

*Michael Johns & Richard K. Nongard*

*The Little Black  
Book  
of  
Stage Hypnosis  
Secrets*

*by  
Michael Johns  
and  
Richard K. Nongard*

***The Little Black Book of Stage Hypnosis Secrets***

By Richard K. Nongard and Michael Johns

Foreword by Ron Eslinger

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## **THE SECRET INDEX**

A Note from Richard and Michael .....	6
Foreword by Ron Eslinger.....	9
<b><i>The Secret Introduction</i></b>	
How Do You Do That - And Why? .....	15
<b><i>The Secret of First Things First</i></b>	
What Hypnosis Is and Is Not .....	19
Why Stage Hypnosis Always Works .....	23
<b><i>The Secret Basic Mechanics of a Stage Hypnosis Show</i></b>	
The Framework of the Successful Show .....	29
Pre-Show Music Secrets .....	31
Pre-Talk Secrets .....	33
Pre-Talk Convincer Secrets .....	39
<b><i>Induction Secrets - Phase 1 - Bring on the Trance</i></b>	
Induction into Trance .....	51
Styles of Induction .....	61
<i>PMR (p63), Eye Fixation (p67), Dave Elman (p71)</i>	
The Secret to The Michael Johns Stage Show Induction.....	75
<i>Show Transcript (p77), Dissection (p87), Side Notes (p95)</i>	
The Secret to The Richard Nongard Stage Induction.....	99
<i>Show Transcript - Complete with Pre-Talk, Explanation,</i>	
<i>Convincers &amp; Audience Instructions (p100), Dissection (p113)</i>	
<b><i>Induction Secrets - Phase 2 - The Fun Begins</i></b>	
Convincer, Test and Deepening Skits .....	123
<i>Convincer Skits (p126), Test Skits (p131), Deepening (p135)</i>	
<b><i>Secrets of The Heart of the Show - Hypnotic Phenomena</i></b>	
Skits and Bits .....	137
<i>Intellectually Creative Entertainment (p140),</i>	
<i>Hypnotic Hallucination &amp; Negative Hallucination (p141),</i>	
<i>Hypnotic Amnesia (p143), Adult Fun vs. Raunchy (p145),</i>	
<i>Hypnotic Regression/Progression (p147), Emotions (p148),</i>	
<i>Hypnotic Anesthesia (p150), More Skits, Practice and</i>	
<i>Preparation (p151)</i>	
<b><i>The Secret to Winding Down</i></b>	
Post Hypnotic Suggestions .....	155
Dehypnotizing and Safety .....	163
Details for Stage Show Success .....	165

## **THE SECRETS TO HOW DO YOU DO THAT?! AND WHY??**

People have a lot of questions about stage hypnosis.

*What exactly is hypnosis?*

*How does it work?*

*What is the induction and how do you create one?*

*How do you go about putting workable skits together?*

*Why do you use deepeners?*

*How do you dehypnotize someone?*

*Are lights and sound important?*

*Why do the participants sit boy-girl-boy-girl?*

*How do you know if they are really 'out' or just faking it?*

New hypnotists often find themselves frustrated as they attempt to put together their first shows. If you do not know anyone in your real world who does stage hypnosis, learning the behind-the-scenes secrets of how to actually put on and manage a show can be quite challenging.

Buying video recordings of other hypnotists' live shows can be helpful to an extent - you can see what they do - but unfortunately they do not stop during the live show to explain why they chose to do this instead of that and so forth, thus rendering the video practically useless for your needs.

Or, maybe you have the basics down, but you want to master your induction - figure out how long to make it, which styles

work best in different venues, etc. So, you go to as many hypnosis shows as you can, and you buy more videos of other hypnotists' shows - and when you get home you sadly discover that they cut the boring parts out and go right into the show itself.

Unfortunately for you, that “boring part” was the induction you wanted to see and study.

Michael Johns and Richard Nongard know this is the case because they experienced these same aggravations themselves back when they first got started in the business. So, in order to save you some time and frustration and answer all these questions and more, they have put together this introductory textbook full of “secrets” to explain many of the things that hypnotists do on stage.

In ***The Little Black Book of Stage Hypnosis Secrets***, you will dissect the mechanics of the stage hypnosis show, starting at the very beginning with the pre-talk and working all the way through to the dehypnotizing and dismissal. You will also be able to study both the Michael Johns Las Vegas Stage Induction and Richard Nongard's Standard Stage Show Induction word by word and analyze each component to understand exactly why they do what they do, and how it creates such successful shows.

Whether you are simply curious because you have been fascinated by stage hypnosis and wonder why a seemingly normal person would act so crazy up on stage in front of all their friends, or because you want to begin a career in stage hypnosis yourself, this book will provide the “ah ha!” answers you seek.

# THE SECRETS TO WHY STAGE HYPNOSIS ALWAYS WORKS

One of the biggest obstacles for people doing a stage hypnosis show is the fear in the back of their mind,

*What if it doesn't work?*

Well, you can stop worrying because stage hypnosis always works. Hypnosis is a really easy thing to learn, and a really easy thing to do. It always works because hypnosis is a naturally occurring phenomenon, and the numbers are in our favor.

*Stage hypnosis always works  
because people want to have fun.*

A stage hypnosis show is successful - people are willing to come up and they actually do the things we ask them to do - because people want to have fun. Remember, they paid for your show and they paid to have fun.

Being part of a stage hypnosis show is one of the most entertaining things a person can do, and people know that. They send their friends up, they send their family up, they send themselves up - to have fun. So, you do not have to worry about people not having fun, because stage hypnosis *is* fun, and people want to have fun.

.....END EXCERPT.....

## **PRE-TALK SECRETS**

Once the audience is assembled, the hypnotist is announced.

The hypnotist takes the stage and the show begins immediately - with the pre-talk.

The pre-talk is truly the most important part of your show because it sets it up. From the instant you walk on the stage, you have just a short amount of time to make the people trust you, make them like you, and get them on stage.

And, if you cannot make the audience like you, you must at least get them to trust you. Some nights, no matter what you do, they just do not like you, but if you get some of them to trust you, you can have a successful show.

The pre-talk builds rapport with the audience and sets the tone for the night. All the books you read, all the videos you watch, everything you learned about hypnosis is absolutely useless without an effective pre-talk.

If you do not do a good pre-talk, you are not going to be able to do a good induction, and the show will go downhill from there.

In fact, if you do not do a good pre-talk, it really does not matter if you can do a good induction or not, because no one will bother to go up on stage to be hypnotized.

.....END EXCERPT.....

## PRE-TALK CONVINCER SECRETS

Convincers are really just another part of the pre-talk.

At the beginning of the show, a lot of people may be sitting on their hands or with their arms or legs crossed, and that is not good body language for the audience to be receptive to you.

They paid for the show but we also want them to be emotionally invested in it; we want them involved.

So, we use convincers - short activities for the whole audience to do - to get them participating and let them know that they too can be hypnotized. These are just little teasers that help set the tone and increase the comfort factor.

For openers, try this:

*“If you have a drink in your hand, set it down.*

*Sit up and uncross your legs.*

*Take a deep breath and relax.*

*Let your palms rest on your thighs.”*

This instantly opens the people up and gets them a little more involved.

Once a person is open, they are ready to participate in the show. If they follow this simple instruction, they are more likely to follow your other suggestions.

.....END EXCERPT.....

## **THE SECRETS OF INDUCTION INTO TRANCE**

The induction is the most “mystical” part of the show for the audience. This is where you “put people under” and the magic begins.

Our focus in induction is to detach the subject from the world around them - to help them begin to relax - so they can enter a state of hypnosis and we can begin to demonstrate hypnotic phenomena for the audience.

Following the pre-talk, following the convincers, we invite volunteer subjects to come up on stage.

*“Are you ready? Let’s start the show! I need these chairs filled up! Boy-girl-boy-girl would be great. Head on up to the stage!”*

Now, right off the bat the odds are more in your favor for a successful show because (most of) the people who come up on stage *want* to be there - they *want* to be hypnotized.

Nevertheless, when people get on stage they are nervous and tense. If you are lucky, you may have one or two people with hypnosis experience, but for the most part, the majority have never done this before. They are probably not used to being in front of people and are a little bit anxious, so you want to relax them and make them feel comfortable.

.....END EXCERPT.....

# *THE SECRETS TO THE INDUCTION CONVINCER, TEST AND DEEPENING SKITS*

There are two components to a stage hypnosis show. First, of course, are the subjects up on stage, and second, lest we forget, is the audience.

As hypnotists, we spend the majority of our time and focus during the show attending to the subjects up on stage, but we must remember that these individuals are functioning merely as a tool to perpetuate the main purpose of the show: to entertain the audience.

While you are busy doing the induction, the audience is just sitting there, trying to be quiet for four, five or seven minutes while you put the stage subjects under. The audience is patient, but antsy; the subjects on stage are just sitting there listening to you, and the audience wants them to get on with the comedic craziness they paid to see.

So, when considering your induction style, you want to use strategies that will 1) move the subjects quickly into trance, but also, 2) keep the audience entertained.

That said, when entering phase two of the induction, you should realize that the next component of the induction - the Convincer Skit - is just as important for the audience as it is for you and the subjects on stage.

.....END EXCERPT.....