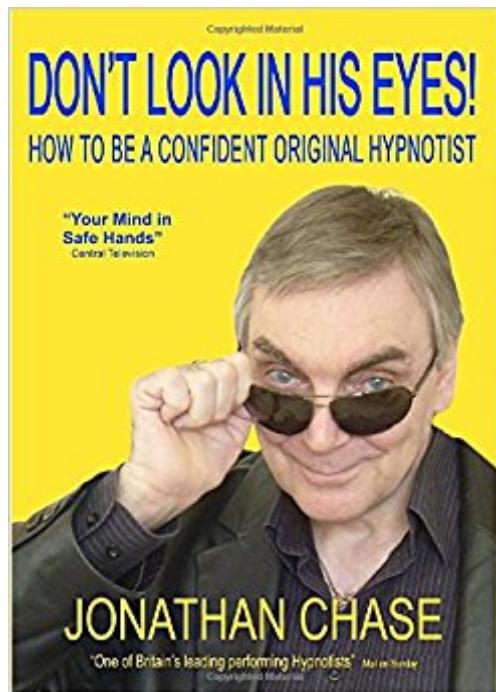


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Don't Look In His Eyes



Synopsis

Don't Look In His Eyes - how to be a confident original hypnotist is the simple way to learn hypnosis. With simple illustrated inductions to the uses of hypnosis with hypnotic symbolism. "From one hypnotist to another: Having got hold of a copy of this book, you are going to learn about hypnosis today. You are going to learn what it is all about and you are going to have fun doing so. Read. Enjoy. Read again." --Adam Eason

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Customer Reviews

There may be as many perspectives and opinions about hypnosis as there are hypnotists, because hypnosis is a subjective experience and the best way to know what it is - is simply to experience it. Whenever hypnotists try to define it, they frequently end up tripping over their own definitions just a few paragraphs or pages later. Jonathan Chase is an experienced stage hypnotist and he has developed his own model of hypnosis based on his understanding and experience. In this book he refers to himself as a Chnosis Coach, rather than a therapist or NLP-er which he does his best to put down throughout the book, even though he has adopted some of the NLP terms in his work. While Jonathan's model of hypnosis generally contradicts what is taught in main-stream hypnosis, what he says on one page is frequently at odds with the opinions and comments he shares later on. Here are some of the main points of his model of hypnosis, derived mainly from his work as a stage hypnotist, so if you're interested in therapeutic approaches and you live in America, you may prefer other books (one decent book is Integrative Hypnosis by Melissa Tiers.1) He doesn't

like the words commonly used in hypnosis such as "conscious", "unconscious", and "subconscious". He says that "to aid the clarity in his book, he decided to use what he considers to be the most accurate understanding". Here it is: "brain = conscious", and "mind = subconscious" Because the experience of hypnosis entails by-pass of the conscious faculty, in order for someone to be in hypnosis, according to Jonathan Chase, the person must not be using his brain - some people call that being "brain-dead" - which makes me wonder if Jonathan made such statement from hypnotizing human beings, because in human beings who are under hypnosis, the brain is still active as EEG equipment will show. Because "thinking" is a process that belongs to the conscious, or in this model to the "brain", and "feeling" is what you experience in hypnosis, with your "mind" you are feeling, but not thinking. Jonathan deduced this from a statement he thinks he picked from someone, he thinks it's Einstein, who said: "The intuitive mind is a sacred gift and the rational mind is a faithful servant." He deleted the word "intuitive" and decided that "the mind" is the instrument with which you feel and with which you experience hypnosis. You decide for yourself if that makes any sense to you. 2) Jonathan teaches: "There is no such thing as self-hypnosis". The popular hypnosis training programs on American continent teach that "all hypnosis is self-hypnosis". The premise that "all-hypnosis is self-hypnosis" comes from the reasoning that people have choice in deciding whether they will accept or reject the suggestions - or rather that the individual's subconscious mind is not blank and that it does play a role in making choices in person's life, based on the ideas that have been previously stored in the person's subconscious mind. Jonathan's statement that there is no such thing as self-hypnosis comes from his interpretation of hypnosis as "a specific state of mind, a state which is induced - that is caused by someone or something else, and in which the person is unquestioningly accepting suggestions regardless of how illogical or strange these may be. The limitation of his model is that you are powerless to use hypnosis on yourself by yourself, and since what you can accomplish will be based on your model of the world, you won't get far with self-hypnosis. I have used self-hypnosis successfully all of my life in every area of my life, but then Jonathan would have another label for what I did in my mind, with my imagery and emotions. I like to empower people, so I like to teach them how they can create changes in their lives by themselves as well with my help (if they need it). And, personally, I come from a school of thought where "the idea which has most energy invested in it - wins" - regardless of whether such idea originates from within the person's subconscious, or from someone else. 3) Jonathan is against much of any hypnosis pre-talk, contrary to emphasis on pre-talk by hypnosis training schools in the West. As far as Jonathan is concerned, all that you need to know about the person you'll be hypnotizing is "what is that person passionate about and what he expects to be

able to do or not do at the end of the session". And sometimes that may be enough, sometimes you may want to know more, or you'd better know more - for the client's and for your own safety.4) In the first part of the book, he claims that none of the famous hypnotists such as - Mesmer, Braid, Esdaile, Charcot, Elman or Erickson used relaxation, and that people who use relaxation are relaxo-therapists, and not hypnotherapists. But then, when you get to the second part of the book he begins by Eye Closure Induction made famous by Dave Elman. 'The original induction suggests: "relax the muscles around your eyes" ... "get complete relaxation in the muscles around your eyes ..." and "let that feeling of relaxation go right down to your toes". Dave Elman's induction is loaded with words "relaxation" and with "deepeners", Milton Erickson spoke so slowly, that you'd have no choice but to start relaxing, as you breathing and heart rate would slow down, and to get person to Esdaile state, the suggestion goes something like this "I know how relaxed you are, but even in your relaxed state, I'll be you sense in your own mind that there is a state of relaxation below the one you're in now" and it keeps talking about getting to the "basement of relaxation". Moreover, Jonathan mentions in this book that he is using sometimes downward passes, and the purpose of those also is to induce relaxation. I agree with his statement that "hypnosis is not relaxation" and that the person in hypnosis may be very physically active, however, in a therapeutic setting the person is not likely to be jumping up and down or running around in circles, and the hypnotist or hypnotherapist is likely to use the word "relax" or "relaxation", and even if he doesn't, asking the person to take a slow, deep breath, will begin to induce a state of relaxation. Jonathan first avoids the use of the word "relaxation", replacing it with "that feeling", so he says "Now allow that feeling to travel from your eyelids ... down through your feet and into the floor" and then continues with an explanation "This is a combination of progressive relaxation and the eye closure ... it definitely increases the intensity of the communication. "Intensity of the communication is again his variation of what other hypnotists may call "depth of hypnosis, because (see next)5) Jonathan teaches: "There is no depth of hypnosis". There is just hypnosis and in the chapter called "Deepening the state", he has christened the word "deepener" with "intensifier", so now it's supposed to mean something else, but he is still using the standard count-down deepening technique and here it begins with "Ten. Deeper and deeper, nine, with every deep breath, eight, with every firm beat, seven with every number going deeper and deeper. More and more relaxed ..." So much for no "deepening" of hypnosis and for no relaxation in his model of the hypnosis. Up to a point I like his model of there are just two levels of hypnosis: (1) people are either in hypnosis, or (2) they are not in hypnosis. And personally I used to look down upon and make fun of all kinds of hypnotic state scales and levels, because what person can experience on one "level", they'd often experience in

their normal daily life, while being seemingly fully awake - people may experience analgesia (pain relief) while talking with someone on the phone, people may have negative hallucinations (searching for the keys that are right in front of them and not seeing them), and they may have positive hallucinations and experience all kinds of phenomena - without anyone ever giving them any suggestion associated with those phenomena. And because these phenomena were not suggested, they wouldn't fit into the Jonathan's narrow model of hypnosis, because in his model hypnosis happens only when one person gives suggestion to another and the other one unquestioningly obeys it. I find his model somewhat limiting. 6) Jonathan teaches: "A hypnotized person cannot reject suggestion if they understand it." And "The intent of the hypnotist is more important than the willingness or co-operation of the hypnotee. " Just imagine what you can do to that bank manager.7) Jonathan teaches: "Hypnotic voice tone doesn't matter", while on the same page he also states that his voice changes, and that he speaks in a certain way when he's hypnotizing, using his "hypnotic voice". There are all kinds of things that he first says you don't need to do hypnosis, but then quickly adds that those things will help you to intensify the hypnotic state. It is true that you can induce hypnosis in countless ways, verbally and non-verbally, and it's also true that the more ways and techniques you know, and the more flexible you are, the better results you may get with more people.8) I do love this statement and totally agree with it. "The hypnotic sense tells you when hypnosis is in place. It tells you when to start and when to end. It's this sense that will also tell you how things are going inside the hypnotee's reality when not a lot is happening on the outside. Trust it." To do that you, yourself will have to be in "..." - I'd say "hypnosis", but in Jonathan's model of the world, hypnosis only happens when someone else does it to you, not when you enter a state by yourself.9) He does appropriately point out that what you get out of hypnosis will depend on your model of the world and on the model of the world of the person you are hypnotizing. And it's true that many hypnotists share the assumption "If I can't do it then neither can you" - so if you open your mind, you may find that you are able to do much more than this book may suggest.10) The book gets better near the end, where he is simply sharing the techniques that he uses to effect the change - such as symbolism and metaphors. He distinguishes between the two by using the term "symbolism" to refer to the symbols coming from the hypnotee, and the term "metaphor" for the applications of symbols coming from the hypnotist.11) To Compound or Not To Compound - Hypnotists frequently compound suggestions by repeating the same ideas, sometimes in different ways. Jonathan states that if the person is in hypnosis compounding is not necessary and giving suggestion only once should be enough. It's up to you to find out how that works for you.12) You will find few brief chapters and ideas on inductions, deepeners, delivering suggestions,

using post-hypnotic suggestions, state management, creating a perfect place in hypnosis, resolving long-term issues, and emerging from hypnosis.

Finally a book about hypnosis that strips away the BS! Two years ago I quit my hypnosis practice after 20 years. I was bored and felt that something wasn't quite right about the way I was doing things. I had taken the classes and read the books but part of me knew that it was simpler than the "experts" were making it out to be. Jonathan Chase's book, *Don't Look In His Eyes*, now joins *Monsters & Magical Sticks: There's No Such Thing As Hypnosis?* by Steven Heller, and *Hypnotherapy* by Dave Elman, as one of only a few books that I will really recommend as "must read" about hypnosis. This book is what hypnosis is really all about. I will read and re-read this book, and if you're a hypnotist, I recommend you do the same. This book has inspired me to get back to hypnosis.

Don't be fooled by the first glance at this book. When the book arrived in the mail I was disappointed that there was not much content (a thin book with large font and plenty of white space). Also, in the early pages it seemed Mr. Chase's writing style was going to be flipant. However, after getting past all of the above, Mr. Chase knows what he is talking about. He cuts through a lot of the fluff of hypnosis and gives one the essentials. He is incredibly pragmatic because he is a working hypnotist and uses the craft every day. In many ways I found his approach a refreshing change from the many books I've read authored by psychiatrists and psychologists.

Simple, to the point, expert advice. UK based and opinionated, I also have his DVD induction set, also excellent.

Food for thought

Do you have any interest in hypnosis? Well this is the book to read. Jonathan Chase strips away the excess fat and leaves you with the real information on becoming a hypnotist and using therapeutic hypnosis. He was (is) a star performer and has brilliant slants on old ideas and blows away several myths. I have all of his books (*Deeper and Deeper & How to Make Friends With Yourself* and *Influence People*) and every page of each one is an absolute gem. His instructional videos fill YouTube and every one is an absolute masterclass in modern hypnotism. He tells you what he likes and doesn't like and better still, he teaches you all you need to know to be a competent, safe

hypnotist... All in one slim volume.

I heard about Jonathan Chase from Jeffrey Stephens' work. He would reference Jonathan Chase in his videos and so when Jeffrey Stephens passed away I decided to read this book. Jonathan Chase has very refreshing and original views on hypnosis and I would recommend this book to anyone interested in hypnosis. This book is easy to read and understand and also full of great advice and wisdom that I know makes me a better hypnotist.

Being aquainted with hypnosis a while back I was intrigued by the hypnophilosophy presented by Mr. Chase's website and online videos which seemed to depict hypnosis with simplicity and pragmatism. Ordered the book, got it. Read it. Read it once more. Quality information which might not be suited for 'some' experienced hypnotists due to the fact that it takes the myth out of hypnosis and unfit for some beginners which haven't got the technique (or lack of it ;). It is written in simple language, easy to read but the paper is low quality. All in all it's great book, worth the buy..

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