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Hypnosis is a state of mind in which the critical faculty of the human is bypassed, and selective thinking is established. Critical faculty is that part which passes judgment, distinguishes between the concepts of hot and cold, sweet and sour, large and small, dark and light. If we can bypass this faculty in a way you no longer distinguish hot from cold, sweet and sour, we can substitute selective thinking for conventional judgment making.

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 use - -

**\_\_\_\_\_ Close your eyes and pretend you can't open them. So long as you keep pretending that you can't open your eyes, you will feel nothing. Nothing will bother you, no matter what (I, the doctor, 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 on the pretense.**

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 selective thinking while your critical faculty was inoperative and the result is complete anesthesia.

This does not mean that you are hypnotized, it is merely the entering wedge and hypnosis is not obtained until selective thinking is firmly established.

Selective thinking is whatever you believe wholeheartedly. 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 selective thinking vanishes; the critical faculty is no longer bypassed. You will feel pain at the normal level. Selective thinking vanishes when doubt and fear enters the picture. The introduction of fear causes a defensive reaction that brings the critical faculty back into focus.

Try . . . bring someone to the front of the room, some skeptic . . . say:

What is your favorite game or sport? Swimming . . . .

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 swimming? . . . . when they say yes

. . . . SO LONG AS YOU CONTINUE TO SEE YOURSELF SWIMMING

NOTHING THAT IS DONE WILL BOTHER YOU.

Why does it work? Because when he visualizes himself swimming, he is not really swimming, he is merely bypassing the critical faculty; when you say as long as you continue to see yourself swimming, you won't feel anything. Selective thinking is established. The two steps were made so easily that he didn't realize he was subjected to selective thinking.