

COVERT HYPNOSIS 101: How To Use The Art of Distraction

Unlock Real Power in Your Communication

Jc MacKenzie

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Many years ago I spent a few months working on a construction site. I was in my twenty's, working with some friends of mine: we had no families, no particular ambitions, the money was good...well, you get the picture.

Anyway, one day, probably a Friday, it was late-we were essentially done for the day, the weekend coming up and, well, boys being boys, we were fooling around.

Now we had a new supervisor on this job. Funny I can't remember his name...Reese, Ross...something like that. Let's call him Ross. Ross was new, he'd been around, maybe a month and already had garnished himself a reputation:

This guy would lose his cool in a heartbeat.

And not just a temper tantrum- Mr. Ross would fly into a full blown "Hi, I'm Mr.Hyde, my friend Dr. Jeckle is not here at the moment" tirade. Several of our co workers had recently found themselves on the receiving end of one of Mr. Ross's "ventings" and it was not pretty. Needless to say, we avoided him religiously.

In any event, my buddy [I'll call him Jack] and I were fooling around when I got in a lucky shot. And Jack started to chase me. So I headed for the stairs that led to the first floor...jerked open the door.....

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to find myself staring at Mr. Ross with some executives from the building owners office.

The surprise was mutual.

My second thought was : "Well, it's been nice working here."

My FIRST thought was : " We are so dead."

But a strange thing happened. As Mr. Ross opened his mouth to start what I assumed to be the mother-father-sister-brother of all tirades, I looked him right in the eye and said "Quick! Where is Frank [our job boss] ?"

A beat of silence came and went.

Mr.Ross said "He's downstairs, " with a sudden slightly puzzled look.

By that time, Jack had caught up to me, noticed Ross, figured we had had it, and was probably wishing he had never met me. But we both yelled "THANKS." and went tearing down the stairs leaving Mr. Ross at the door.

Ross never said a word.

We spent the rest of the afternoon, what was left of it, staying out of Mr. Ross's way. If we'd been smart, we would have found Frank and asked him something..ANYTHING...to cover our backtrail in case Ross got curious about just what in the hell had been so important that we had practically

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run him over in that stairwell. But we never did and Ross never did.

It was years before I realized that I had used Covert Hypnosis successfully.

Right then, I was just glad to be alive [and still have a job!]

[He never did ask me about that event.]

Covert Hypnosis might best be described as the art of capturing the attention of whom so ever you are interacting with and directing that attention to a destination of your choosing. It is subtle and deft; your "opponent" generally has no idea that he or she is being guided. With a little practice and new awareness you can surprise yourself at just how much power you can wield.

Too long an explanation ?

How about this :

“Mastering covert hypnosis means that you will be able to move people to the point where they seemingly cannot control themselves. They will demand to be with you, to want your input or buy from you.”

Dr. Kevin Hogan-[Covert Hypnosis Revealed](#)

The Covert Hypnosis practitioner can give the impression that he or she is capable of actually reading minds.

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In fact, the practitioner is not : but by becoming aware of and effectively using covert hypnosis techniques and skills, it can certainly seem like this is being done.

Now, does that sound like a useful skill for you to have ?

You betcha.

In this report, we are going to focus on just one aspect of the skill that is Covert Hypnosis.

More than likely you have come across this technique before, perhaps even used it accidentally as I did. It is a skill than you can put into use immediately though it will take some practice to master it and smooth over the rough edges.

This is the skill of “confusion induction” or the art of distraction.

Before we start, let’s get this out of the way first.

The question comes up again and again-covert hypnosis sounds likemanipulation.

It is.

There. I said it. You don’t have to say it, I said it for you.

But when you get to the end of the day, we all communicate with each other to persuade each other without exception.

Just because you don’t realize it, or don’t see it doesn’t mean for a second that it isn’t there.

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We would all prefer that other people function in the way we would like because, well, WE believe that we are right and doing things the right way. No mystery there.

Think for just a second of all the interaction transactions you are involved in every day:

- We would prefer that fellow agree with our position.
- We would prefer that politician over this politician.
- We would prefer our kids do what we tell them to do.
- We would prefer our clients and customers to REMAIN our clients and customers.
-and the list goes on and on.

Perhaps this sums it up nicely :

“One cannot NOT influence.” -- Paul Watzlawick

When you think about it, you really can't. Your life is a constant parade of one interaction after another. Almost everything you do involves a transaction, a give and take with someone else.....whom you would prefer to see things from your point of view.

At this point, most if not all of those transactions are accidental, marginally effective, semi-purposeful communications -because you [as most people] are unfamiliar with how the process actually works.

So.....when you get right to it, right here, nothing has really changed ...except your awareness and, eventually, your skill.

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How you use that skill, ethical or not, is still up to you just as it always has been. I am going to assume here that you are, like most people, ethical and above board.

Here's the thing :

If you are going to communicate anyway [and you are] wouldn't it make more sense to do it effectively and meaningfully?

Wouldn't it make sense to practice a win-win solution to your interactions and then proceed with that decisive purpose?

Of course.

And so.....the art of distraction ; just one aspect of covert hypnosis.

The practice of distraction is not new; it's been around for some time. It was actually used skillfully and routinely by Milton Erickson, who some consider to be the most skilled hypnotherapist of recent times. His use of distraction involved surprise, shock and confusion in order to persuade his subject to see a situation from a different point of view.

He was an extremely creative story teller to that end.

He was famous for using stories to accomplish his goals. He would first get the other person's attention, followed by some role playing with their world or their situation, then reframe the situation to highlight another point of view. Many times he would make the seemingly negative event into a positive one right before his patient's eyes.

At times, he could accomplish what seemed like a miracle..in seconds.

In using distraction, what you are primarily doing is interrupting the train of thought, the "state" of whomever you are interacting with. By creating confusion you can introduce to the brain of whom ever you are interacting with essentially TWO concepts side by side.

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Follow :

- Person A is telling you X.
- You tell him Y [usually something hard to follow or nonsensical]
- Person A now has thought X and thought Y in his head at the same time.
- Person A is now confused and unable to follow either thought effectively.

The technique can be used to induce a hypnotic trance of sorts; a hypnotist will tell his subject to focus on what he is saying....and then give that subject so many things to keep up with [eyes closed, feel this, hear that, temperature, hear that, feel that, hear that , feel that] that the mind becomes overloaded.....and susceptible to suggestion.

There have been several experiments and studies over the last few years that prove that a distracted mind is a receptive mind.

What follows here is a recap of one of Milton Erickson's interactions using this technique as told to Ernest L. Rossi in 1976 :

"E: I began by telling them that they really didn't know anything about me but I had at least an average education; I'd gone to grade school; I'd lectured to doctors; I had learned to count, I could count to twenty easily; I could count to twenty by one, by twos, fours, fives, or tens; I could write my name.

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I told them a sheer bunch of nonsense along with that important statement about counting to twenty in different ways.

And then I said, "Now, of course, whenever I count to twenty, you can go into a hypnotic trance."

They just looked at me and I continued with my nonsensical discussion of irrelevant facts about myself. I liked corned beef; I liked golden-eyed trout, etc.

Then I looked at them significantly and said, "I had four boys and four girls—that makes eight. They really come cheaper by the dozen, you know." With that they both went into a trance. Eight and twelve is twenty."

Instant hypnosis induction by confusion.

Milton Erickson was an artist.

For you, the practice can actually be pretty simple. In fact, you have likely done it a time or two already, you just didn't realize it.

Consider this :

Dad: I want to know why your room is not cleaned up.

Son: I don't know, I guess I forgot.

Dad : You forgot? You can't keep doing this, you are 17 now...

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Son: Only 16 really, my birthdate was wrong.

Dad: What?

Son: Yeah, my birthdate was wrong, I was actually born later and the date would have moved, have you thought about Leap Year?

Dad: Leap year? What does.....

Son: Yeah a leap year and that.....

That it's nonsensical is secondary, Dad now has TWO trains of thoughts running at the same time and if son is smart [and uses covert hypnosis] he will probably walk away from this argument.

Do you see what's happening here? Son is presenting confusion into the conversation with his Dad. He can keep this up, forcing Dad to try and stay on top of the conversation.....and put pressure on Dad to keep up, stay abreast, and try to determine meaning. Son could go so far as to pun, use different plays on words, and use irrelevancies, etc. and deliberately cause an overload. It won't be a long while before keeping up just won't be possible...and Dad will be more than ready for something easy to comprehend that he can actually reply to.

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No offense, Dad.

And that's when Son gives him something. A suggestion. That he wants Dad to get.

Just so you know, my daughter is an EXPERT at this !

Now let me ask....is this a skill you might like to have at your beck and call?

To get someone to do or say what you want them to?

Without them necessarily being aware of what you are doing?

You betcha.

The confusion induction [with practice, of course] will allow you induce people into a state where they are very susceptible to suggestion.

YOUR suggestions.

It is a powerful and relatively easy way to get to someone's subconscious : by saying something nonsensical and inane but saying it with the " I know what I am talking about!" attitude, the focus person of your interaction will go into overload trying to make sense and meaning out of your words..... at which time you introduce your commands.

Imagine how you will feel when that person follows your lead...without realizing how or why.

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As an example:

Customer: "I don't think that this is the car I want"

You : " Isn't great that it doesn't really rain cats and dogs?"

Customer: "What....."

You : "You know, it's easy to change your mind, isn't it? I used to think that playing softball on Saturdays was not for me but then I got out there, with my friends, nice Saturday afternoon, and discovered that I really loved it. You may very well feel the same about this car."

What this boils down to is you interrupting a train of thought, switching the junction, and putting that train on a track of your choosing.

Reading about it is one thing, however ; it's going to take a bit of thought and practice to mastering it into a smooth process..

Your subject is resistant to your position, idea, framework, whatever. You bypass that resistance by giving him a choice while confusing them into a success result of your choosing.

You can experiment with it in normal conversation. The conversation goes

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along, follows its natural course and then you come in with :

- A pun
- A rhyme.
- A word substitution [rite for write, as an example.]
- A random thought out of left field.
- A subject substitution [lemon as a fruit, lemon as a car.]
- A stream of disjointed thoughts [like Erickson did.]

Try it and see where it leads. You might be very surprised.

No, let me amend that :

You WILL be very surprised.

This art of distraction is but one element of Covert Hypnosis : a truly effective means of putting real power into your communications.

Here's to expecting great things from your communication.

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