

when things aren't going to be interrupted. Tell them the following or something close to it, in a peaceful, monotonous tone (not a commanding tone of voice)

Note: Light a candle and place it somewhere where it can be easily seen.

"Take a deep breath through your nose and hold it in for a count of 8. Now, through your mouth, exhale completely and slowly. Continued breathing long, deep, breaths through your nose and exhaling through your mouth. Tense up all your muscles very tight, now, counting from ten to one, release them slowly, you will find them very relaxed. Now, look at the candle, as you look at it, with every breath and passing moment, you are feeling increasingly more and more peaceful and relaxed. The candle's flame is peaceful and bright. As you look at it I will count from 100 down, as a count, your eyes will become more and more relaxed, getting more and more tired with each passing moment." Now, count down from 100, about every 10 numbers say "When I reach xx your eyes (or you will find your eyes) are becoming more and more tired." Tell them they may close their eyes whenever they feel like it. If the person's eyes are still open when you get to 50 then instead of saying "your eyes will..." Say "your eyes are...". When their eyes are shut say the following. As you lie (or sit) here with your eyes comfortably close you find yourself relaxing more and more with each moment and breath. The relaxation feels pleasant and blissful so, you happily give way to this wonderful feeling. Imagine yourself on a cloud, resting peacefully, with a slight breeze caressing your body. A tingling sensation begins to work its way, within and without your toes, it slowly moves up your feet, making them warm, heavy and relaxed. The cloud is soft and supports your body with its soft texture, the scene is peaceful and absorbing, the peacefulness absorbs you completely. The tingling gently and slowly moves up your legs, relaxing them. Making them warm and heavy. The relaxation feels very good, it feels so good to relax and let go. As the tingling continues its journey up into your solar plexus, you feel your inner stomach become very relaxed. Now, it moves slowly into your chest, making your breathing relaxed as well. The feeling begins to move up your arms to your shoulders, making your arms heavy and relaxed as well. You are aware of the total relaxation you are now experiencing, and you give way to it. It is good and peaceful, the tingling now moves into your face and head, relaxing your jaws, neck, and facial muscles, making your cares and worries float away. Away into the blue sky as you rest blissfully on the cloud. If they are not responsive or you think they (he or she) is going to sleep, then add in a "...always concentrating upon my voice, ignoring all other sounds. Even though other sounds exist, they aid you in your relaxation..." They should soon let out a sigh as if they were letting go, and their face should have a "woodiness" to it, becoming featureless... Now, say the following "... You now find yourself in a hallway, the hallway is peaceful and nice. As I count from 10 to 1 you will imagine yourself walking further and further down the hall. When I reach one you will find yourself where you want to be, in another, higher state of conscious and mind. (count from ten to one)..." Do this about three or four times. Then, to test if the subject is under hypnosis or not, say "... You feel a strange sensation in your (arm they write with) arm, the feeling begins at your fingers and slowly moves up your arm, as it moves through your arm your arm becomes lighter and lighter, it will soon be so light it will ... becoming lighter and lighter with each breath and moment..." Their fingers should begin to twitch and then move up, the arm following, now my friend, you have him/her in hypnosis. The first time you do this, while he/she is under say good things, like: "Your going to feel great tomorrow" or "Every day in every way you will find yourself becoming better and better" .. Or some crap like that... The more they go under, the deeper in hypnosis they will get each time you do it.

#### *What to do when hypnotized*

When you have them under you must word things very carefully to get your way. You cannot simply say... Take off your clothes and fuck the pillow. No, that would not really do the trick. You must say something like.... "you find your self at home, in your room and you have to take a shower (vividly describe their room and what's happening), you begin to take off your clothes..." Now, it can't be that simple, you must know the person's house, room, and shower room. Then describe things vividly and tell them to act it out (they have to be deeply under to do this). I would just suggest that you experiment a while, and get to know how to do things.

#### *Waking up*

Waking up is very easy, just say "...as I count from 1 to 5 you will find yourself becoming more and more awake, more and more lively. When you wake up you will find yourself completely alive, awake, and refreshed. Mentally and physically, remembering the pleasant sensation that hypnosis brings... Waking up feeling like a new born baby, reborn with life and vigor, feeling excellent. Remembering that next time you enter hypnosis it will become an ever increasing deeper and deeper state than before.

- 1.You feel energy course throughout your limbs.
- 2.You begin to breathe deeply, stirring.
- 3.Beginning to move more and more your eyes open, bringing you up to full conscious.
- 4.You are up, up, up and awakening more and more.
- 5.You are awake and feeling great.

And that's it! You now know how to hypnotize yourself and someone else.  
You will learn more and more as you experiment.

## **67. The Remote Informer Issue #1 by Tracker and Noman Bates**

### *Introduction*

Welcome to the first issue of 'The Remote Informer'! This newsletter is reader supported. If the readers of this newsletter do not help support it, then it will end. We are putting this out to help out the ones that would like to read it. If you are one of those who thinks they know everything, then don't bother reading it. This newsletter is not anything like the future issues. The future issues will contain several sections, as long as reader input is obtained. Below is an outline overview of the sections in the future issues.