

# Subconscious Override and Complete Anesthesia

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Hypnosis is a state of mind in which the Conscious is bypassed and a *Subconscious Override* is established. The Conscious is that part which passes judgment, distinguishes between the concepts of hot and cold, sweet and sour, large and small, dark and light. When we bypass the Conscious Mind, you no longer distinguish hot from cold, sweet and sour, we can have the *Subconscious Override* positively influence our Conscious behavior.

First, you must obtain eye-closure to obtain hypnosis. You can use the following methods to obtain eye-closure: fixation, monotony, rhythm, imitation or levitation. Or you can also say:

**Close your eyes and pretend you can't open them . . . As long as you keep pretending that you can't open your eyes, you will feel nothing . . . Nothing will bother you, no matter what (I do, the doctor or dentist does) . . . Keep on pretending, and while you are pretending, try to open your eyes . . . You'll find it impossible, if you are concentrating hard enough.**

Now you know very well that you can open your eyes any time you change your mind and stop pretending. All the time you were pretending that you could not open your eyes, your sense of judgment was completely suspended concerning that particular action. You have achieved the same eye closure that you would if you had used the above named techniques. If, I say this convincingly enough and you believe it completely, I have established a *Subconscious Override* while your Conscious was pretending. Therefore, the Conscious is distracted and the result is complete anesthesia.

This does not mean that you are hypnotized, it is merely the first step and hypnosis is not obtained until *Subconscious Override* is completely established. A *Subconscious Override* is established whenever the client believes wholeheartedly in your waking suggestion.

Example, if you believe you will feel no pain and you believe it completely, you will have no pain. Let the slightest doubt come in and the *Subconscious Override* vanishes; the Conscious is no longer bypassed. You will feel pain at the normal level. *Subconscious Override* vanishes when doubt and fear enters the picture. The introduction of fear causes a defensive reaction that brings the Conscious back into focus.

Exercise . . . say to your client:

**What is your favorite game or sport? (Bowling) . . . .**

Take the answer and say:

**Now, all; I want you to do is to close your eyes and visualize yourself actively engaged in this sport. Can you see yourself bowling? . . . .** when he says yes, you say:  
**. . . . SO LONG AS YOU CONTINUE TO SEE YOURSELF BOWLING NOTHING THAT IS DONE WILL BOTHER YOU.**

Why does it work? Because when he visualizes himself bowling, he is not really bowling, he is merely bypassing the Conscious. Then you say as long as you continue to see yourself bowling, you won't feel anything. *Subconscious Override* is established as long as you have complete anesthesia. These two steps were made so easily that he didn't realize he experienced a *Subconscious Override*.