

How to hypnotize anyone

by Patrick Wanis

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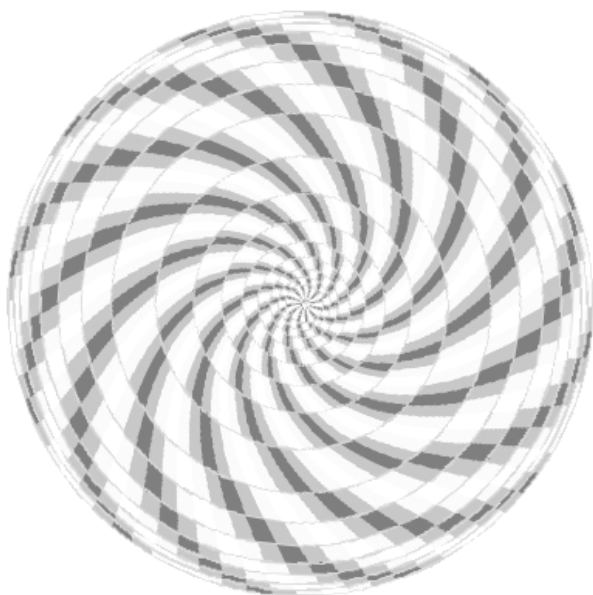
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 **by Patrick Wanis**

CAN YOU HYPNOTIZE ME?



When people meet me for the first time and discover I am a hypnotist, the first question they ask is, "Can you hypnotize me?" My immediate response is, "How do you know you are not already hypnotized?"

While that often elicits a laugh and sometimes a look of horror, the truth is, yes, I can hypnotize you, and I can teach you to hypnotize anyone.

In fact, the only people who cannot be hypnotized are those with serious mental retardation. As a hypnotherapist, I have hypnotized and helped many people, including a girl who lost her ability to speak and suffered brain injuries as a result of a serious car accident.

Now, the next questions on your mind are probably, "What can you make me do once I am hypnotized?" and "How far will a person go when he or she is hypnotized?" You'll find out later in this book.

What is hypnosis?

The word hypnosis comes from the Greek word “hypnos” which means to sleep. But hypnosis isn’t sleep; it just looks like sleep.

Hypnosis is an altered state of consciousness in which the mind is open to suggestion. In other words, when hypnotized, you are less inhibited. It’s a bit like being drunk, but your senses are actually heightened – and there’s no hangover involved!

Are you in a trance now?

We have all experienced various forms of trance. Have you ever been so focused on one thing that you block out everything else around you, even though you are somehow aware of what is going on?

A good example is driving a car and reaching your destination without remembering most of the journey, having lost track of time. Another example is making love: We become totally engrossed in what we are doing and block out everything else.

I remember one friend who went into trance after seeing the movie Rocky for the first time. He was so moved and energized by the movie, he ran all the way home – seven miles – without even saying goodbye!

Hypnotize anyone!

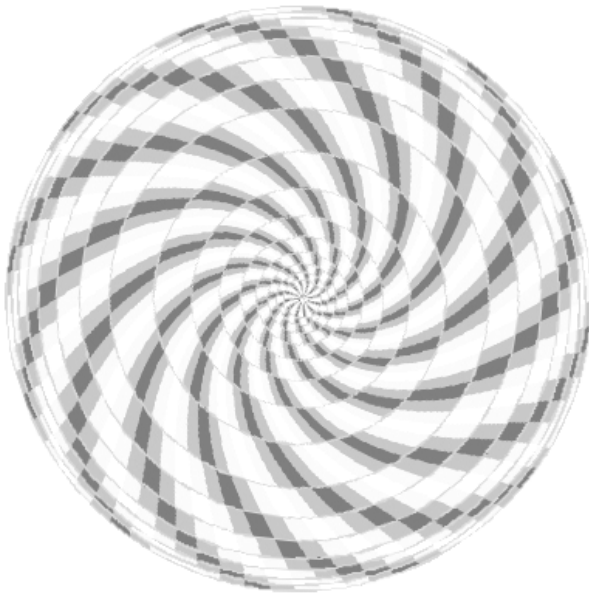
There are many types of hypnosis. Among the techniques you'll learn in this book is one that can bring about one of the deepest states, known as somnambulism (see “The Paternal Method” on page 67). That's the state of hypnosis you see on stage shows or television where the hypnotized person has his or her eyes open and performs suggestions from the hypnotist.

You'll also learn self-hypnosis techniques that can help you lose weight, stop smoking or explore past lives.

Whether you use it for entertainment, self-improvement or just for laughs, you'll learn everything you need to know about hypnosis right here!



MIND POWER



The mind is an incredible machine. Learning about how it works is the first step in learning how to use hypnosis.

The conscious and subconscious

There are two parts of the human mind – the conscious and subconscious. The conscious mind is your ability to evaluate and analyze, and your subconscious mind is the seat of your emotions.

You analyze things with your conscious mind, and how you feel about those same things is determined by your subconscious.

The subconscious mind directs your behavior, creativity, wisdom and intelligence. It regulates body-maintenance, breathing, blood circulation, digestion and tissue regeneration. The subconscious also controls your nervous system, your breathing, heart rate, digestion and blood circulation.

Mind over body

Have you ever heard the term “mind over body?” It literally means the ability to use

the mind to control the body. But is that possible? Can the mind make the body do things, amazing things, things beyond the ordinary?

There are documented stories of Tibetan monks who can make a frozen towel placed over their body catch fire just by using their mind, and voodoo witch doctors who can pierce their skin and bones with nails without bleeding or feeling any pain.

NASA has taught mind over body programs to its astronauts to slow down and speed up their heart rate, and to warm up and cool down their hands without moving them.

One technique I teach is pain control, in which clients with chronic pain can do a simple mental exercise that will dramatically lessen or remove their pain.

The raw onion

Probably the best example of mind over body power comes from my stage hypnosis show. I hypnotize a group of people and tell them, “You are now on a deserted planet.

Two weeks has passed and you have had nothing to drink. It is so hot and dry.

“You are hot and thirsty. In a moment, you will open your eyes, and you will be ten times thirstier than you already are, and you will come to me.

“In my hand will be a fresh, ripe, juicy peach. You will take three big bites from it. You will chew it slowly, and it will quench your thirst.

“When you have finished chewing and eating this wonderful fresh, ripe juicy peach, you will go back to your seat, close your eyes and fall asleep.”

Upon opening their eyes, it is quickly obvious that these hypnotized people are hot and thirsty. You see them loosen their collars, pant deeply, and call out for water.

They approach me and sometimes even push each other out of the way to get to the peach in my hand. They take three large bites and chew it slowly. The feeling of joy and satisfaction from eating that peach is all

over their faces. They then return happily to their seats and fall back asleep. Their thirst has obviously been quenched.

Now you ask, what is so special about that? I pass around to the audience what is left of that fresh, ripe, juicy “peach.” The audience laughs and at the same time is in total shock as they see that what these hypnotized people just ate was in fact not a fresh, ripe juicy peach, but a raw onion. Yes, a raw onion!

So what happened? How did these people eat a raw onion and not taste it? Why did they not spit it out or frown horribly at the awful taste? Why did not even one of them cry? And how were they able to chew it so slowly for so long and not even flinch but instead look as if they were actually enjoying it?

They were so deeply hypnotized that they did not see, smell or taste an onion. Their minds convinced their bodies that what they were eating was a peach. Even if someone is allergic to onions, they will not be affected,

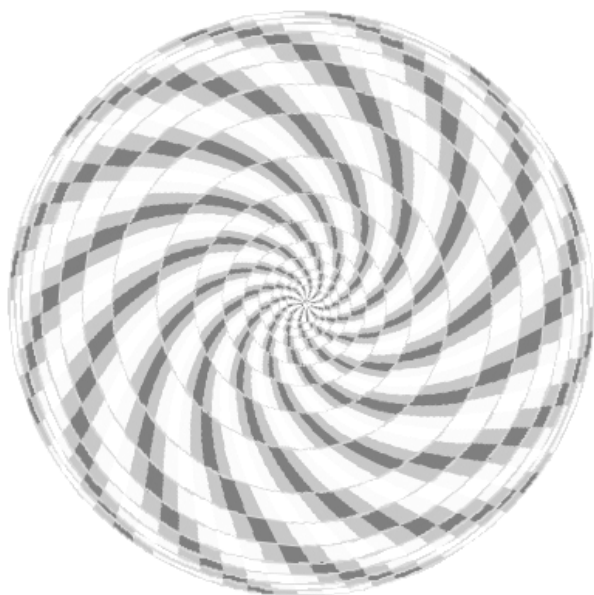
because the body does not recognize the onion – it believes it is a peach.

Here's the other truly amazing thing. Twenty to 30 minutes later, at the end of the show, when they come out of trance, I approach my hypnotic subjects and mention that their breath smells like onions.

Although they don't remember ever eating an onion, suddenly the foul taste takes over, and sometimes tears well up in their eyes. Now that's the power of the mind in action!



HOW THE MIND WORKS



So we know that there are two parts to the human mind – the conscious and subconscious. You evaluate and analyze things with your conscious mind, and how you feel about those same things is determined by the subconscious.

And despite all that we believe, we are in fact controlled entirely by our emotions. That means every decision we make is an emotional decision.

Even a so-called logical decision such as putting on sunblock to prevent skin cancer is emotionally based. Why? Because we are fearful of cancer, and therefore we try to avoid the pain of getting skin cancer by putting on sunblock.

This also explains why we eat food that we know is bad for us or continue to engage in self-destructive habits.

If you were asked to walk a thick, sturdy plank that was placed on two bricks, you would find that easy. Now what if that same plank was placed 15 feet in the air, could

you walk it easily? Probably not. Why not? Because fear would take over.

Imagination and thought

The fear comes from your imagination and the thought, “I might fall and hurt myself.” You immediately imagine falling, and the pain that follows. Logic may tell you, “There’s no wind, and the plank is thick and strong,” but still you are scared. Your emotions and imagination are much stronger than your logic.

The same applies to all of our habits and patterns of behavior. Take overeating, for example. You say to yourself, “Now I know that eating this tub of ice cream is bad for me, but it tastes great.”

You think about it a for a moment, and then you imagine the wonderful taste of your favorite flavor of ice cream melting in your mouth, cooling you down, and boom – you go ahead and eat the ice cream.

Our logic tells us one thing but our emotions determine what action we take. In other

words, we believe there is more pleasure from eating the ice cream than not eating it.

If, under hypnosis, you were convinced that eating ice cream and cake would hurt you more than it would give you pleasure, you would stop eating them. Now your emotions would work in your favor.

Another example is public speaking. Research shows that people's greatest fear is not death – it's public speaking.

Why are we more scared of speaking than dying? Because we imagine getting up in front of the audience and making a total idiot of ourselves. As human beings, one of our deepest fears is embarrassment & shame --rejection.

Because of these fearful imaginings, most of us won't even attempt to speak in public. For most of us, the fear stops us from even trying!

Willpower is not stronger than imagination or emotions. And our imagination and emotions come from thoughts we create.

Your inner voice

We say that only mad people talk to themselves, but the truth is that we all talk to ourselves all day long, without even knowing it. In fact, we have around 60,000 thoughts a day. What are we thinking? What are we telling ourselves, and where does this inner voice come from?

Self-talk is what we repeat to ourselves – our mental background music. Most of us are not even aware of our self-talk, yet it has a powerful influence on behavior, our stress, motivation and actions.

This inner voice is often referred to as the chatterbox, because it practically never ceases talking. This inner chatterbox is the voice inside your head that says, “I can’t do it... I’ll fail... I am a loser... I am fat...” or “You can’t afford it... You will never be rich... You’re stupid... You’re ugly...”

All those thoughts that make up the chatterbox are the result of everything you have ever been told and that you accepted as true. These thoughts and messages are the things you were told during your childhood

by your parents, family, peers and the media. They can also be the result of events that occurred in your life or your personal thoughts and fears.

You may find that many of the things your parents told you as a child are the very things you repeat to yourself all day long – often without even knowing it.

Some of these things you accepted as true because you experienced them as a child, and children learn by imitating. For example, if your parents worked hard to make their money, you probably believe that only hard work leads to money, yet others around you may seem to come into money easily.

Reprogramming the Inner Voice

One of the keys to happiness, peace of mind and getting what we want is being able to change the messages we continually repeat to ourselves all day long.

If you consistently and permanently change your self-talk and start saying, “I am thin

and attractive” instead of “I am fat and ugly,” your mind would direct you toward activity to make you thinner. Your imagination starts to create images and pictures of you as a thin person. You start to exercise or eat less, and you become thinner.

Hypnosis works the same way by changing permanently your thoughts, beliefs, self-talk and imagination – and thus, your reality.

A powerful tool

Today, the science of hypnosis is being used to treat and cure a variety of physical and mental conditions, including:

- Insomnia
- Addictions like smoking and overeating
- Obsessions and phobias
- Bed wetting
- Teeth grinding and nail biting
- Hypnosis can also improve:
- Sexual performance
- Sports performance
- Creativity
- Healing

- Learning
- School grades
- Phobias, panic attacks and anxiety
- Self-confidence and self-esteem

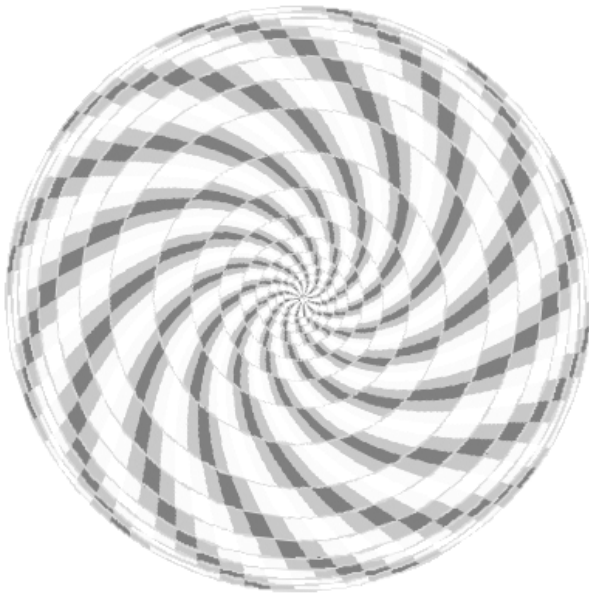
Many doctors and dentists use hypnosis in place of anesthesia, particularly for those who may be allergic to anesthetics.

Past life regression

One current popular use for hypnosis is past life regression. A person is deeply hypnotized and taken back in time to recall or relive a former life or lives in an attempt to learn more about him- or herself, heal past hurts and help change behavior in the present life.



STATES OF HYPNOSIS



This is the million-dollar question: How do you know when you are hypnotized? Experts have been arguing and debating for years about an accepted way to measure and define hypnosis.

The “Amazing Kreskin” a colleague and friend of mine, doesn’t believe in hypnosis. In fact, he once appeared on the television series “Missing: Reward” and offered \$100,000 to any hypnotist, psychologist or psychiatrist who could prove the existence of a "hypnotic trance" under controlled scientific conditions. To date, no one has collected on this challenge.

The hardest part wouldn’t be proving it as much as convincing Kreskin that hypnosis exists. The greatest irony of Kreskin’s challenge is that he continues to hypnotize people in stage shows but refers to it as only “suggestion.” I have even been hypnotized in one of his shows!

As yet, there is no single accepted test to determine the depth of trance. However, the Institute of Transpersonal Psychology has developed the Self-Report Depth Scale. It

begins at 0 (the waking state) and goes up to 50 ("extremely profound trance, so profound that your mind becomes naturally sluggish or slow.")

Altered states

Despite the controversy, hypnosis is definable and recognizable. The first way to recognize hypnosis is to define it properly.

Hypnosis is really an altered state of consciousness, a heightened state of both inner and outer awareness, a state halfway between waking and sleeping. It is a heightened state of suggestibility, a natural phenomenon that is associated with deep relaxation and an uncritical acceptance of suggestion.

There are many forms of trance, such as sitting in front of a computer thinking about a vacation or special event. Suddenly, you're being whisked away to that place, imagining and feeling as if you are actually there, enjoying the warmth of lying in the sun, listening to the roar and the crash of the waves, smelling the fresh sea air, watching

the bright blue skies...experiencing a wonderful sense of peace.

The truth is, we continually enter into trance every day as a result of daydreaming, fantasizing, reflecting, meditating, concentrating, contemplating, watching television or a movie, reading, sitting in front of a computer, working out, running, etc.

The experience of formally induced hypnosis resembles physical sleep (decreased activity, muscular relaxation, slowed breathing and slowed heart rate) but from a mental standpoint, you are more alert, with heightened awareness. Your senses become heightened in the same way a blind person has increased hearing ability.

Am I in a trance?

Being able to recognize whether you are hypnotized or not depends on two factors – who has hypnotized you and how deeply you are in trance.

In a stage show, you will not be able to consciously say to yourself, “I am

hypnotized” because you are usually in a deep trance, although you’re actually aware at a much deeper level that you are hypnotized.

Now say you are hypnotized at a clinic. You will be much more aware of your level of hypnosis. Apart from the physical relaxation mentioned earlier, you’ll be alert and able to hear noises, although you’ll temporarily lose sense of time and be able to recall vividly things that happened to you a long time ago. You’re also able to relive the emotion of that event.

For example, if I were to hypnotize you and tell you to go back to the age of five, to a happy day and time with your mother, you would be able to see her clearly and even be able to describe what she is wearing and the surroundings. You could see things that you thought you had forgotten, and you would be able to feel the deep joy of that moment with your mother.

On the other hand, if I told you to go back to a time when one of your parents was scolding you, possibly punishing you

physically, not only would you remember every detail, you would also feel the pain as if it were happening right now.

Upon coming out of the trance state, you would be shocked to learn that you had been under hypnosis for an hour, because it felt like only five minutes.

Levels of trance

There are many levels of hypnosis. There are no rigid boundaries from one level to another. Each level tends to blend into the next.

Unsusceptible: There is conflicting opinion about the belief that 5 percent of the general population is not susceptible to hypnosis, meaning they do not respond in any way to a particular induction method or hypnotist. This is usually due to a resistance or unwillingness to be hypnotized.

However, a person who does not respond to hypnosis today may very well be deeply hypnotized tomorrow by a different hypnotist.

Hypnoidal: It's believed about 95 percent of the general population can easily attain this primary level of hypnosis.

In this state, you will feel drowsy and completely relaxed. You will notice changes in your body temperature and pulse rate. Often you will have a warm feeling in your stomach that spreads throughout your body. These changes are due to physical and mental relaxation.

You may experience Rapid Eye Movement – the phenomenon associated with dreaming. Your eyes will begin to move rapidly, and this will be noticeable as a fluttering of the eyelids.

There will be a reddening of the eyes because of the relaxation of the muscles in them, which allows a greater flow of blood through the veins.

As the muscles around the tear ducts relax, there will be increased capacity for tears, and the eyes will roll up and back.

As the sense of relaxation deepens, your head will probably droop forward if you are seated upright. Your limbs will feel heavy, and then you will most likely experience complete mental relaxation.

Light: It's believed about 90 percent of the general population can easily attain this light level of hypnosis.

It's at this level of trance that the person is open to accepting suggestions and will experience eye or body catalepsy – in other words, when told he cannot open his eyelids or move his arm no matter how hard he tries, the subject will truly not be able to open his eyelids or move his arm. (It can be quite amusing watching a person on stage repeatedly struggling to do these tasks.)

In this state of hypnosis, your breathing becomes deeper and slower, and you have little desire to move, think or act. You are aware of what is happening, but you will usually be able to follow simple hypnotic suggestions in this light trance state.

There are feelings of heaviness throughout the entire body, and you begin to feel detachment – you will feel disconnected and separate from your surroundings and indifferent to what is happening around you.

As you go deeper, there is more body catalepsy, and light anesthesia – the body becomes lightly numb when that suggestion is made. You can also experience involuntary movement as the result of suggestion. For example, the hypnotist says, “Your arm is getting lighter and lighter,” and your arm automatically rises.

Medium/Deep: About 70 percent of the population can easily reach a medium level of trance, a state sufficient for clinical and medical hypnotherapy.

Your face will appear extremely relaxed, and your breathing rate will slow down at the same time. Your muscles become loose and limp.

At this level, glove anesthesia is possible: The hypnotist tells you, “Your right hand is completely numb, and you will pass that

feeling of numbness to other parts of your body simply by touching your body with your right hand.”

You will become extremely aware of your surroundings, as your sensory perception is heightened. With your eyes closed, you will be fully aware of people moving around you, no matter how quiet they might be.

Simultaneously you will have increased awareness of your internal body functions such as heartbeat and breathing. You will also have hyperamnesia – abnormally vivid and exact memories of long ago experiences and events.

At this level, you are aware that you are in a trance. You are able to control pain, and you can reach full muscle rigidity or catalepsy.

Somnambulistic: This is the state that is used for stage hypnosis and is also known as waking hypnosis because the person is able to open his or her eyes, walk, talk and follow instructions and suggestions without

affecting the trance. Only 5 to 20 percent of the population can easily reach this state.

Once complete somnambulism has been reached, a person will perform those bizarre suggestions that you see in a stage hypnosis show, and will have no recollection. This is known as posthypnotic amnesia.

When the eyes are open, there will be a fixed stare, the pupils will be dilated, and there may even be uncontrolled movements of the eyeballs. In this state, all the senses are extremely sharpened and heightened, and all sorts of hallucinations are possible.

For example, the hypnotist can tell you, “The room is completely empty,” and despite the fact that it is full of people and furniture, you will open your eyes and see it totally empty. This is known as negative visual hallucination – the inability to see things that are there.

The same applies to sounds. The hypnotist can tell you, “The room is empty and totally quiet,” and yet when you open your eyes, a room full of people can be jumping up and

down, screaming and shouting, but you will not be able to see or hear anything.

On the other end of the scale, you will be able to experience positive visual and auditory hallucinations. That means the hypnotist can tell you that “the room is now full of large, grotesque evil aliens that are screaming for mercy.” When you open your eyes, you don’t see the room full of people and furniture. All you can see and hear are the aliens screaming for help.

In this state, memory is dramatically improved. If you were told to go back in time to age two, you would be able to vividly see the people in your life at that time – and you might begin to speak and act as if you were two years old.

Also, at this level of hypnosis, you would be able to control your organic body functions such as heartbeat, blood pressure, digestion, blood flow, etc.

I have told petite, light-framed girls to make themselves “rigid and as tough as a plank made of iron.” I then placed them

suspended between two chairs and proceeded to stand on top of each young woman, without hurting them in any way.

The deepest states

Only 5 percent of the population can reach the very deepest levels of hypnosis. This is often experienced as a state of euphoria, a state so pleasurable that the hypnotized person does not want to be disturbed in any way.

It is nearly impossible to describe the feeling of pleasure of this trance state. It is a state of ecstasy greater than any chemical drug can offer. If guided by the right hypnotist, it is much safer than drugs.

In this state, you will not accept suggestions of any kind no matter how pleasing or reasonable. It can be difficult to bring you out of trance – you simply will not want to leave this rapturous feeling of pure pleasure.

Sometimes this state resembles a coma – the body is soft and weak and the subject will not respond to any physical suggestions. Or

the subject enters a state resembling catatonia and can remain in one position for long periods of time.

Once this deep level has been reached, the subject loses track of time completely and cannot consciously remember what has been said or done. In this state, it is believed that it's possible to clearly recall past lives and to communicate with the dead. It is at this level that a hypnotized person can reportedly perform phenomenal acts of strength, telepathy, clairvoyance, and even move and bend objects without touching them.

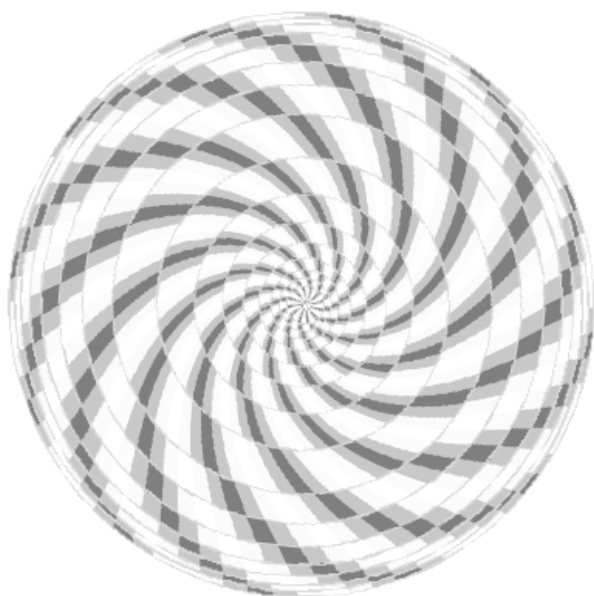
Remember too, the deeper the trance, the more susceptible a person is to accept and follow suggestions.

In the deep somnambulistic trance state, most people don't recall what they did while hypnotized. This is because the conscious mind becomes so passive.

The lighter the trance state, the more active the conscious mind, and the greater the recall of events following hypnosis.



HYPNO- POWER



Since the dawn of time, man has strived to tap into the power of the human mind to heal the sick, destroy evil, move objects, tell the future, read minds and control people. And of course, many men and many women have dreamt of being able to attract and mesmerize a partner.

How many people would love to be able to hypnotize others and have them fulfill their every wish? It was novelist George Du Maurier who made popular the notion of a powerful Svengali controlling his Trilby. Well, it doesn't exactly work that way!

Truth serum

Some medical practitioners use certain drugs, such as sodium pentothal, to create the hypnotic state known as hypnoarcosis. In the wrong hands, these drugs can be dangerous.

Sodium pentothal is also known as a truth serum. It is a yellow crystal that can be dissolved in water or alcohol and administered orally or intravenously.

Sodium pentothal is used as a sedative and as an anesthetic during surgery. It depresses the central nervous system, slows the heart rate and lowers the blood pressure. It works extremely quickly. Patients on whom the drug is used as an anesthetic usually are unconscious less than a minute after it enters their veins.

In milder doses, the drug becomes what some call a truth serum. The recipients of the drug become less inhibited and very talkative.

However, sodium pentothal on its own will not make a person tell the truth against his will. The recipient will lose his inhibition, and therefore might be more likely to tell the truth.

This is a dangerous drug and should only be used under the care of a physician.

Can I control people?

The answer is no. Without the use of drugs, a person under hypnosis will not do anything against his or her will. That

statement is hard to believe when one sees a stage hypnosis show where hypnotized people bark like dogs, cluck like chickens and do other embarrassing things – even take off their clothes.

The answer is that these people know what they are doing, even though they may not consciously remember at the end of the show. They perform these suggestions of their own free will. In my stage shows, I've had people refuse to perform certain suggestions or simply awake from trance when given a suggestion that was against their will.

In one show, I suggested to the hypnotized group that each of them was “the world's sexiest person, and whenever you hear the music, you will get up and strut your stuff.” One woman just wouldn't move. No matter how many times the music was played, she refused to move from her chair. And yet she had acted on every other suggestion.

Why didn't she get up and dance if she was truly hypnotized? The woman was overweight, lacked self-confidence and self-

esteem, and therefore simply refused to believe that she was sexy.

On the other hand, there was a woman who was not convinced that her husband was hypnotized until she saw him do something she said he would never normally do.

I told him, “You are very hot, dirty and smelly. Weeks have passed, and you have not had a shower. Wow, you really smell. You will open your eyes, take the soap, wash your face, and then pour the bucket of water over your head.” (Now remember, this was a live show in front of a thousand people, and this was a very well-dressed man.)

So what did he do? He opened his eyes, carefully washed his face, and then tipped the bucket of water over his head. His wife was shocked. She knew he was hypnotized because he was a hairdresser who never let anyone touch his hair, not even his wife. He never went out with one hair out of place. Well, that was the case up until this show, anyway.

Generally speaking, hypnosis will release inhibitions and bring out more of the person's deeper characteristics and personality. That means – depending on what is the suggestion given to the hypnotized person – a funny person will become funnier, and an angry person will become angrier.

Hypnosis for lasting change

In hypnosis, it's important to realize that the person hypnotized will only perform suggestions while he or she is hypnotized, and then for about two minutes after they come out of trance. Permanent behavioral change only comes from hypnotherapy. In other words, you cannot command a hypnotized person to do something after they come out of hypnosis.

For a suggestion to work after the person has come out of trance, an entirely different process must be used

In hypnotherapy, the subject is given new understanding that leads to permanent change. For example, hypnotizing someone

to lose weight and commanding him or her to exercise and quit eating junk and fatty foods will most likely be totally ineffective. The key is to help the hypnotized person understand at a deep level why it is better for him or her to change that behavior and how he or she will gain so much more pleasure from the new habit.

Hypnosis for love

Now, for those who want to know if they can use hypnosis to attract a lover – yes, you can. But hypnosis is actually more effective once you are already in a relationship.

Hypnosis can be used to improve your love life by helping you both to release inhibitions, and improve all aspects of romance.

But remember – for any of this to work, the gal or guy must be willing to be hypnotized. You should both discuss prior to the hypnotic induction what you plan to do once your partner is hypnotized.

Post-hypnotic cues

In an episode of the TV show *The Fresh Prince of Bel Air* titled “Save The Last Trance For Me,” Will Smith and his cousin Carlton come home from a stage hypnosis show. Will has been given a hypnotic suggestion that whenever he hears a bell ring, he will act like a four-year-old child.

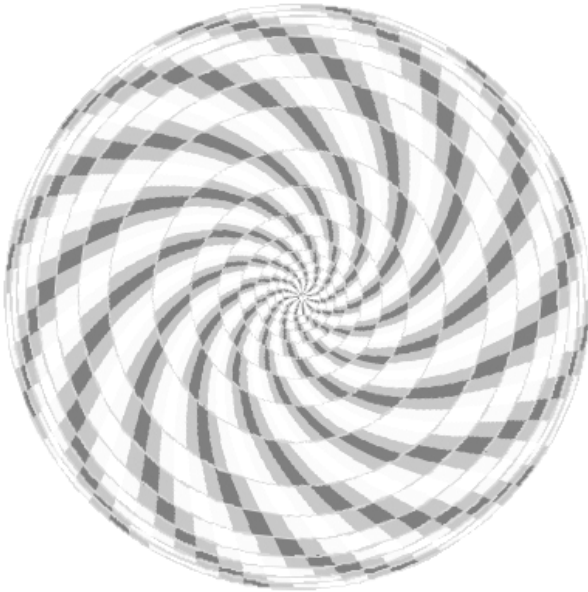
Is this truly possible? Yes it is, but not as a result of one single hypnosis stage show. With repeated hypnotic sessions, it is possible for a person to accept what is known as a post hypnotic cue.

For example, a person can be given a cue that whenever he or she smokes (or even sees) a cigarette, he or she will have a horrible taste in the mouth.

Another example is something that I use in therapy to help people handle stress. I will have a person accept a hypnotic suggestion that whenever he or she feels stressed, he or she will bring together his thumb and forefinger together and will feel an instant sensation of deep calm and relaxation all over.



METHODS OF INDUCTION



There are countless ways to deeply hypnotize a person into an “altered state” halfway between waking and sleeping. You can use music, chanting, lights, a swinging watch, the hypnotic circle, dancing or touch. You can even hypnotize someone over the telephone.

Basically, the hypnotic state can be attained through any technique that directs the subject’s attention in an absorbing manner – completely focused on one thing, either inwardly on a subjective experience or outwardly on an external stimulus.

How hypnotizable are you?

Here is one quick way to determine the hypnotic capacity of an individual. It is known as the “eye roll test.”

You will need the help of a friend. Sitting comfortably, take in a slow, deep breath and exhale slowly through your mouth. Now look up without moving your head. Look up as if you are trying to look at your eyebrows.

Ask your friend to take careful note of how high your pupils go.

Now slowly close your eyelids, still looking up. Ask your friend to take note how much of your pupil is showing as your eyelids come halfway down. The less of your pupil that is visible and the further that you can roll your eyes upward and backward, the more susceptible you are to being hypnotized. That means if your pupil is rolled all the way up and back, you can easily be deeply hypnotized.

If your pupil doesn't go very high, relax – with enough practice and repetition, you can still learn to be deeply hypnotized.

Hypnotic techniques and secrets

It is believed and has been argued for years that essentially all hypnosis is self-hypnosis and that a person can only be hypnotized with his or her cooperation. In other words, most experts will tell you, you can only be hypnotized if you agree to be hypnotized. It will only work if you let it work.

That is false. It is possible for you to be hypnotized without your cooperation, and essentially against your will, if you are not consciously aware that you are being hypnotized.

I believe a person can hypnotize you against your expressed will, but not against your deeper will. And yes, being hypnotized against your will is possible without the use of any drugs.

Three keys to successful hypnosis

There are three key elements to a successful hypnotic experience:

- The willingness of the person
- The quality of the verbal suggestion
- The expectancy of the person that he or she will be hypnotized

Hypnosis occurs through a willingness to be hypnotized, a vivid imagination, expectancy and focused attention to what is being said by the hypnotist. By telling a person what he or she can expect to feel under hypnosis, the hypnotist is helping to create that state.

Usually the suggestion is that you will feel tired, and you will obey the hypnotist and respond to his or her suggestions. These suggestions include, “Think of sleep...Your eyes are getting tired...You are getting sleepy...Close your eyes,” etc.

However, it is also possible to hypnotize someone without his or her conscious consent and by using purely physical means (see “The Paternal Method” on page 67.)

Hypnosis in 30 seconds

Before looking at some of the techniques for inducing hypnosis, it’s intriguing to know that the pros can induce hypnosis in less than a minute.

A famous hypnotherapist, Dr. Milton Erickson, could do just that. His technique is known as the “Erickson Handshake.” What seemed to the onlooker, as just a casual handshake was actually a well-crafted gesture that would create confusion and put someone into a trance practically instantaneously. Of course, the key wasn’t just the technique – it was the craftsman

who knew how to use it that made it work so successfully.

A stage hypnotist is able to achieve the same results. He or she walks through the audience looking for a person who appears to be susceptible to hypnosis, reaches out, grabs the person's hand and jerks it forcefully, causing the person's head to drop to his or her lap, and at that exact moment, the hypnotist commands the subject, "Go to sleep." And he or she does.

I am not suggesting you try any of these techniques without the proper professional training, otherwise you'll just break someone's arm!

Sleeping hypnosis

It is possible to hypnotize someone who is sleeping. The hypnotist lies next to the sleeping person and begins to imitate or match his or her breathing pattern for a few minutes. The hypnotist then lays a hand on the person's forehead and, using the other hand, gently and lightly strokes the body. At the same time, the hypnotist, in a warm and

soothing voice, tells the person to continue sleeping and then begins to make suggestions that the person is going deeper and deeper into trance.

If you are patient while practicing this technique, you can have amazing results in getting the hypnotized person to tell you things he or she may not normally tell you in a waking state.

Look into my eyes

For a long time many believed that the power of the hypnotist lay in the eyes, which explains why mesmerizing has been a popular method over the ages.

The mesmerist would look steadily into the person's eyes, constantly with purpose and power, until he or she was deeply hypnotized.

This method does work – sometimes. The only problem is how long it takes to work – often hours – and sometimes it's actually the mesmerist who gets hypnotized!

Multiple hypnotists

This technique requires the person being hypnotized to lie down while two or three people stand over him or her. The hypnotists then move their hands over the person's body, without touching, from the head to the abdomen, breathing upon the head and eyes all the time.

Noise, bright lights

The state of hypnosis can be created via intense and unexpected noise, looking fixedly at an object or a brilliant light, followed by pressure upon the scalp.

Hypnosis and magnetism

This technique is seen as the forerunner to modern hypnosis and is still practiced in France today. Combining music and touch, the hypnotist “magnetizes” objects by holding them between his hands and “willing” power into them. He or she then touches the person with that object, resulting in fits and convulsions, and often healing illnesses.

Hypnosis by command

Hypnotists in the rural parts of India have a most practical outlook: “Why waste time?” The hypnotist closes the person’s eyes, makes him or her sit in complete quiet, and then after a few moments, loudly commands the subject to “Sleep!” Weird? Yes, but it works.

Mass hypnosis

There are various methods of attaining mass hypnosis. Some people argue that musical concerts and religious ceremonies are examples of mass hypnosis and hysteria.

The most intriguing cases come from Africa where tribal shamans perform mass hypnosis and mass delusions. There, a shaman can cut off his tongue without bleeding, and then reattach it as large crowds look on. The truth is, the hypnotist has put the whole crowd in a trance – and they all see the same thing.

Psychic powers?

Many believe you can hypnotize another person simply through willpower and telepathy. Many believe the energy of the

hypnotist will affect the person being hypnotized.

A famous 19th century physician named Eisdale was among the first to perform surgery through hypnosis, without the use of anesthesia. He claimed he could hypnotize a blind person without his knowledge.

He believed he could “place his attention” (his mental power of focus) upon the person for about ten minutes, until he would finally stop whatever he was doing, drop his head and fall into a trance. Eisdale believed that we all possess this ability and power.

Another variation of this technique is the combination of willpower and use of the hand. Again, focusing all of the energy and attention, the hypnotist places his or her hand in front of the person’s face for a few minutes until that person is hypnotized.

Further variations of the Eisdale technique include “laying of hands” upon a person and making suggestions.

Tapping

For those who don't like talking or using high-tech methods, there is another way – a very “hands-on” method, so to speak.

The people of the Tonga Islands used massage and “tapping” to hypnotize. Two women would use both their fists to rhythmically drum upon the torso and legs of a person until he or she entered trance. And the hypnotist/masseuses didn't give up easily, either. They would gladly pound away all night, adjusting the speed and strength of their tapping.

The Bulldog Method

This is a physical method of hypnotizing someone in an instant against his or her will. It is rarely used anymore, but it's worth mentioning.

Hypnotists who used this technique would bring up to the center of the stage a person who challenged them. The hypnotist would turn his back to the audience, standing in front of the person who was now seated. The audience could not directly see what the hypnotist was doing. The hypnotist would

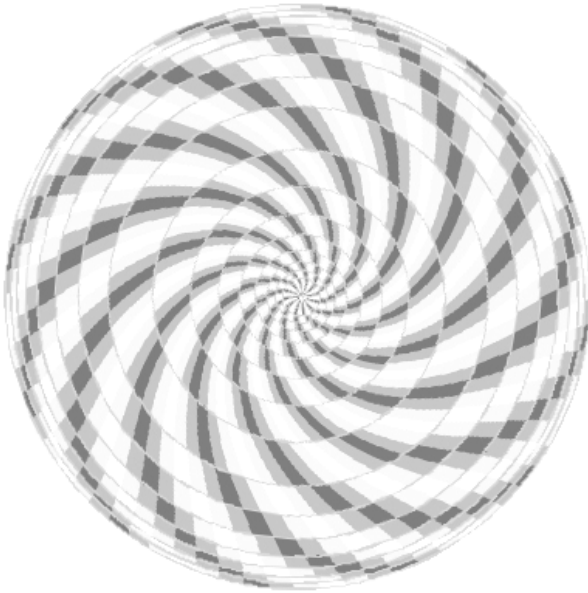
then proceed to give simple suggestions of sleep, asking the subject to close his or her eyes and relax. By doing this, the audiences believed the hypnotist was following the normal method of hypnosis.

However, what the audience couldn't see was the hypnotist leaning forward and secretly using a physical technique to render the person unconscious and hypnotized. The hypnotist would then give further verbal suggestions of sleep and hypnosis, and in a flash, he would turn to the audience and the person on the stage was slumped over, apparently hypnotized.

This method is extremely dangerous, and in order to prevent harm to anyone, I choose not to reveal how to do it.



STEP-BY-STEP TECHNIQUES



Are you ready to learn how to do it? Following are two easy methods to put your subject into a state of deep hypnosis.

The Maternal Method

This technique is known as the “Maternal Method” because it is gentle and nurturing. In contrast to the Paternal Method, which is authoritarian, the Maternal Method uses physical relaxation and visualization to create the hypnotic state. When using the script that follows, you need to speak in a soft, warm, sincere, gentle voice. Gaining the subject’s confidence and trust is essential.

Begin by seating yourself at the side of the person being hypnotized, facing him or her. You may use some light, soft, soothing instrumental music in the background. Lighting in the room is best if it is soft and dim.

Here is a sample script:

“Now I want you to just relax as you sit comfortably in the chair, and sit upright,

using the chair to give your back support. Now place both feet flat on the floor, arms resting comfortably in your lap, or on the armrests of the chair. (When you notice he or she has done this, say) Good.

“Now I want you to look up as high as you can. Just using your eyes, without moving your head. (When you notice he or she has done this, say) Good.

“That’s right. Look straight up, as if there is a third eye on your forehead. Good. Now begin by taking a nice slow, long deep breath, in through your nose, and out slowly through your mouth. Good. Keep looking up. Good.

“Now take in another slow, long, deep breath, filling your lungs all the way up, holding that breath for a moment, and then just letting go. Good. And this time as you take in another slow, long deep breath, filling your lungs all the way up, and as you hold that breath, I wonder if you can notice that feeling in the muscles around your eyes? Now letting go of the breath. Good.

“And this time as you take in another slow, long deep breath, filling your lungs all the way up, and as you hold that breath, in a moment when you do let go, you can also allow your eyelids to close...now. Good.

“Now truly allow your eyes and eyelids to relax, to fully relax, and to relax to the point where they just won’t work. And when you are sure they won’t work, you can test them. Test them hard. Good.

“Now allow your eyes to relax even more. Good. Now take that wonderful feeling in the muscles around your eyes, and let it spread all the way down your body, right down to the tips of your toes, really relaxing you. Good.

“And in a moment, I am going to ask you to open your eyes and close your eyes, and when you close your eyes, you will become ten times more deeply relaxed than you already are. Now, open your eyes. Just relax, ten times deeper as you close your eyes...now. Good.

“Let that feeling move all the way down your body, right down to the tips of your toes. And in a moment, I am going to ask you to open your eyes and close your eyes, and when you close your eyes, you will become ten times more deeply relaxed than you already are. Now opening your eyes. Really relax, just letting go, as you close your eyes...now. Good.

“And as you continue sitting there listening to the sound of my voice, I wonder if you can notice the weight of your feet on the floor, and I wonder if you can notice the warmth of your hands? I wonder if you can even hear your heart beat?

“And as you continue sitting there, listening to the sound of my voice, becoming aware of the weight of your feet and the warmth of your hands, and maybe even your heartbeat, there is a growing sense of comfort and contentment. Good.

“And this wonderful feeling takes you back in time, to a wonderfully good time, a special time. And I wonder if you can feel it now, if you can see it all happening now? Can you hear all those sounds around you? Maybe you can even smell it? And I want you now to just enjoy this special time. Continue enjoying your special time...

Pause and see how the person is reacting; there should be obvious signs on the person's face that he or she is reliving a wonderful experience. Allow time for him or her to enjoy this moment, as it will help the hypnotic state.

“Good. Now in a moment I am going to ask you to allow your hand and arm to rise. And I don't know which hand and arm will rise, but as that hand and arm do rise, with each slow movement going up and up, you will become more and more deeply relaxed. Now you may allow your arm and hand to rise slowly, going up slowly, going up and up but going deeper and deeper, saying to yourself, ‘As my hand and arm go up and up, I am becoming more and more

deeply...relaxed. (*Pause and allow the person's hand to slowly rise.*) Good. Going deeper and deeper. (*Pause again, and when the hand has risen to near full extension, say*) Good.

“And now, as you hold that hand and arm there, it just helps you to go even deeper and deeper. And in a moment I am going to count down from three to one. And when I say the number one, and when I snap my fingers, you will just let go, and as your hand and arm come down, and when they finally come to rest, you will just drift down. Just as fast as you want to go, even deeper and deeper. Three. Relaxing so wonderfully. Two. That sensation is increasing. And one. Just letting go, now. (*Snap your fingers.*) Good.

“Now somewhere for you exists a special place, a safe place. A place where you can feel safe, secure, in comfort and at ease. I want you to become aware of that safe place. And as you become aware of that safe place now, I want you to understand that at any time you need to

or any time I ask you to, you will go straight to that safe place. Good.“

This “safe place” is a safety valve, in case something happens and the person has an intense emotional reaction, and needs to be calmed down. All you need to do is to use a firm voice as you say:

“I want you to go your safe place, now. Do it now. Go to your safe place. Good. Now sleep.

“Good. Now in a moment I am going to count down from three to one, and with each number I count, it will send you deeper and deeper into relaxation. And when I finally say one, and snap my fingers, you will be ten times more deeply relaxed. Three. Feeling so good, so deeply relaxed. Two. Becoming even more and more relaxed. And one. (*Snap your fingers.*) So wonderfully, deeply relaxed.

At this point it is wise to test the trance:

“In a moment, I am going to count up from one to five. When I say the number

three, you will try to open your eyelids and you will find you just can't open them. No matter how hard you try, they will not open. When I say the number five, you will be able to open your eyes easily. You will smile, and then just close your eyes, and fall back deeply asleep. One. Two. Three. (*Pause a moment.*) Four. And five.

“And in a moment, I am going to count up from one to three, and you are going to open your eyes, and you will be laughing and laughing. It is the funniest thing you have ever seen or experienced. One. Already you feel the laughter building. Two. It is so funny, so very funny, and three. Open your eyes...”

I always recommend audio or videotaping the session. That way, if the person doesn't remember what he or she did while under hypnosis, you can play it back for everyone's enjoyment. It often helps the person to relax and let go because he or she feels safer with the tape than without it.

The Paternal Method

The Paternal Method is authoritarian, domineering and powerful. There are many variations of the Paternal Method, and it is the method of choice for most stage hypnotists because it is fast and gives the impression that the hypnotist has some magical power.

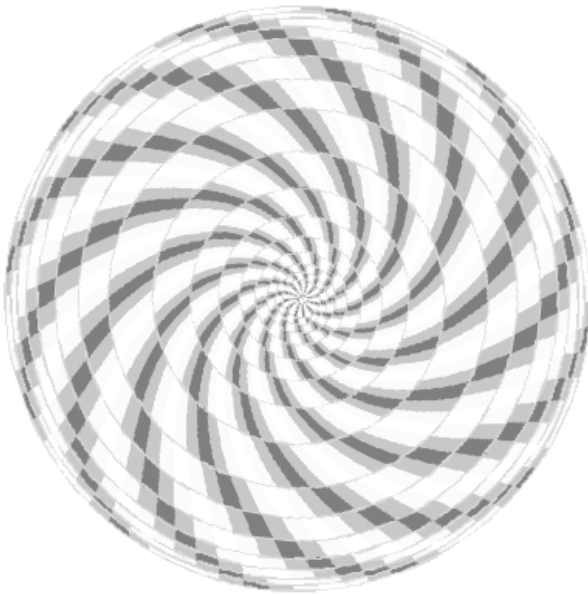
Clinical Hypnotherapists almost never use it, preferring to work with the Maternal Method because the latter greatly incorporates cooperation on the part of the person to be hypnotized. However, I have used the Paternal Method with young clients who show signs of being nervous because it works quickly.

The best and fastest of the Paternal Methods is the hand-locking technique. The hypnotist tells the volunteer that his or her hands are becoming tighter and tighter until they are stuck together. From there, the hypnotist proceeds with more suggestions in rapid succession, placing the volunteer in deep hypnosis.

The suggestions have to be made very quickly with a voice of power and dominance. With enough practice and expertise, you can use this technique to hypnotize someone deeply in less than five minutes.



STAGE HYPNOSIS



It is, of course, stage hypnosis that intrigues people the most. The public's opinion and concepts of what hypnosis is and can do has been largely formed as a result of watching hypnotists perform on television, comedy clubs, cruise ships, hotels and corporate conventions.

Regardless of one's opinion of hypnosis as pure entertainment, there can be no arguing that stage hypnosis is fascinating and at times bewildering.

There is no official record of when the first stage hypnosis show was ever held, but for as long as hypnosis has been around, it has always been performed with flair, drama, mystery and intrigue.

It is believed that the stage hypnotist is the most highly skilled of all hypnotists because he or she can hypnotize a mass of people very quickly.

Some say the secret lies in selecting only those who are highly suggestible and can go quickly into the deeper stages of hypnosis.

But as a stage hypnotist, I can tell you there is more involved than just that.

About 15 percent of the general population has the hypnotic capacity for stage hypnosis – the state of somnambulism – while about 65 percent of the population experiences only a medium trance. But that still doesn't explain how masses of people quickly go under so quickly in a stage show.

The key is expectation and motivation. The participants expect to be hypnotized and want to be hypnotized. Some will go into trance simply because they believe the hypnotist has a special power. But you don't have to believe in it for it to work. Being open and willing is more important than belief. It's fun!

The fun begins

The most entertaining aspect of stage hypnosis is its unpredictability. Every show is different because every participant is different.

I have hypnotized people all over the world and have never found two people even close

to being the same in their responses to the given suggestions.

African Pygmies proved to be the most intriguing because their responses were so highly charged and emotional. Their expressions of excitement, joy, laughter and fear are always over the top.

Of course, age also makes a difference in the response. I recall a 10-year-old girl participating in a private hypnosis show in Dallas. She was probably the easiest and the fastest of the group to hypnotize. The funniest thing, though, was whenever I asked her to “sleep,” she would lie down and curl up like a little baby. After all, I did say, “Sleep,” and that’s how a small child sleeps!

The truth comes out

It’s always amusing asking the hypnotized group what they remember of the hypnotic experience once they come out of trance.

Of course, most don’t remember very much at all. Those people who are naturally

extroverted with very little fear tend to remember more of what they did on stage.

The most important aspect of the show to me, beyond just the audience's entertainment, is the hypnotized group's safety and well-being. I ensure that when they come out of trance, they will feel better than before they came up on stage. Therefore, before bringing subjects out of trance, I give them all positive suggestions that empower them, and they wake up feeling energized, happy and good about themselves. After all, they are the stars of the show!

But the will is strong

I would like to share an intriguing example from one of my very first stage shows, which took place in Cozumel. I told one well-built guy that he had become very strong and could easily beat me in an arm wrestling match, but anytime he tried to arm-wrestle anyone else, both his arms would become very weak. I then arm-wrestled him and yes, he easily beat me. I then called for a volunteer from the audience to arm wrestle

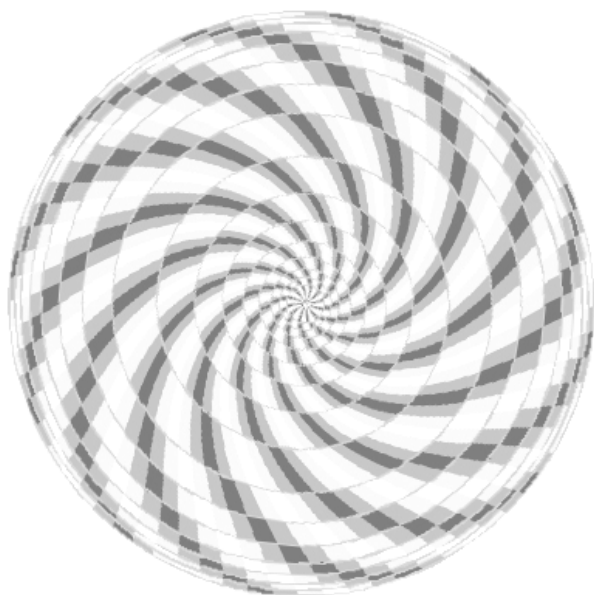
him. Up came a petite young girl. First, I arm-wrestled the girl and won easily. Obviously this muscular guy would easily be able to beat her, since I beat her, and he had beaten me.

The arm-wrestling match between this guy and the girl began. Wow. This guy was sweating. He was straining so hard as he tried and tried to muster up every bit of strength he had to beat this girl. The strain and desire to win was all over his face. He was determined to win – And in the end he did. Wow. I was so annoyed. I thought to myself, “This guy was just acting hypnotized, and I didn’t even know it.”

The truth is, I was wrong. The guy’s girlfriend came up to the stage, and the entire audience was shocked as she explained that her boyfriend just couldn’t lose. “He never lets himself lose at anything,” she said.

That’s how I learned for myself that a hypnotized person will never do anything against his or her deepest will.

HYPNOTIZING YOURSELF



Aside from the exceptions mentioned earlier, essentially all hypnosis is self-hypnosis because it is you who produces the trance state by using relaxation, concentration and imagination.

However, to achieve deep states of self-hypnosis, you will need an initial guide and training. After that, you can do it on your own, and with sufficient practice you will be able to quickly and easily put yourself in deep hypnosis whenever you choose to do so.

People with serious psychiatric conditions should never attempt self-hypnosis. Self-hypnosis is not the same as, nor a substitute for, professional hypnotherapy.

To uncover and release deep hidden traumas or issues requires the guidance of a licensed professional. Permanent behavioral changes occur only as a result of new understanding at a deep emotional level. Nonetheless, using self-hypnosis, you can tap into hidden sources of power, creativity, intelligence and ability beyond your wildest imagination. You can rewrite your own

history. You can change the way you feel about the things that have happened in your life. You can change the negative, limiting programming of your present mind and reprogram yourself for success.

There are primarily three ways to achieve self-hypnosis:

- Use a professional hypnosis audiotape
- Record your own voice as a hypnosis Audiotape
- Guide yourself via concentration and imagination

If you decide to record your own voice and play it back, you can use the script for the Maternal Method (see page 57) to induce the hypnotic state. Many people who try this the first time claim that they don't like the sound of their own voice. There are many professional hypnosis audiotapes on the market – you may want to use one of those instead.

The keys to successful self-hypnosis are:

- Regularly scheduled sessions

- Relaxing mentally and physically
- Deepening the trance
- Inserting suggestions
- Coming out

Relax your body

Begin by setting aside 30 to 40 minutes for yourself. Schedule it as a regular appointment, so that you will actually do it. This routine is as important as an exercise routine – you have to be committed.

Now find yourself a quiet place or room where you will be alone, at peace and at ease. Make sure no one will interrupt you. Unplug the phone. Turn off the cell phone and pager.

You may sit up or lie down. If you choose to lie down, however, you will probably fall asleep if you are tired.

Now begin to look up until your eyes become tired. Take a long, slow, deep breath, in through your nose and out of your mouth. Fix your eyes on a light or spot on

the ceiling, and when they become tired, just close your eyes.

Now imagine a liquid light beginning on the top of your head and slowly working its way down your body. As it passes over each area of your body, allow it to relax you, and slow your breath down. Imagine the light moving slowly down your body – from the top of your head, down to your forehead, eyes, cheeks, nose, lips, chin, throat, back of your head, back of neck, shoulders, upper back, middle back, lower back, arms, forearms, hands, fingers, chest, stomach, hips, thighs, legs, knees, calves, ankles, feet and the tips of your toes.

Relax your mind

Now tell yourself how relaxed you are. Become aware of the sense of relaxation quieting your mind and body.

Now allow your imagination to run free. Imagine that it's a beautiful day. Choose one of the following: a walk down a mountain, a walk along a beach or a stroll in your favorite park or reserve. You can even

combine all three, starting with the mountain.

Now imagine that you are slowly walking down the mountain, and with each step as you take going down the mountain, you are becoming more and more deeply relaxed. Become aware of the ground, the trees, the sky, the air, the sounds and the fragrances. When you reach the bottom of the mountain, it leads to the beach, and as you casually walk along the beach, you notice the sky is your favorite color.

You notice the warmth of the sand beneath your feet, the sound of the waves, the smell of the sea breeze and the moisture in the air. You walk up to a hammock stretched between two trees, and you gently lie in it. The hammock gently sways back and forth, back and forth, and each time that hammock sways, you're becoming more and more deeply relaxed.

Give yourself a suggestion

At this point you are in a state of deep relaxation. Now your mind is open to

receiving and accepting suggestions. If you are going to give yourself verbal suggestions keep them in the present and positive. For example, “I am thin. I am happy. I am confident.”

If you find resistance to accepting these suggestions, simply visualize what you want. Imagine standing in front of a mirror, looking the way you want to look, feeling the way you want to feel, hearing the compliments of those around you.

If you want money or material possessions in your life, imagine yourself with them. Enjoy the feeling of being wealthy. In other words, create a movie in which you are the star.

You will know your self-hypnosis is working when you feel as if your visualizations are real. And the more you practice, the more you’ll have of what you want – whether it’s peace, serenity, health or financial success.

If you follow this technique and you still find internal resistance, seek out the help of a professional, because you have other issues

that are convincing you internally that you don't deserve to have what you want.

Coming out of trance

Now you are ready to come out of trance. Say to yourself:

“In a moment, I am going to count from one to seven, and I am going to come out of my trance. When I say the number seven, and when I open my eyes, I will feel absolutely wonderful, empowered by this wonderful experience. I will feel better than I felt all day, better than I felt all week, better than I felt in a long, long time. I am ready for another happy day.”

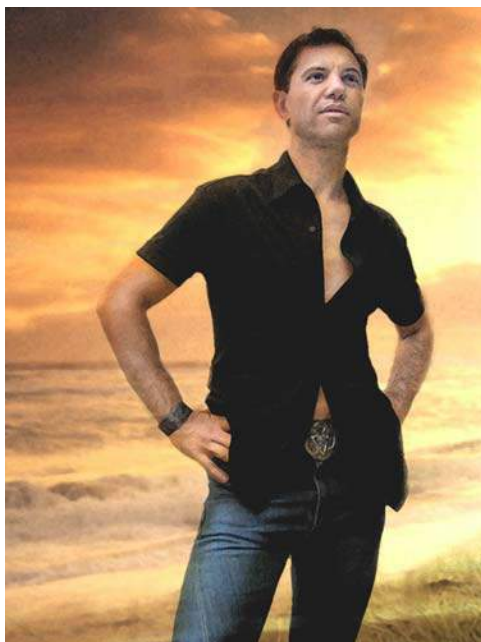
Now count up very slowly, and breathe slow, long and deep. When you finally open your eyes, just lie or sit there for a moment before you continue with your day.

In the 2002 motion picture Spiderman, Peter Parker's uncle tells him that “with great power comes great responsibility.” Hypnosis is a powerful tool because it taps into the limitless powers of the human mind.

You can use it for fun and entertainment or to make permanent positive changes in your life. Remember – whatever your mind believes becomes real.



ABOUT THE AUTHOR



Originally from Australia, Patrick Wanis is a Celebrity Life-Coach and Human Behavior and Relationship expert. He is an international speaker, Clinical Hypnotherapist, and Neuro-Linguistic Programming practitioner with degrees in communication, human behavior and journalism. He appears regularly on television and radio and teaches around the world. Wanis coaches and works with various celebrities including Hulk Hogan & family. More than four million people have read Wanis' books in English and Spanish: [Click here.](#)

Visit him at www.patrickwanis.com