting up for. Now that our mind's strong, the balance, the center the focus, now the real work really begins. So I'm excited to see what's going to happen in Session 2. Until then, my name's Igor Ledochowski from StreetHypnosis.com.

Of course, I've been talking to the magical Harry Nichols from DeepTranceVoyage.com. I'll see you on Session 2. Until then, practice your four steps. Take care for now.

1. Grounding
2. Centering
3. Connecting
4. Illuminating.

Seminar 2 – Part 1

Igor: Welcome to StreetHypnosis.com. My name is Igor Ledochowski and I'm here with Master Hypnotist Harry Nichols from DeepTranceVoyage.com. This is session two of the Seminar portion of the Interview with this Master Hypnotist.

In the first session, Harry very kindly took us through the fundamental elements of how to prepare your mind for a deep trance voyage. If I understand you correctly – first welcome, Harry, thank you for coming back.

Harry: Thanks, Igor. It's nice to be back.

Igor: So just to summarize a little bit what we did in session one and, of course, just to emphasize to people we've taken the highlights of one of your life trainings, and we've given them the meat of what they need to be able to do and some other experiences that, of course, come around that.

The essence of what we did in the first session is the essence of what any deep trance voyage requires, which is you need to prepare your mind and your body for a more arduous exploration.

This is different to say, a regular self-hypnosis, which you just do for five or 10 minutes and you let your unconscious work on something. Now you're actually going to be navigating through the seas of the mind. You're actually going to be going through different trance states at greater depth and for greater lengths of time.

So you need to prepare your mind for that. Otherwise, all kinds of side effects can happen. Trance hangovers, headaches, feeling woozy or never quite waking up and all these different things. Those are, basically, side effects when people haven't prepared their mind properly for longer exposures to the trance, correct?

Harry: Absolutely. You really do need to be fully prepared when you realize that you're going to be going into deep trance.

Igor: So that's what session one was all about. What we're doing in this session is now that we've spent all this time to prepare ourselves.

Remember, once you have the four basic steps of the grounding, centering and so on, those exercises, you can do the whole sequence in five to 10 minutes very easily. It should be second nature after a while.

Hypnosis Master – Harry Nichols

- ◆ **Once you've got those things under your hat, what is it that we actually do in terms of starting the inner voyage?**
- ◆ **How do we start navigating the seas of the mind?**

Harry: I think the most important thing is we need to go into the right state. As we prepare to go into a deep trance journey, state of mind is key. So the one thing that I like to do is begin to look through myself and find key states that I know will really get me to the peak of preparation to go into a deep trance journey.

Igor: I think you're referring to a particular exercise, which we'll be actually experiencing in a moment, which you call the secret smile.

- ◆ **Could you tell us what that's all about and how that fits into the context of what we've been doing so far, like the preparation and so on?**

Harry: Okay. The most important thing about what we call the secret smile, or the inner smile, is that what it's really preparing us for – and actually what it is, is it's bringing from inside ourselves the fuel that we're going to need to go on this voyage, this deep trance voyage.

Igor: So, would it be fair to say like...

- ◆ **What we've been doing in the first session is like getting the car, checking it out, making sure all the bits are working and we're cleaning the engine up so it's ready for a long voyage?**

That what we're doing now is we're filling the car with gas so that it can actually go on the voyage because you're not going to go very far without any fuel.

Harry: Absolutely, and the most important thing about the fuel – and remember, it's a smile, and you know as well as I do that when you smile, you access certain chemicals inside of ourselves that really start to move us into really profound states of trance.

Igor: Okay, so we're basically, this is part of the mind body connection. We're getting the body to play along with it, put you in the right physical conditions to allow the mental conditions to exist so that they have this little harmony that allows you to voyage into deeper states of trance, rather than just skimming on the surface and never kind of popping into anything deeper than that.

Harry: Exactly and it's another frame. We're now framing ourselves to move along in the voyage.

Hypnosis Master – Harry Nichols

Igor: This is where we come back to the idea of intention. The intention is about depth, going deeper in the trance. It's also about clarity of direction, a little bit like the elimination exercise to make sure the experience stays on the positive side, stays on track with what you actually want.

Harry: Absolutely. Remember, the more positive the fuel, the more powerful the experience.

Igor: That's good. Harry, before we actually begin the experiential part of this process, and of course, remember people we're now getting into the more hypnotic stuff. That means, if you're driving a car or operating any kind of machinery, this would probably be a good time to start, but before we get into the actual experience, I know you've got the seven types of states that you like to use as the fuel for these deep trance explorations, but they're particularly powerful states.

◆ **Could you just talk us through each one very briefly, and let us know what to expect?**

Harry: Absolutely, Igor. The most important thing about the fuel is that, like rocket fuel, it has different components. The states that I like to use, the first one, which is relaxation, pride, laughter, love and orgasms.

Now for some people, depending on how you view things, it might not be just the right state for you, but for me, when I'm looking at this fuel, with organism you can feel free if you want to change that, when you hear me say organism, use the most wonderful, ecstatic feeling that you've ever had.

Igor: So, like a peak experience?

Harry: Absolutely. Great word. Go for a peak experience that you've had that made you just absolutely explode with joy.

Igor: Wonderful. These are states because you want to have a mixture of the balancing idea of relaxation, you want to have the rush or adrenaline of pride and organism or some kind of peak state, and we've got the softening aspects of love, as well as the balancing of laughter.

Laughter is a very good protection against things like fear and stuff like that. It's a great protector of the mind, isn't it?

Harry: In fact, as far as I'm concerned, the secret of the universe is laughter because when you laugh guess what, you change your state and the state that you get into when you laugh means that you have no fear.

Hypnosis Master – Harry Nichols

Igor: So, we have the power punching duo of pride and some kind of peak experience. We have that secret ingredient of laughter, and we have those two calming and softening states of love and relaxation, both of which have similar attributes but, of course, going different directions.

Harry: Absolutely.

Igor: With that thought in mind, let's just launch straight into the actual experience and have a go for ourselves.

Harry: Okay.

Igor:

◆ How do we begin?

Harry: Find yourself in a comfortable position. By now you should already have your own individual, shall we say, stance or the way sit down or position that you can get into. What I want you to do, once again, same as before, take three deep breaths in. That's right. Three long, slow deep breaths in, and with each breath, release any stress or tension, any worries. That's right. Find that center spot inside of yourself.

Move your consciousness to this point. All I would like you to do is to notice your tongue and just put your tongue just behind your teeth, your upper teeth, and allow yourself – in fact, allow a smile to gently begin to appear. That's right. Now notice your head, your feet, your arms, your knees, your back, your shoulders, your breathing, gently undulating in and out, and as you do, just notice how calm and serene you are now. That's right.

Let your consciousness begin to find your toes, and as you find your toes, tighten them. Tighten your toes until they just begin to hurt just a little, and then release them. Do this three times. As you do, really begin to pay attention to the relaxed feeling every time you release them. That's right. On the third release, move that feeling from the soles of your feet to your ankles. That's right. Notice the relaxed feeling begin to move up from your foot to your ankles.

Then up to your calves. Bring that feeling into your knees, around your knees, into the muscles of the thighs, and allow your thighs to soften and relax. You may feel yourself settling into yourself, allow your hips and pelvis to find balance. This feeling now begins to move up. That's right, filling up your intestines, your stomach and lower back.

This deep relaxing feeling begins to flow up into your chest, your upper back and shoulders so that it overflows into your arms and down into each and every fingertip.

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Let your arms fill up until this feeling begins to move up the back of your head and around your neck, coming up over your ears and skull, resting softly behind your eyes. Catch the feeling with your relaxed tongue. That's right. Mix it with your saliva and swallow it down to the bottom of your belly, where you swirl it around. That's right.

Now remember a time when you did something you were not only proud of, but other people recognized your achievement. It doesn't really matter what it was or how old you were. Pay attention to how you felt. That's right, a time when you were proud of something or recognized for your achievement. Find the feeling. Pay attention.

Erase the people, the event and the reward, and keep the feeling. That's right. Pay attention to the feeling and take that feeling down to your feet and breathe it through your body following the same procedure you did with that first feeling.

That's right, feet, ankles, legs, knees, thighs. That's right, up into the waist, up your body and down your arms into your neck and your head. That's right. Let that feeling flow, flow, flow. That's right. Bring it over your head, down into your mouth, mixed with the saliva, swallow and allow it to mix with the relaxed feeling, and then begin the cycle anew.

Do this for the next three cycles of breathing in and out. That's right. Now picture a time when you were laughing so hard you literally fell down and totally lost it. That's right. Take out the joke of the situation and hold onto that feeling of wild laughter, and breathe that breath deep through your body. That's right. Starting at your feet, all the way up, out the back into your head and down into your mouth, mix with the saliva, swallow it and ending in your belly.

Mix it now with that relaxation and the feeling of pride. As they mix, breathe that breath those feelings and mix them together in the next three breaths. That's right, all the way through. Down and up and round, mixing, deep feelings, relaxation, pride and laughter merging. That's right.

Feel good as you now remember a time when you were in love or felt loving. That's right. Your unconscious knows and now finds a time of love, loving. Release the loved one in the situation, and hold onto that wonderful feeling. That's right. Take that feeling down to your feet, bring it up through your body, over your head, swallow it down, mix it with those other feelings and combine the four. Breathe through your body in the next three breaths, relaxation and pride.

That's right, laughter and love together, moving through you, your toes, your ankles, your calves, your knees, your thighs and up through your torso. That's right. Down your arms, the back of the neck, through your face, the top of the

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head and down into your mouth. That's right. That's right, merging and mixing, learning and feeling. That's right. That's right.

In a moment, I want you to remember if you are sexually active. Remember the best organism you ever had. Erase the person and the situation. Take the feeling – and I repeat, take the feeling. Breathe it through your body, your feet, up and up and up and up to the head, down into the mouth, mixing with the saliva, swallowing it deep inside the belly, combining. That's right, relaxation, pride, laughter, love and organism. That's right.

Move these combined feelings together, merging and mixing and melding and learning and feeling and enjoying, from your feet. That's right. Back to the stomach, and it's time for your unconscious to take those feelings together and memorize the process. Let it begin to move through deeper and stronger and warmer. That's right. Make it a part of your daily practice, as it becomes the background. That's right. Move it through.

Let each and every part of you knowing the meaning of what you really want, as this feeling continues to move, circulating, spiraling and scintillating. That's right. Getting stronger and deeper so that from the center of who you are notice this feeling inside of you, and feel yourself moving deeply into a place of being centered and grounded. That's right.

In a moment, you'll take three deep breaths, but understand that on the third breath, when you open your eyes you're going to feel a sense of anticipation, a sense of pride, a sense of focus. Knowing that when you open your eyes and you feel that smile on your face and you'll know every time you smile you'll feel this new feeling and know it's time for you to focus your intent.

Three deep breaths and on the third breath, open your eyes, come back to full waking consciousness and smile.

Igor: That was certainly good. That was an intense experience. I'm not quite sure how long that took, but I was definitely off and away somewhere with it. It's interesting to notice that I did go through a bunch of experiences there, but my mind isn't 100% clear on all of them. I kind of faded it and faded out.

Sometimes I had a real strong sense of a particular memory or a particular experience and really felt it. Other times, I had some vague and distant experience of something.

◆ Is that kind of a typical way that people do this?

Harry: Absolutely. It's typical to the point that, depending on how you process information, and of course, the most important thing to realize is that when you think about something you think of a memory and it takes a bit of time.

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Especially, if you're not experienced, to find a feeling and then you go through the whole thing and then you take everything out but keep the feeling.

So, as you continue to do this – remember, all of the exercises, everything that you do, they kind of build on each other. Think about it. What we're doing is we're setting, by doing this anyway, we're starting to set an intention that we're asking the unconscious to find a good experience, find something that's wonderful, find something that's relaxing and then focus on the feeling, and then take that feeling and start to move it through us.

Igor: It's kind of like training wheels. You're training within training. You're just learning about the state of control. At the same time, we're going to be learning about doing the deep trance exploration.

So, whilst we're actually gunning the engine of the car, you're actually teaching our mind a valuable life skill anyway. That is, how do you change your state when you need it and how do you unattach the good references points from your life from those moments in time so you can have them again without actually having to have those exact moments again.

Harry: Absolutely. Remember, once again, because its practice, you do it again and again and again. Repetition is the mother of skill. The more you keep doing it, the more you set that intention, the more you say to your unconscious here's what I want. I want to find this. Find it. Find it. The more you find it, you're actually running it through your body and then, for me, the beauty of this is this is all connected to a smile.

Igor: Right, which means, you can go around the world with a big grin on your face, and it means so many different things to you at the same time. It becomes this wonderful trigger for all kinds of different things.

Harry: I like to say a key of NLP here. It's like if you have five feelings that you put together and they become a feeling, then wherever you set your intention, that's where you're going to take that feeling with you.

So I like this because, okay, it's part of our deep trance voyage exploration, but it's also a standalone thing that if you just did this every morning, got up and went okay, that state in and of itself is enough fuel for you when you set your intention, it's a nice place to start.

Igor: I think it's wonderful. Aside from what you just mentioned, something I think is also very powerful. Something people don't realize, they think intention is just I want something or I want to achieve this, but that idea without any fuel, without any drive behind it, is nothing. That drive is always a strong emotion. That's why we achieve the big things in life that are very important to us.

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The ones we'd kind of like to achieve, like that exam you want to take or that place we want to go to, but it doesn't really inspire us well, what do we mean by it doesn't inspire us? There's no fuel. There's no engine running. Hence, there are no emotions driving us to do this.

What you're saying here is we're learning to specifically stimulate the kind of emotions we want to that will fuel the drive to make our dreams come true.

Harry: Absolutely.

Igor: That's kind of powerful all by itself.

Harry: I think it's powerful. Once again, it's also about your intention of where you're going. Put it this way. If you inadvertently just started your day with a secret smile, guess what? Whatever you're doing after you've done this will be affected.

So, if it's something big or something major or just the fact that very quickly, I used to work for a charity years ago, and one of the exercises we used to do is we had to meet the public. Get up in the morning, oh my God I have to look at all these people.

What we would do is I would teach people to just – my version was, okay, fake it until you make it. In other words, I don't care whether you don't want to smile or not. Smile. The beginning was everybody had to smile 50 times before we even started. I taught that. Then, what if I just didn't smile, but I had pride, I had love, I had joy.

Igor: So there's actually something behind the smile. Now a fake smile actually becomes a real smile now.

Harry: Exactly. So if you then pull from your inner self positive experiences, then take the feeling, you're already halfway there because once you've set an intention and your unconscious mind knows exactly what the intention is, or shall we say the whole of you knows the intention, then guess what? The fuel is already there.

Igor: Well Harry, I've got to say I'm excited. Particularly, because I know what's coming, which is step two, we're going to actually start the inner journey now. My engines are gunning and I'm ready to rock and roll.

- ◆ **Is there anything you want to actually say about the actual inner journey we're about to take before we launch into it?**
- ◆ **Is it better to have the experience first and sort of start talking about it afterwards?**

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Harry: I think let's go for the journey.

Igor: I like this.

Harry: Let's go for the journey and then we can debrief, as they say.

Seminar 2 – Part 2

Igor: Remember folks, if you are listening to this at home or driving a car or anything like that, stop operating any kind of machinery because now we're about to go down the rabbit hole. It's probably true for most of the session anyway, but this is particularly true for what we're about to do.

◆ **I'm sitting here in a comfortable position and what will we do next?**

Harry: Okay, taking a deep breath in and just relaxing on the surface beneath you, take another long, slow, deep breath in. You can notice the cold air around the nostrils and notice as you follow the air within, somewhere deep inside becomes neutral and warm, and on the out-breath you notice that you really don't notice it at all. Good.

Now just take that next deep breath in and allow your consciousness to feel yourself sinking into the surface beneath you, and feel that sense of comfort, of delicious letting go as the body relaxes even more gently now, easier than you think. Good. That's right.

Now take three long, slow, deep breaths in and on the third breath, breathe into the center, into your center to that space. That's right. You know exactly where it is. Feel that sense of warmth taking all of your focus into this space. The center of your power, breathe into it now.

Now imagine in your mind's eye that you could drift out from this center place and just imagine moving forward across the space you're sitting in. That's right. That's right. Remember, in front of you, behind you, to the left and to the right, up and down and back into the center. That's right. Good. Really good because you know it's time now for you to take that deep inner journey into trance, inside. That's right.

Remember, it's easy and effortless. Good. Just following my voice and your voice too as we travel deeper and deeper into this inner place of quiet, imagining now, so effortless for you that you can move your consciousness and find yourself looking into the center of your forehead. That's right. Find yourself looking into the center of your forehead. Feel yourself totally in the quiet mind, so safe, so secure, so centered, so totally and completely you. That's right.

It feels so good to be free of anything that is not right here, right now. So good as you drift lazily into that wondering self and find yourself now in that inner center place just between your eyes, in the very center of your forehead, looking out.

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As you do, notice this space you have entered is in the shape of a pyramid. The pyramid apex is at the very top of where your hairline would be, with the left point over the left eyebrow, and the right point over the right eyebrow.

Now as you notice this interesting shape and delight in its positioning, you notice just near the left point there is a small light glowing. You wander towards it with interest and you notice a light that is coming from somewhere below and it's beautifully illuminating a staircase.

The staircase is familiar to you, just the way you would create it. and now it's perfect for you and you realize now you can begin to take steps down. The staircase goes down 10 steps. That's right. Count down, stepping lightly, easily, foot down, 10-9-8, 10 times deeper; 7-6, going within; 5, noticing you're just about halfway down and just continuing 10 times deeper still; 4-3-2, and 1, and 10 times deeper as both of your feet touch the surface all the way down and all the way in. A deep place, quiet, that's right.

You notice you're in a beautifully illuminated hallway and a corridor that leads to the far right. As you begin to make your way along the corridor you feel a sense of anticipation, so much so that you begin to notice you are magnetically pulled along this corridor, where in plain sight you notice a door.

The door at first seems strangely familiar. In fact, it feels like the same sensation you would get when standing in front of a door that you love so well. You reach out to touch the door and as you do, as your hands touch the door, it opens easily and you proceed within, and you can hear the door gently closing behind you. That's right.

You can begin to sense and feel the wonderful nature of the space you've just entered. It's nothing that you have experienced before, and yet it's all strangely familiar. That's right.

Now as you stop and notice there's a great hallway, which is in the center of an oval hall and as you begin to orient yourself, your inner vision detects rooms with doors in this circular hallway. From deep inside of you, you begin to realize it's time to explore.

Where would you go first? There are doors and you may find yourself walking in a circle, walking passed these different doors, until you feel a sense there's a door you would like to open. Finding that feeling and finding yourself in front of the door, you will notice now all you do is you step forward and open the door.

You begin to understand that you have an overwhelming sense that this door, this room is a room where healing will take place. In fact, as you step inside, you notice a large room with charts over the walls.

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In the corner you'll see a machine, a bed, somewhat similar to an MRI machine, and you'll know now that in this room you will be able to explore your body, what you can do with it, how you can shift how it works, how it connects to all of your systems. That's right.

At this moment realizing this is one room, that will be explored you can step back out and close the door. As you look at the door, notice now there appears the word, healing. Now you know. Now sense as you continue to move around the circle in the great hallway another room that you find yourself stopping in front of. That's right.

You have a sense that it's time to go into this room. That's right. So open up the room and notice as you step inside there's a chair. You notice there are controls. You notice there's a screen. That's right. You realize in this room you'll be able to explore different types of trance, hypnotic states. That's right. Understanding and sensing and knowing in this room you will have the ability to really be able to control and experience different states of altered reality. That's right. That's right. Good.

Find yourself now stepping back out of this room, closing the door and noticing on the door the word, Trance. Good.

Once again moving around the circle of rooms, and then you find yourself in front of another door. Open it up, step inside and it's as if you're stepping inside of a vast library full of books and tapes and videotapes and DVDs. That's right, screens and even a little stage. That's right. Realize that this room is the room of learning and knowledge.

It's the place where you can come to access learning and to practice. That's right. Even to be tutored. That's right. As you notice that this room is now accessible to you, you get a feeling of true excitement. That's right. You can step out of the room, close the door and notice the words, Learning and Knowledge. That's right.

As you step back into the hallway and you look around, you can see the room of Healing, the room of Trance and the room of Learning and Knowledge. There are other rooms that as of yet have not been named, but realize deep inside of you the room of Healing, the room of Trance and the room of Learning and Knowledge are now available for you to experience, knowing that you can come back here at any time to begin your journey.

For this moment, you go back to the center of the room and begin to make your way back along the central pathway with a feeling of anticipation and knowing that you will be back to begin exploration. So you make your way back until you find yourself at that door where you entered and all you do is place your hand

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on the door and it opens effortlessly. You step through back onto the outside and hear the door close gently behind you. That's right.

Now making your way back, making your way back along the corridor, which even now is illuminated even more brightly than when you first entered. You find yourself at the bottom of the staircase, and in a moment you find yourself stepping back up, 1-2-3. With each and every step you take up, you bring back with you all the positive sensations, 4-5-6 that you experienced; 7, coming back now; 8-9-10. That's right.

You find yourself back at that point over the left eye. You can look down and see that light is shining even brighter now, but you know it's time for you to find yourself right in the center of your forehead looking out because in a moment, bringing back with you the steps, the procedure, the route and everything you've already learned. That's right.

You will in a moment almost effortlessly find yourself at that point outside of yourself, looking at the center of your own forehead and then feeling yourself, your consciousness move back easily and effortlessly back into the center of who you are. You know that place just below the bellybutton in the center of your body and you will feel good for no reason other than you can feel your feet on the floor. You can notice you're calm and peaceful. Your mind is clear. That's right.

In a moment, allowing your unconscious mind and your body in the space of three deep breaths, bringing yourself fully – and I mean fully – back into a normal waking consciousness, only at the rate and speed that you allow each and every part of you, knowing the meaning of what you truly want to. With three deep breaths, you can notice your feet and your ankles, your head and your arms, your shoulders, your breathing, your heart, your back, your mind coming back into the space, into the moment.

On the third breath, when you open your eyes, you're going to feel an overwhelming sense of clarity and anticipation because it's time for you to get what you want. So on the third breath, bringing each and every part of you back into this moment, even this space-time continuum and continuing to breathe, being centered and ready because there's things to do, and it's your time to be.

Three deep breaths and on the third breath, open your eyes and come back feeling wonderful, feeling clear, feeling refreshed and feeling good.

Seminar 2 – Part 3

Igor: Okay, I think I'm just about back. That was an interesting voyage. In looking at the clock, it seems the time was a lot shorter than what it felt like. It felt like I was gone for hours.

◆ **Is it a common thing that time seems to melt away?**

I know that in hypnosis, often time will expand where a few minutes of trance will seem like a few hours or vice versa.

Harry: Absolutely. If you just hadn't worked with any kind of trance experiences and then you listen to that one induction, then it probably wouldn't seem to long, yet as we've been going through the process, it becomes easier for you to get into those altered states. Time then becomes – I like the idea of bending time.

There is no time when it comes to an altered state. It's how you orient to it. Remember, we put the thing in there where we accessed your inner voice. Maybe this time it won't be my voice. You've taken over fully your journey and it will depend on how you orient time inside of yourself.

Igor: This is one of the reasons we spend so much time with the preparation in section 1 and now is where it starts paying off. It started like a normal, regular induction and somewhere, relatively early on, I felt like I was going down a chute and that was it. I was off somewhere.

At the same time when you called me back, I was saying, "It's time to come back." It was pretty much one moment. It was not like I was gone and not gone at the same time.

Does that make sense?

Harry: Yes. You came back a lot quicker this time than all of the others, even the preparatory trances we did. You took your time coming back. This one, I said come back and you, basically, came back which also shows to me that you've now gone through the progression. You're taking a little bit more control of the trip.

Like everything else, I have to stipulate that the imagery is there like laying down a track there and you will find that it will begin to materialize in this inner place in your own unique way. That is the beauty of doing this.

Igor: The imagery you're provoking is more like finding archetypes inside the mind, which allow us to find specific places, the kind of places that I went to. It felt like I was far deeper, like I went far further and in all the other experiences combined, yet, I felt clearer, more energized by the whole thing.

Hypnosis Master – Harry Nichols

Maybe it's because my mind is getting used to the process and at the same time it's starting to control it.

- ◆ **Where exactly is it that I went?**
- ◆ **What is the value of that particular experience?**

Harry: I think that the true value of that experience is it's orienting yourself to find the place in yourself where you can be in control. Even though it may not seem like you're going to be in control when you first go down that journey.

We, basically, go to the top of the head. You cross over to the left which is your right brain. We go down inside of your head and we're going to find a place where, for want of a better way of putting it, your left brain and right brain can come together and start to access those inner archetypes.

For me, more specifically, we have these places in our mind where we access information. We're going inside to define some areas inside our mind. For healing, when we go into this space, it's already set up for healing and then we can start to access information.

Igor: We're using location or space as a metaphor for different types of trances or states which will do different things. You just mentioned healing, for example. Another example is learning or accelerated learning and how to become more knowledgeable or skilled at something.

Hypnosis is being used a lot for that in the practice of sports psychology and accelerated learning, preparing for exams. I spent my law school, I think, five days before my exam I started opening a book. I spent maybe two or three months ahead of time, every morning and evening doing self-hypnosis religiously to create that space so when I opened up those books, it's like I remember or recognize everything I was going through.

You're setting up that space like a crossroads that you go to and say, what am I going to do today? Let's look at the board. Today we'll go down the healing road. Tomorrow I'll need some learning and another day I need something else. Each time you go there, you get to choose a familiar place or you can go somewhere new and discover a new country which will give you an ability you need to have.

Kind of like these Asian monks we talked about in the first session, who had a specific trance state that gave them a specific power, for want of a better word, to help them in a specific situation be it concentration, influence, self-healing, endurance and so on.

- ◆ **Is that what you mean when we talk about spaces and defining a certain area inside the mind?**

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Harry: Absolutely. Remember, we said we had to define the space, define the area. We're building that. The beautiful thing about ambiguities is the thing about being familiar.

You just said it perfectly. When you were learning law, you set up a place where you could download the information, put the information in there and be able to access it. That's a space.

All we're saying is that could be random. What is your trigger to get there? What if we just went okay, it is familiar. Is it not familiar? It's familiar, because we haven't defined it.

When you go into a room or space and suddenly it feels familiar, you've never been here before, but it's familiar, what it's saying is you have been here before, but it's not familiar enough for you to define what it is. We're saying that when we go here, this is going to be for healing.

Igor: To use a classic metaphor that a lot of hypnotists like to use, it's like saying we're in the computer now, you're now going to open it up. You've started it up, you've gone inside, you've set up a home area and now you're going to set up different folders where different kinds of information took place.

The example I just gave you of my exam, I still to this day can't remember what happened on those exams. All I know is that I knew the answers were there and the minute I walked out, it was gone. It was a real altered state.

This is now what we're doing, purposefully. In this folder, these are the experiences you'll have, the experiences we're going to evoke. We're going to search for a certain tool, ability or we're going to go through life and as life happens to us, we're going to say this belongs in that room. As we go through, it becomes richer and more useful. Is that correct?

Harry: Absolutely. Without going too deeply into it, yes, as a basic framework, as part of the whole voyage of defining, this is the beginning. Because we're working with hypnosis, that's why one of the rooms is a trance room.

Igor: We've talked a bit about a room in which healing gets to take place. We'll focus on it a little bit more before we define that room more clearly. We've talked about the idea of learning and knowledge and an example of that is in terms of my own experiences. We'll focus on defining that room as well.

Let's talk about the trance room. It sounds odds to me that we're going to go into trance to learn about trance. We're going into a trance to build a trance.

◆ We're there already aren't we?

Harry: Yes. We are there already. I'll share with you that this is something that I built a while ago. In other words, yes, we're in a trance. In fact, we used trance to get to where we are, a hypnotic trance.

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Even when you know you're in the deepest trance you could possibly be what would happen if you then want to explore trance? For instance, we spoke about some people being in to Ericksonian hypnosis and some into others. What if you could go inside of your mind or of this place and specifically, its set up for you to start working with different states of consciousness?

You've got a state of consciousness where you can now have the flexibility to be able to access even more different states of consciousness.

Igor: It's like you're using the state to empower itself to find even more. It's bootstrapping, isn't it? You're using the process you go to get there, to do more of that kind of process, which will bring you to even better places you couldn't normally get to other than through the process you just went through.

Harry: Yes. This is also about possibilities. If it's possible for you to be a great hypnotist, be able to access amazing states of consciousness, then by definition, you should be able from that point to go even more in depth into it.

I think of it this way. When I spoke in the interview, I said the first year I was going into some of the most amazing states of consciousness, but I didn't have any control. I started to build a place that I could go in when I was in trance to shift, change or learn a different way of doing things.

Igor: This reminds me of an old story about the famous inventor and physicist Nikola Tesla. He had such a great imagination he could build a machine inside his mind, like an electronic generator. He'd have mental tools which measure the elements and pieces, start the machine and leave it running in the back of his mind, his unconscious.

A week or two later he would come back to the machine, check it, make measurements, see where the wear and tear is or where adjustments are needed. Initially he would build the same machine in reality and have the same tools until he got to the point where he found the machine he was inventing inside his head had exactly the same wear and tear as machines in real life.

He stopped building real machines, because the first machine he'd build would be perfect. He'd have ironed out all the flaws and mistakes in that virtual machine inside his head. When he did the real thing it was already perfect.

You're creating kind of a hypnotic dampening or containing field where you get to experiment safely with deeper trances that you don't know what to do with yet, but now you're doing it safely, because it's within this other consciousness, other trance.

If anything goes awry and you think it's not a good trance, you can step back and say that's fine and put a lid on it. If it's a great trance and you get it right, this one is ready. Let's make another room for this one, because this one is ready to be used in day to day practice.

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It saves the fallout that you went through for that first year where you had tremendous power and all of these amazing states happening, but at the same time you didn't know what to do with it yet and some of them weren't as healthy as they should be.

Harry: Absolutely. Some people listening will think it sounds a little like DHE, (design human engineering). It is and some facets of it are, yet we're building states upon states, having control. The deep state trance journey also has built inside it the intention. I think this is the most important thing.

The place we're talking about, we're defining. If we go back to the map, we're defining the pieces and places, where we're working on some of the software. As we start to use our intention, that will start to build our vehicle. Yes, that could be one analogy of it.

As we use more tools and, because, most importantly, we're looking at and we get information from all over the planet, from all over many different states of trance - remember, this is hypnosis, and we borrow, shall we say from all different scores, types and altered state experiences, it becomes a rich, unique vehicle for yourself.

Igor: Ultimately, it's a question of pure intention. These tools we build, these experiences we go through, it's just a question of saying I need more of this. Start that intention or desire. Your mind instantly goes back to those experiences you've prepared yourself for with this careful, deep trance voyaging.

Here is a basket I remember from a while back. Let's look. Here it is. Here is the information you need, a skill you need, a state you need, an ability you need that normal people would not have access to, because they're not consciously or purposefully gone through those experiences themselves.

Harry: As we start to learn how to do these, these are the tools. If anything, the deep trance journey is really about the process. You can lead a horse to water, but you can't make him drink.

All we do is say, here is a process. At the end of it, you then have some choices. You can start to build things if you want and experience things if you want. If your intention is this, when you go through the process, you get to the point where you take over. I can't do the journey for you. I can't even go and find your power. I can't give it to you.

I can say to you, here is the process. Follow the process. When you get to the door, I have no idea what is going to be in your healing room. The beautiful thing about this is that once you start to experience that, you are now building your own map.

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Igor: This is where the real deep trance voyage starts now that we've got the foundation, the vehicle, the ship, crew, navigators, we've done our training and we're ready to go. Even this last one we did is actually kind of a launching ceremony. Now we're at the point where we're at high seas. The island we just left is a dot in the distance. Now it's time to do what we came here to do.

Harry: Yes. Also, if we jump forward a bit, I love this idea. We are building the vehicle, which is, us, we are the vehicle.

This is exactly where we are. We're in Vancouver, but actually we're inside of us in Vancouver. When we go on the journey, it's the whole of us. We are the journey. We take ourselves there. Every time we land anywhere, wherever we are, we can access everything that's available to us. In the end, we can interact with our environment.

The other part of this deep trance journey is that we're building the inner vehicle. We're defining where we are. Then this inner vehicle we're building will be able to interact with our environment. It works for the inside and outside and that's the core thing.

Igor: The point is that the thing you're doing inside yourself, and now projecting into your normal, every day life and your reality changes. You become happier, people around you respond better.

Like the classic example I talked about, which still stuns me in terms of knowing about rapport. We know about rapport, we're hypnotists. It's NLP and people have gone down that road for their own reasons. We've heard the idea of rapport and it's powerful. Then I have yet to find someone with a more powerful rapport than your head of the racist gang in East End. East End is the worst.

Harry: It was a melting pot of different cultures. In the East End, racism doesn't have a color. It's a state.

Igor: If you want into, as a black person, into a bar, in the national front section, and the head of that place becomes your best friend and tells other people that you are great. This is like Violet's every fundamental principles. You've done something inside yourself that has so altered the world around you. That's pretty profound.

Harry: Yes. Yet if we look at it and we don't have time to go into it here, but it's like everything else. All of these things we're learning are also depending on our beliefs, values, goals and these are also, parts of our journey that we need to work with.

One of the things that happened when I was going out and modeling different people who worked with energy, you can have an amazing amount of energy, but if you don't have the right beliefs, values and goals that are lined up in the right direction, guess what?

Hypnosis Master – Harry Nichols

Igor: You've adjusted the message.

Harry: Yes. You can do great energetic things, but interacting with your environment will give you a different result, versus when all those things are lined up and balanced.

Igor: If you look at some of the spiritual tradition, its the classic spiritual guru that has nothing, is in poverty, ill health and so on, not that they're not a good person, that's great, but they're missing half of the equation in being part of the world.

If they want to be in the woods and have their thing, that's fine, but sometimes they're thinking there is something missing. They've got all of this stuff on the inside, but why isn't it reflecting on the outside? Your work is about the combination of the two. The stuff you do on the inside is only as important as it affects what's happening on the outside.

Harry: Exactly. Yet you have to get the stuff on the inside, because if it's a reflection, if it's a mirror, then we're all mirroring what's happening on the inside on the outside.

Igor: It's your blueprint. That is what your unconscious makes happen around you. In our blueprint today we're going to have a happy day versus today we're going to be miserable. We're going to make sure that toe gets broken or something else happens, money gets lost or something like that. I know which of the two, I would have. The one with plenty of cash, lots of happenings and lots of friends.

Harry: Yes. In reality there are no supermen. It's just like each and every breath we take it's a moment by moment existence. The most important thing to me is not that you become a perfect trance guy, because we're on the wrong planet for that.

If we look at the environment, it's always speaking to us. Whatever situation you're in, if you know you can stop, smile, it changes your state and that then sets off a chain reaction that leads you into another very powerful intention. The more you do that, the more it becomes automatic, it becomes a behavior.

Igor: I know we're going to go into the actual building of these basic rooms that you do. Something important to emphasize is that you don't do these things to escape from reality, to become this invulnerable super hero. You have soft bodies that can always get hurt. If a car hits you, you'll still get hurt no matter how much psychic power and energy from the universe and God-like status you reach. Your body is still frail.

The power we're talking about here is something that only happens when you acknowledge the fact that there is a lot of frailty and somehow; it's not that it's not important anymore, it's just that you work with it in a way that becomes better.

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You're not going to stand in front of a car to test yourself, because that is silly. At the same time, you structure your life in such a way that you accidentally have all of these wonderful coincidences and things happening to you.

That's where the real power is; not confronting life and saying, give me what I want, you're blending with life. It reveals to you things that you were looking for or didn't know you were looking for, which are very empowering.

Harry: Yes. The thing that pops into my mind is nirvana is here. We spoke about Shaman and one of the things that you brought up, which I want people to get, is in a way, the old Shamanic, being able to do these things, the fantasy things inside of our conscious anyway and being able to stop cars, they're not useful anymore.

It's great to be able to do them, to watch a movie and all of these guys do these amazing things, but literally, the prophet has got to come down from the mountain and join the rest of the planet. That energy, focus and power, and I'll go back to this thing about the force for good that power is something that you can vibrate from yourself. You can project out and reflect it back and that raises everybody.

Igor: This goes back to the original idea behind Street Hypnosis, which is hypnosis is not something that you do to or with someone, it's something you become. It changes you as a person and the people around you fall into line. They respond to the call. You create rich realities into which people want to live, because the ones they're living in aren't quite as good.

They borrow your reality and it grows even more profound as a result. Bit by bit, just by living your life, buying apples and tying your shoes, the world becomes a happier, more fulfilling place for everyone.

Harry: Yes. Before we move on there is this thing about myths. We have a lot of myths. We're in the business of hypnosis. The myths around what we do for a living are many fold. We encounter them every day.

The most important thing is if you're doing something, you're being yourself and you collect your power, you know where it is and access it, and become who you are, this is what change work is about. Yes, people say there is something wrong with them and they come and see us. We help them to get through, but I think we help them to find it inside themselves. We just know a little bit more than they do.

The most important thing is when you become it, then that is the most seductive part of changing. If you think about it, when we grew up, we all had a mentor or somebody we looked up to and saw they were doing it that way and we want to do that. When you're able to do that in your life, that's when people change.

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Igor: Rather than the classic model of hypnotherapy, which is the hypnotist as a guide saying over there see that island? That is where you want to go. Just follow my finger and keep going straight. Instead we're standing on the island waving a big flag with a bon fire saying over here, come this way. This is a great place. Look at all of this.

Harry: Look at this because I just did it.

Igor: Right, and that's where the power is. That is the idea of going first at a much deeper level. Each journey is preparing you to do that. Hence, going back to what we spoke about in the initial interview. This is about personal power as hypnotists. This is the real deal.

There are a million reasons to do this, purely because it enhances your life in many different ways. If you do it for no other reason than just to become a better hypnotist, doing these things makes you a better hypnotist, because you know you'll be there, drawing people in, rather than being behind, trying to push people over an edge, telling them it's somewhere over there and I'm sure you'll figure it out as you get there.

Harry: I think so. It's that thing when you can want and desire it, but when you become it you then become a reflection for others. They look at you and think that is what I want and ask how you did it. You ask what? It is a process.

Igor: Everyone wins.

Harry: You just say I'm not going to do it for you. I just know a process. Do you want to follow it? This is like the old mystical teaching. You go to a master and at some point you become the master and the master has nothing else to teach you. The master already knows that you have to go inside and get your own power. Once you've got that, that's it.

Igor: He'll be your friend or move on. Either way, you got what you came for.

I know we have to get on with the exercise in a minute but it makes me think about all of the study, thought and ideas drawn out of Milton Erickson, that have been a big role in my career.

Harry: In mine too.

Igor: He was forced down this deep trance exploration, because of his condition two different polio, pain and all of these other things, reconditioning his body.

- It forced him into his body to learn how to walk again.
- It forced him into these other states to find the memories that would allow him to connect back to his body.
- It forced him to go away from his body to be able to manage the pain and then come back into his body without the pain.

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- It forced him to be able to look at life in different ways so he could live a happy and fruitful life.

He had how many kids? Quite a few, that's despite all of his physical disabilities. He had all of these disabilities and they forced him into certain trance states, with which he could overcome the limitations there, as a result, when he saw a client he'd know what they were talking about, he had been there. Come here this is the room I'm in.

One of the reasons he was so effective with pain is because he was doing it on himself every day. He was the master of the pain free room or getting rid of pain room. This is something we're learning. We've done a lot of careful preparation at the beginning to allow us to do a lot of cool things at the end.

Harry: You're only limited by that which you think is limiting.

Igor:

- ◆ **Shall we launch into the building of some tools and using all the stuff we've just prepared our self for and bringing some cool things back with us?**

Harry: Yes. We're about to go into the final process for the session you're taking us through. To clarify where we've been, we've spent a lot of time preparing our self for the journey. It's very important in session 1. All of that can be done in a five or 10 minute preparation phase once you get used to each step.

Then we spent some time today finding some fuel, which again, could be a two to five minute exercise and it is a wonderful conditioning process for your own mind and a happier life.

The last exercise we did a moment ago was to prepare us for the transference. It's the test run around the island. We're getting used to the space outside and more importantly, we're finding the crossroads that indicate from here on in, we can go left and find these experiences, right and find these experiences, and so on. There are an infinite amount of experiences.

Now we're about to put all of this together and start finding specific kinds of trances. The metaphor we're going to use is a room where certain things can happen. These will be useful rooms, useful trances for different aspects of life.

We've already mentioned three rooms. What are the three rooms?

Harry: There is the healing room, the learning and knowledge room and a trance room.

Igor: Before we had an in-depth discussion about what each of those do, healing room gets you into your physical body, creates a mind/body connection and allows the natural healing process to take over at an enhanced rate.

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The learning and knowledge room is about, by enhancing or rehearsing a skill or acquiring knowledge and information. Maybe studies and helping you learn things. It's classically what I did in law school days.

Finally, the trance room is what we spent most of the time talking about, because it's got such great potential, which is to navigate in different highways and high seas of the mind to come back and that is the key thing. Always come back with something, back into the real world and every day life.

Harry: Absolutely.

Igor:

- ◆ **Can you tell us what's expected in the next process as we go through these borders and in these different rooms?**

Then we'll have the process itself.

Harry: We're going to go through the same thing again. Practice make perfect. We're going to down a corridor, open up the door, go inside and go into the rooms. The difference is, last time we went to the rooms, it was going to be wonderful and there were wonderful things waiting.

This time we need to put some tools in there. Or, we need to find out exactly how you're going to work inside of this space. The thing is, you're unconscious, I'm sure, already is beginning to work out exactly what you're going to do, but you do need a bit of a framework.

Let's put it this way. I'm going to describe some tools you can use. The great thing about anything you've used before, you realize it may work better for you if you had this.

Igor: To make it concrete for people, when you're talking about tools, you're talking about internal symbols that test the unconscious. When we're using this symbol, it does this effect. For example, you might have a magic wand. When you wave it, you're not supposed to flare up. That is a silly example.

Harry: No, that's actually a good example if you're a magician.

Igor: In the healing room you'll probably have things like, a machine that will let you know where inside your body something needs something. A machine that will help you balance it out, a machine that will let you put more energy into life if you're feeling a little down and so on.

Harry: Yes. We use the term "machine," but that is kind of organic.

Igor: Right. It could be a machine, an organic thing, a biological thing like a tree or plant. I know Shaman often use plants as their machines if you like. They think this plant will do this effect this plant will get that effect.

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Whether we're going with a natural machine like a plant or a more mechanical machine which is what we may be more used to in the Western world, we're talking about the same thing. We're talking about an unconscious symbol, which will release certain abilities that already exist within us.

Harry: Yes.

Igor: Anything else we should know before we launch in?

Harry: No.

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Igor: In that case, allow me to assume the position. If you're listening to this of course, this would be the time to stop driving a car or anything like that. Follow along with us if you wish to.

Harry: Take in a deep breath and relax, another deep breath in, releasing any stress, tension, worry or woe. Relax. On the third breath in, release everything or anything that you don't need for this journey. Most importantly, you can relax, or you can find yourself in a heightened state of awareness, whatever works for you. That's right.

With your eyes closed now, find the center of who you are. That's right. Find the center and get that feeling. Notice that feeling in the bottom of your feet. Immediately feel that vibration from the planet, from the Earth. Feel that recognition come back from the center of the Earth to the bottom of your feet, all the way up to the top of your head, down into the center of who you are. Feel good.

Another deep breath in from the center of who you are to the right and to the left, up and down. That's right, 10 feet around you. Touch the sphere and feel good. Clear the space and spaces in between and bring your consciousness back to the center. That's right.

Now inside of your mind, see yourself inside, in those rooms, working, playing and enjoying. That's right. For the next 20 minutes or so, let that light, that feeling, that positive energy move down through the top of your head, all the way down, through each and every fiber of your being, filling you and filling everything outside of you and pouring through you into the next 20 minutes.

That's right. Cleansing and clearing. That's right. Good, so that in a moment, easily and effortlessly, heightened awareness or relaxation starts in the feet and moves up to the top of your head, down into your mouth, swallow your saliva, down into the belly and feel good. That's right.

Then feet up, mouth, belly, merging, mixing, feel good now. That's right, laughter, feet moving up, head, body, mouth, belly, joining, mixing. Good, love, feet up, faster, deeper, stronger, now mixing, feeling wonderful, ecstasy in your feet moving up. That's right, following the process inside. That's right.

It moves deeper and stronger. Your intention becomes clear as you settle down deep inside of who you are. That's right. The cool air around your nostrils, you notice, you follow the air within. Somewhere deep inside, neutral, it becomes warm out breath you notice. You didn't notice it at all, the deep breath in, now

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as you find yourself deep inside, aware, calm, ready. That's right, from the center of who you are, drifting up and out of your body.

Look at your forehead. As you begin to notice now, you find yourself in that space in between the eyes and your forehead. You feel good for no reason, because you know it's time for you to take the journey deep inside. Feel yourself totally quiet, mind, safe, secure and the inner voice sings deeply centered, secure and speaking. That's right.

Leading you, as you find the pyramid, the apex, the point, the left eye, there is light down; move, crossing easily and effortlessly. Familiar staircase, know it to be true for you as you descend easily 10 steps down. Ten times deeper with each step, 10 times more aware in control. Centered, grounded, intending to learn, safe and secure with every number, 10; 10 times deeper.

Nine... ten times, deeper; Eight, seven, six it's deeper still; Five, becoming more aware— clearer and clearer; Three, two, one all the way down, both feet on the floor, illuminated beautifully, a hallway, bright with light. The corridor calls you, deeply, deeply, physically, calling you. That's right.

You are pulled, pulled closer. As you see the door, strangely familiar, sensations that you know and love so well and your hand reaches out, touches the door. Easily, effortless, it opens for you.

Step within. Listen. Listen as the door closes gently behind you. Your sense and feelings are heightened and you become aware, strangely familiar. Experience it now.

A great hallway, circles upon circles upon circles, hallway and doors. As you notice, you are called, called to a door. You recognize from before, instant recognition, healing.

Open the door and step inside the threshold. It closes gently behind you. Now orient yourself fully. Now see this room. Feel the atmosphere. Notice your sensations as you notice on the walls diagrams and charts. You understand they are of your body. That's right.

In the corner, there is a machine. You understand and know. You can lie on this machine. It looks like an MRI machine. As you find yourself lying down easily, safely, protected and calm.

That's right. It's as if a scanner scans your body and on the walls there are readouts. Reading your systems, your bodily systems, readings for your heart, your endocrine system and your skeletal system. Each and every system, there are readouts. You understand. You, in this healing room, can begin to monitor all of your systems, your organs. That's right.

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In a moment, you're going to step out of this machine and realize you can notice on the walls these readings continue to be updated. That's right. Notice, just notice this information is fed into a system that you will begin to understand. That's right.

That's right. In a moment, a screen appears on one of the walls. See the screen and notice the information is translated so you can begin to understand and you may see an image of your body and the organs. That's right.

This information is fed into yourself and you're able to transmit this information through your entire system, your physical system. That's right. That's right.

Know you can come into this room and lay on the machine at any time and it will begin to adjust. Adjust. Adjust. That's right. Then a console links up to your organs. That's right, to each and every part of your body. Begin to understand that your body is always transmitting information. From this place you can begin to interface with the mind that part of yourself that's in charge of your mental functions. That's right.

You can begin to play if you wish, but at this moment, know that you can even come back at any time and just rest here. Give your body instructions that it's time to heal and these readouts and information will be translated into your many minds. That's right.

For the moment, you can find yourself knowing that you have turned on the power of your healing software inside and information now is available to flow. Good. You can set the controls on the console for optimum health. Set the controls and leave it running. Realize they'll be more information here as you learn to connect up your body inside and outside. That's right.

Step outside of the room. Close the door and know it's been activated. There are many more secrets to be found inside your room of healing, because your body has been connected up to your central system.

Now feel the pull. Feel the pull. See the door. Find yourself there, the room of trance. Open the door and step inside the threshold. Listen. Listen. Listen as the door closes behind you and you feel good.

Notice the sensations. See the room. That's right. Listen. Listen. This is the room of trance. There is a seat in the middle of the room. Sit down now.

That's right. Feel good, because in the room of trance you'll begin to notice. Begin to notice now appearing before you there is another large screen. In the room of trance on the large screen you realize you see a readout like a graph. That's right.

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You'll notice your hands you can place your hands down on the surface in front of you. You'll notice your hands fit around the exact outline of your hands. As your palms and fingers connect on the surface, immediately on the screen you get a graph. That's right.

You see, as you begin to calm down, that the graph and readout begin to move up and down, up and down, as you breathe in and out, up and down. That's right. So much so, that in a moment, inside of your mind you'll hear the word control. As you hear the word control you'll see the screen shifts. You'll see control as a graph as a readout and pulsating. That's right.

Now you hear the words deep trance. Notice it shifts. It shifts as you see this image now. Then you hear the word waking trance and you see the image shift. That's right.

As you see those images shift, as you see that readout and as you realize your hands and your mind and the trance that you're in begins to change, think of a situation that you'd like more control.

As a situation or image comes up, see the situation and then suddenly see the readout of the trance, the image, the graph. That's right. See the situation and notice how it shifts and how you shift. As you move through those different states of trance, begin to feed in all the states of trance you've been in.

That's right. As you do, the information begins to load inside. That's right. As you begin to think of a situation, see the readout and feel the trance. That's right.

This application is just at this moment beginning to download trance, whatever that means to you, into yourself so that's right. Loading it up, loading it down, loading across situations so that the mind and the trance become defined so that, at any moment, when you start to think of something you'd like to do, your mind and the trance will begin to appear. That's right.

For this one, you can leave the application running. As you experience and remember experiences, this trance will begin to organize and organize and organize inside so that when it's time on the outside you will begin to move elegantly into trance and out of trance.

Leave this one running. That's right. Remember, every time you're in this room, and you place your hands palms down on the imprint of your hands, and you begin to think of a trance or a state or a situation, that's right, you're beginning to build different states of trance.

We will expand on this when you come back the next time. So leave it running, trust your unconscious now is beginning to build your library of experiences of trance, hypnotic content and context. That's right, for a purpose. Good.

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You can get up from the chair, realizing you've only explored a tiny part of this room of trance. You can now step out of the room. One last look and when you cross back from the threshold, listen. Listen. Listen as the door closes and feel good. Know you'll be back.

Now learning and knowledge calls you and you find yourself at the door. Open the door and step over the threshold and listen. Listen as the door closes behind you. Notice the sensations of this room. Allow your eyes to orient to the space. That's right.

Listen and trust your unconscious as you find yourself in the library, a library of your own design with walls and walls of books, DVDs, videos, audio, state of the art equipment. That's right.

Once again, you can find yourself just pulling out a book from one of the shelves. When you pull out the book, you see the title and when you open it up, you have a choice. You may read it. You may notice you can put the book down and a holographic image will appear as images. That's right.

You may think about learning a certain subject, find the information in the database, pull it up and be able to view, hear and see the information. That's right, there's a little stage, a place where you can learn, you can practice. That's right.

There is a library, a wealth of knowledge and information, but most of all this is a place to play, because all information that is imparted in this place comes with the proviso that it's fun. That's right. That learning is fun. That's right, fun. You get to play. You get to play. You get to play, many applications here that your unconscious mind is already beginning to compute. That's right.

Now, knowing that you can come back here, especially at any time, it's time now for you to step back over the threshold. Open the door and close it behind you. That's right. This learning and knowledge room is now fully open, activated and ready for play.

In a moment, trusting that inside of these many rooms, there are more treasures to be found, more understandings, more adventures. In this moment, it's time for you to make your way back.

As you do, and as you find yourself walking back now, down the central pathway, notice as you look back, you see the healing room, the room of trance and the room of learning and knowledge. The doors are glowing. They have been activated and your unconscious now is going to bring back from each of those rooms, something that is going to be useful for you when you open your eyes.

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In the coming days, moments, weeks, hours and years, something useful for you that you can use right now. That's right, from each of those rooms, healing, trace, learning and knowledge. Trust your unconscious now. It's going to bring back with you a tool or tools that you're going to use in the waking state.

That's right, purposefully, moving back down the main pathway to the door. Open the door, but realize now, as your hand touches the door and it opens, you will come back very soon. That's right. As soon as the door closes behind you, find yourself in the corridor.

Notice the corridor is even brighter now. Illuminating so you can actually see the bottom of the staircase. That's right. You find yourself now at the bottom of the staircase.

You have a sensation something profound is happening, because as you ascend the staircase, the 10 steps, with each and every step, it's as if there is a new feeling that comes with you. As you go up one, two, three, four, five, like your own inner music coalescing into calm, into understanding, into clarity, into adventure, into possibility.

Six, seven, eight, nine, into, that's right, ten. Find yourself right at the top, above the left eye. In a moment, as you find yourself looking out from the center of your head, this time you're going to step out. As you step out, your left brain and your right brain, your conscious and your unconscious minds now together as one will merge into one thought, one. That's right, as one.

Conscious and unconscious, bringing back what you've just learned from deep inside of you, ready for the outside. You realize that even now, you can go to the left, down a staircase, down a corridor, open a door, go inside, into the rooms, get the knowledge, learn something, come back, access, back out, up to this point, as easily as one, two, three.

Your mind, each and every part of your mind just says yes as you find yourself now looking at your forehead and drifting down easily and effortlessly back into the center of who you are. That's right, back into the center.

Feel your feet grounded. Feel your mind, feeling each and every part of you, that's right. Back, feet, shoulders back, knees, hands, heart pumping life giving breath, releasing, relieving mind, each and every part saying yes, clear and ready.

With three deep breaths you can come back only at the rate and speed that each and every part of you, knowing the meaning of what your true intentions are? Bring back positive power.

Seminar 2 – Part 5

Igor: Well Harry what can I say, that was a very cool experience. The interesting thing is first, it was very clear, much clearer than the other experiences were for me, in terms of being present. But not clear in the sense that I saw everything like I see this table in front of me. I kind of could see it and not see it at the same time, if that makes sense.

I could see the rooms and it was very cool. The medical room you put me into looked like an old Italian kind of palace with this view of these hills and rolling things. When we talked about the charts on the wall, I saw these, the muscles, the tongues, the brain and all that sort of stuff. It was actually very cool.

Each of the rooms had its own thing. The trance room for me looked more like the planetarium, where you sat in this little thing and picked different parts of space out and say, that's where I'm going today.

The knowledge room was interesting because it was kind of a mix of a gym and a library at the same time, which is not something that's maybe been associated it in my before as being the same thing. However, one place was like a space for practicing skills and doing things and the other was this space for gaining information as long as you could move between the two.

Harry: I've heard of it isn't it called 'mind gym'?

Igor: My God, there could be a whole new course there ready for us. I guess I've just given my own personal metaphors in the sense that there were these symbols that had meanings. It was interesting because rather than trying to make things do things, which I would maybe done in the past, I allowed each symbol to do its own thing. The attitude I had was more of curiosity, like what do you do?

I watched the chart – instead of being like a film, you know we'd see the human bodies, the chart was like a hand drawn painting thing, but it would still change. You'd have the throat pulsing, all these little vortexes like where psychological energy or emotions were buzzing around just doing their thing. So they're doing their own thing and it was more a question of how can I find out what you do so I can use it? Instead of my trying to impose by saying this button has to do this thing. I think that's a big difference.

Something I like about your work, which is something that I do as well, is the idea that you're evoking meanings rather than forcing meanings. Instead of saying, this button makes this happen, you say well, here's a button, here's the kind of thing that it does just notice what happens as it changes when you do

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things to it. That's much more of this attitude of curiosity of letting things happen. I really enjoyed that.

Harry: I'm glad. I almost must say once again, you're a great hypnotic subject. If I know anything about trance and vibration and energy, just the fact that we were doing this, even those on tape, there's going to be a few. It's very multi-layered I think.

I went into trance as well, obviously. The most important thing I have to say to everybody is that what was happening inside of the rooms, those were my rooms, so the things that you heard okay, was evoked from me. The great thing about that is whatever happens for you, then that becomes your basis of building.

Igor: That goes back to the idea of personal power or hypnotic power that we talked about right at the start of this whole series. The reason you have that power is because you have these rooms. You don't have to try to invent these rooms and hope for the best, and sit there trying to figure out what the hell is going to happen in this room? It's more a question of, okay – and you may notice this from time to time in the interview, Harry fades in and out as well, because in order to describe a room he's got to go there and tell you about it, which means he's going into trance already.

He's switching from regular conversational voice into his trance voice, not because he wants to it's because that's the way he's accessing that information. I can clearly see it and hear it in his voice, if you listen to this whole thing again, and it makes doing trance work so much easier, doesn't it?

Harry: Yes and you know what, if you wanted to model some parts of what I do and then go there with me, especially the trance room. I put my fingers down. That was actually a new experience for me. I put my fingers down and then it was like oh, here we go. I see something, there goes the trance. It goes into my body, and it was just like cool.

Igor: This is, I guess, how you also as a hypnotherapist or hypnotist will be able to explore trances in different ways because in order to create a trance for a client that neither of you have been in, you end up truly going first. Now that you have this process, you can actually say okay, I need to take my client or this person into this particular kind of trance.

I really don't know how to do that yet, so what I'll do is I'm going to go to my inner work rooms, and then I'll go eenie, meenie, miny, moe, this door here. Yes, this one looks like the right one. You go inside, and you let your unconscious mind tell you what's there.

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Then that way you evoke the sensation and you bring your client with you. It sounds like you've got this massively complex multi-level trance experience, but really all you're saying is I wonder what's going to happen next, and you really do.

Harry: Absolutely.

Igor: Let's just try to wrap this whole thing up together because you've given us some profound things and really the whole setup. Now I know some people who have been more experienced with meditation practices and other things may have come across some of the concepts. I remember when I was like 15, I came across my first idea of creating a room inside the mind that does this, that and the other, but it's nothing like what we just did here.

I suspect that has a lot to do with the fact that you've done your foundational work. You've worked at the beginning to make sure your mind and body are prepared, the journey's prepared and the juice is there, so you're going to go into much deeper places. Though, on the surface it might look like the same sort of thing, it's actually going much more profoundly and doing much bigger things because of the context you've placed it in, the way you've constructed the things and put them together.

Harry: I think you hit the nail on the head there, it's the context. As I was saying earlier, it's a process. The real skill in anything that you do it doesn't matter what it is, is finding a really great effective and elegant process because when you've got that, what it allows you to do is it allows you to have more – I'm going to say it – more control over where you can go and what you can do.

Igor: Perfect.

Harry: I'm sure people will go oh, I know what is. I've heard that, and I'll go yeah, of course you have. Most of these things and going back to this ancient way of doing things, as I said before, most of these processes are designed to get you into – which is the secret, hello – altered states. This is what it's about.

Now you can take any of them – and I will actually challenge you to go out there and you can find any kind of process. Find a process and when you look into it you'll find that what it's designed to do is get you into an altered state. When you get into the altered state; there's something that you need to do when you're in an altered state, but if there's nothing for you to do in there, then that's like, hey...

Igor: It's like you're a voyeur and there's nothing going on. So we have a clear thing here. We've got a setup process, we've got a journey that takes you – this is what deep trance training is – it takes you into a certain kind of deep trance.

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Once you're in that deep trance, you explore, and you literally are exploring it in terms of here are some unconscious symbols, some archetypes, some things that have meaning, and allowing that meaning to percolate in. A lot of the things that were happening I didn't quite know what they meant yet. I had a sense that something important was happening. For example, in the health room, I had certain things pulsing and spinning and switching around.

I even had a sensation. For example, I had one image. I wear glasses, as many of you know. I've been meaning for many years to actually do something about my eyesight, but I never quite got around to it because I've been doing the club and all these things. Suddenly, I found myself looking at my eyeball and I had a little dot so I started tweaking with it. Now it wasn't a sense like I'm going to make my eyesight better. I just feel like twirling with it and just notice what happen. Then I left it and I moved on.

I have no idea what that meant. It may be something with my eyesight, it may be something totally different, but that's the point. I end up finding up, rather than forcing the change.

Harry: We use it a lot, okay. I think it's something that when you really get into hypnosis – and it's one of the, I would say, I kept using the word threshold, by the way. I don't know if you noticed it or not. There's a point where when you cross the threshold, I think, of the mind, that's where the most important phrase, I think, in hypnosis comes into play, which is trust your subconscious because therein lies all of the information, therein lies the power.

To me, this is just the preparation to cross the threshold and trust your unconscious, your subconscious, and realize that the powers all in there and really being able to access that power and have an intention and go somewhere with it. That's what I think this is about. That's why we can't say, well, this is what's going to happen. We don't really know, but we know the tried and tested processes will get you to the place where...

Igor: Stuff will happen.

Harry: Stuff will happen.

Igor: So this is actually kind of nice, because now we've come full circle. We started talking about trusting your unconscious, about what does it mean? How do we do this? Now we know how to do this. In other words, we create a place, a state if you like. We enter that reality and within it, we just have a sense of curiosity. We follow our instincts, follow this curiosity, do things and wait to see what the results are.

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In other words, that's the trusting part, isn't it? It's not saying, okay, I will now create a button and the button will do this. I'm sure that will come in time once you get more of an intuition as to how to create a button and what kind of button to create and so on, but initially all you've said is, okay, there's some stuff going on here. I have a sense like I'm being drawn to this door, I'm being drawn to this part of the chart, I'm being drawn to this little gadget, I have a sense that I should do this with it, so I'll do it.

I'm going to let go of the outcome. I'm not going to be obsessing about what does it mean and what will happen to it? It's more a question of when you the outcome comes and then I'll turn back and go, now I know what I did. This time when I go back, I'll be able to repeat it. Now that's where you have that sense of control come into effect.

You learn from your conscious, then you come back and you get to repeat it and have that power.

Harry: Not only that, but the beautiful thing about bringing things back is the correlation between inside and outside. I don't want to say anything more other than it's like, I went inside of my mind and this stuff happened, and then suddenly on the outside you go, ooh. It's one of those things that I call learning myself, personally. It will manifest itself in different ways and that in and of itself is a real cool thing about the journey. I always like to say you start going, I wonder what could happen? Then you go, oh my God, that didn't happen.

Igor: Not again. All right, this is not normal anymore, right?

Harry: But it actually is normal.

Igor: Well, that's the whole point. It's the new kind of normal. Let's start wrapping things up because it's been another long session. You've given us a lot of information, a lot of content and a lot of experiences. I know this is only scraping the surface of the kind of things that you teach, but it's been fascinating and very valuable.

Could we just finish up with a very brief outline of what you can do? I know you have like a certain morning and evening sort of set of exercises you do yourself. Everything we've done so far takes time and it's pretty long.

- ◆ **Is there like a quick fix you can do mornings and evenings, say, that will prepare you for the day and that allow you to use your time more efficiently, rather than spending most of your day in trance, spending most of your days in the world utilizing the trances you've prepared yourself for?**

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Harry: I think the most important thing is, once again, if we go through the steps and the processes, ground. The basic four are grounding – I think you can ground anytime. If you just remember you can do it by, okay, get up in the morning 10 minutes. It doesn't take 10 minutes to, basically, go through that little process. Ground yourself.

For me, connecting with the planet whatever metaphor you want to use, grounding, putting your feet on the floor or even when you're in bed. You can do it lying down. You don't actually have to be up, but that then, to me, it's like putting a key in the ignition and, okay, I'm here on planet Earth.

Igor: I have a real body, and it's about to do things in real life.

Harry: Absolutely! The illumination that to me is the setup that actually sets the mind in gear. I'm looking for stuff to go right. I'm looking for positivity, and it's not down to me. I'm just flowing this through me into every situation.

Igor: So its lots of ideas come together. The idea of being in flow and then things happen, and being part of that flow rather than fighting it, but it's also a sense of planning. It's a new way of planning. Rather than being very left-brained, conscious, this is what must happen and if it does not happen, then people have trouble. It's much more of a holistic sort of planning saying these are the things we want to have happen.

I'm going to go over the little details in between, and I'm just going to keep my intention, my sight on the goal which is the broad strokes. Then you have that perfect balance of consciousness directing, and unconsciousness creating and allowing things to happen.

Harry: Yes and what it really does – let's say this has been tried and tested with quite a few subjects over the years. People come back and they go, it's not so much, wow, everything went my way. It's just that in the moment, they were so aware of what was happening. It's like whereas something might have gone wrong, they were alerted to the fact that they had to change their state. They had to do something.

Igor: Then they could shift it around.

Harry: They're going to shift it. Even down to things like going – well, it happened with me a lot. You work with clients a lot and then suddenly the client goes, I don't know about working with you. I come here and suddenly I find that I'm telling you the truth. This isn't just me, by the way. We've had some people going through this who work with clients and they go, it's amazing because it's like clearing the space so you can actually have a conversation. It's very interesting.

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Igor: This kind of reminds me a little bit of some kind of high performance sports. You know, skiing or tennis or martial arts or something like that, where things happen so quickly that you get to this point where you're not really thinking, but you are.

Let's take skiing as an example because I've been doing a little bit of it recently. You're going down the mountain and suddenly there's this huge bump or something is going to throw you. That's what would normally happen. But just as you're going up, you recognize what's going on and you suddenly shift your position and something that should have thrown you, you should have had a massive wipeout, it becomes this enjoyable experience of shooting off of it and creating a whole new stream and you end up going in a different direction.

You can't go straight anymore because that hill's taken you in a different way, but even then you just flow with it. You're going down the mountain a different way, a new path opens up and it's much more enjoyable for having weathered that bump and not been thrown by it. It actually comes to the point, at some point, in every high performance activity people look for those bumps because that's when it gets more enjoyable, when you survive a bump.

Not just survive a bump, but when you merge with it in a way that it takes you somewhere unexpected. It's a real pleasure. I guess that's where you can have the real pleasure in life. The things that throw other people and they go, how can you do all this, you'll go it's actually a lot of fun and it will be true, right?

Harry: Yes so grounding, the centering. Think about it. If you can at any moment in the day, whether you're stressed or you're not stressed, something's happening, you can just stop and go hey, say to myself, that in and of itself is just a great way of going, okay, re-orienting yourself for the moment.

Igor: It's like a mental reset button.

Harry: Yes, the reset.

Igor: Basically, the first thing is in the morning, you're going through the first four steps, or if not, at least the first and the fourth step every day. Just five minutes, 10 minutes, no more than that if you don't want to, but just set your day.

◆ What about in the evenings what do you do then?

Harry: Evenings, I like to chunk down. In other words, I work kind of late anyway, so life is the way it is, and what I like to do is I always make sure that when I want to go to bed, that going to bed is the point where whatever's happened during the day, I get the opportunity to release everything.

Igor: Processing things through at night.

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Harry: So if you remember the illumination, whenever you do it, even if you start in the middle of the day, you always go to the end of the day. So actually what you're doing is you're putting your mind to the next time you're going to sleep because guess what? When you sleep, you go into another deep state of consciousness. So what I tend to do is before I go to sleep – and this is an old thing. Some NLP people will realize that it's an old thing – I rewind the day. I just rewind the day.

Basically, I do it backwards. What I found that does is any stress or tension, any stuff that was going on, I don't end up recalling it in my dreams. So it's like a basic – I'm in bed, and I'll go back to five minutes before I was there. I'll go through frames. The frames go through, to the end of the day where I start by getting up and...

Igor: So you're doing the opposite of what a lot of people do to stress themselves out, which is to run over and over again a loop of things going wrong. You're running backwards and backwards the loop of whatever things happened.

◆ **What about the positive things?**

◆ **Do you find those get undone or the positive stays positive, the negative becomes flat?**

Harry: No, because here's what I do. My intention is – and I set my intention. My intention is well, I just want to go through the end of the day, and then anything that I have left, any energy or whatever, I just want to clear that. So that's my intention when I do it.

The cool thing about it is if you do it for a little while, it's a great one. I use it with insomniacs, by the way. It's like when you do it, after a while usually if I'm going to bed at 9:00 o'clock, I'll probably get to about 20 past 7:00 and that's it. I'm out.

Igor: Your conscious does the rest.

Harry: Yes.

Igor: This is great because this is what I wanted to ask you. A lot of people here have long days, stressful days or hard days. You come home and you're out of energy. How do you do that then? What you're saying is that initially you made have to give it a little bit more effort, but there comes a point where your unconscious can recognize what's going on and it says, you know what conscious mind, don't worry about this. I know what you're talking about.

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You go have a nice little rest. You go and sleep now, and I'll finish unwinding the day for you, and give you some pleasant dreams to boot. By the time you wake up tomorrow, you'll be full of joy and fresh and relaxed and ready for a brand new day.

Harry: Here's the piece that's like the sneaky bit, right? The sneaky bit is this. If you've already set it up that you start the day by going through having a great day, when you unravel it or you unwind it, it finishes where you started where you had a good day.

Igor: So you're going from point to point. You go from a great day to a great day, and it's constantly reinforcing itself.

Harry: And everything in between is just releasing.

Igor: It's like taking on a period of a fast phobia cure, doing it over the whole day to kind of like release anything negative and enhancing the positive, it's actually a very powerful idea.

Harry: As you just said, if you phrase it, your unconscious will follow what you instruct it. If you phrase it, take out all the stuff that wasn't useful. I don't need any of this before I go to sleep. Bang! Just let it run and go to sleep.

Igor: We're literally talking about again, ultimately, five minutes and it's just done and you have a peaceful, beautiful dream.

Harry: I'm telling you the funny thing is when you do this – when I first started doing it, it was so funny. I'd go – me being Mr. Logical – okay, so I would count it. So like, okay, I'm just coming to bed. So five minutes ago, I was cleaning my teeth. Five minutes before that, I just finished doing this book.

I'd get to like the beginning of the day and it would finish off like well actually, I woke up this morning and the first thing I did was I had to ground myself and do illumination, and then I'd have an internal dialogue. Well, it's going to be tomorrow now, isn't it? So I'd have an internal dialogue.

Igor: That sets yourself for the next day you just start the same way. So it's kind of self-reinforcing.

Harry: Yes and what I would have is an internal mind game. You don't need that. Why don't you just go to sleep? That would be my cue.

Igor: That would be kind of like the idea of that sense of completion that many people, especially insomniacs, they have this sense of something's missing, something's not complete, and that's one of the reasons that so many people can't fall asleep. Whereas now what you're saying is you'll get to the point

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where everything feels complete. There's nothing left to do, so you may as well go to sleep.

Harry: Yes.

Igor: Beautiful.

Harry: Absolutely.

Igor: Well, Harry, I can certainly say that for my own part, I have learned a lot. This has been a valuable set of experiences. I want to thank you for spending extra time with us because you really have pulled out all the stops and gone much, much longer than was originally planned in terms of laying out the ideas, talking about the ideas behind it and giving us really rich experiences. Not just tastes or teases, but very solid experiences of what you do.

There's a wealth more to come where that's coming from, of course. So all I've got to say is thank you so much for coming down and showing us all these things. Now I know that in your four-day Deep Trance Voyage, you spend a lot more time on these difference experiences, and you go into much more depth and more nuances and stuff like that.

- ◆ **Could you tell us a little bit about how those four days work?**
- ◆ **How do they compare to what we just experienced here in your mini seminar on the Deep Trance Voyage?**

Harry: Thanks, Igor. I think the most important thing to realize is that what we just did was the foundation. It's the beginning. A lot of what we do in the four days is really building on those experiences. Not only building, but you have to appreciate that being able to navigate through the deep states of consciousness with a goal – because we do have a goal in mind – is very powerful.

As we go through the four days, it's facilitated by me and my wife, Kathy Welter. She's a Master Hypnotist, clinical hypnotherapist and NLP Master. Both of us together take you through what is needed to really be able to very powerfully get what you want.

Igor: So this is something about you have that balance between having a male and a female presenter as well. The important thing is this is not just something for guys to be like big macho, some powerful type thing. It is actually a balanced journey. So guys will come out balanced – not just the raw power, but also the control power – and women who go through this process as well will find their feminine power as part of that balance process.

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Harry: Absolutely. I think we all need balance, and most importantly, you've heard my voice, obviously. Now Kathy is the same caliber. Her voice is wonderful. Just having that what I kind of call the masculine and feminine relationship – because we all have masculine and feminine inside of us. So this makes for what I would call a rounded journey.

Igor: Great! Just for the record, those of you who haven't had a chance to hear Kathy Welter in action yet, I have. She's hypnotized me a few times and you are all in for a real treat.

That's everything we've got time for, so once again Harry, thanks for sharing your knowledge and experiences with us. It's been a real pleasure having you on board, and in particular for you to trance me out like you did. It's been a great time, and I look forward to seeing you again sometime in the future and doing something like this again.

Harry: Thank you very much. I'd like to thank you, Igor, especially because after meeting you, I realize that you are such a highly skilled individual, and it's been a pleasure working with you. I hope that everybody listening to this realizes that, especially in the Private Hypnosis Club, you have unprecedented opportunity to learn some absolutely top drawer hypnotic skills.

Being a member of the Club myself, I'm looking forward to listening to all the other Master Hypnotists who will be on, and just listen, enjoy and realize that you will never get a better opportunity than this to have such a wide cross-section of learning situations. Thanks, Igor.

Igor: Thanks for saying that, and just to emphasize a point. You'll find something in every hypnotist you come across, especially if they're a master at their craft. Don't ever take anything out of hand. Even if you don't like a particular approach, look at it, learn from it, take what you like from it and let go of the rest. The same is true of my work and of Harry's work.

If you like some things, take them. If you like other things, then feel free to move on. These are all starting points to get your mind moving. Thank you for recognizing that, Harry. That's actually important because we are in the business of making Master Hypnotists, not just regular ones.

So for everyone listening, we've just been talking to Master Hypnotist Harry Nichols from DeepTranceVoyage.com. He's been sharing a lot of his ideas with us. My name is Igor Ledochowksi. I'm from StreetHypnosis.com. Thank you for listening. I hope you had some valuable experiences, and I look forward to meeting you again on the next session of Interview with a Master Hypnotist. Until then, enjoy your own deep trance explorations.

Hypnosis Master – Harry Nichols

End of Seminar

On that final note, everyone, as much as I hate to say this, this is the end of this particular session. We will be back again with another master next month.

Until then, I've been talking to a true hypnotic genius, hypnosis master Harry Nichols from DeepTranceVoyage.com. My name is Igor Ledochowski from StreetHypnosis.com and I look forward to speaking with everyone again in the next session.

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 program. All his programs are available from:

www.StreetHypnosis.com