

How to Use Covert Hypnosis While Speaking With Someone

Have you ever met somebody who seemed to be able to convince anybody to do anything, just by talking to them. You know, like the salesman who can sell ice to Eskimos?

How are these incredible persuaders able to do this?

One effective way of persuading others while talking to them is by using conversational hypnosis

Let me tell you what conversational hypnosis is.

Putting people in deep trances like a psycho-hypnotist would do in this office is not what conversational hypnosis is about.

The use of language to distract or by-pass the listener's conscious mind and make subliminal suggestions to their subconscious is conversational hypnosis.

Robert Dilts is an expert in this field. He refers to this type of language as sleight of mouth. He explains that language provides a map of our world and each person lives in her own world (pretty deep stuff, huh?).

He means that every person views the world in a unique way, and language is used to describe their world and even further to actually create their world.

To put it simply, when you discuss something in a specific way, you are actually directing your mind to think of it in that way. To give an example, a person who constantly complains that she hates school, will reinforce that she hates school. She will actually make her words into her reality.

How is this related to conversational hypnosis?

Just like you can make yourself hate school, you can also make other people hate school by constantly talking to them about how much you hate school.

Have you ever heard the phrase attitudes are contagious? Well, they are. And one reason they are is because the words people use both make and reflect their attitudes.

So if you hang around a group of friends who are constantly talking about how terrible and a waste of time school is you will all start to believe that school is terrible and a waste of time and you will create that reality for yourself.

Words are truly powerful. And one reason is that the subconscious mind acts like a sponge and just soaks them up.

Your subconscious brain is very aware of what goes on around you. In fact, most of your thinking happens there. The subconscious mind can be influenced by what you and others say.

So if you use the right kinds of words you can really change the way you, and others, see the world. And what are the right kinds of words? Ahhhhhh, that's a good question. But you'll have to wait until part 2 of this article, or visit my blog.

About the Author

About the author: Rob Andrews publishes articles to teach the power of [conversational hypnosis](#). Learn more about this amazing form of [covert hypnosis](#)

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