



Secrets Of The Locked Session

The Hypnotic Pattern That Ensures Compliance and
Authority

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Secrets of The Locked Session

The Locked Session is a very short and simple hypnotic language pattern that has many applications. As you'll learn in this paper and the accompanying video, it's main purpose is to secure the authority of hypnotist so that the hypnotic subject effortlessly follows all hypnotic suggestions/instructions.

The Locked Session was first explained to me by my mentor, the late Jeffrey Stephens. He would use it during the first session of a three day hypnosis process called The Learning Place (<https://mindcontrolpublishing.com/product/hypnotists-only-hypnotic-memory-training-book-cd-series/> and <https://mindcontrolpublishing.com/product/learning-place/>). His explanation was brief and it took several years to appreciate the depth of what he explained to me.

The hypnotist uses The Locked Session at a point in the hypnosis when the subject is "deep" in hypnosis, when they have demonstrated several hypnotic phenomena and are enjoying the experience of being hypnotized.

Here are the words of "The Locked Session" as Jeffrey Stephens explained it to me.

"The Session begins NOW. Any command given during The Session, and The Session itself, will NOT be remembered when you come out of hypnosis but you will still follow every single command you were given ... no... matter.... What.

If at anytime, while you are here for these three days, I should tap myself on the chest (or "put my hand on your shoulder" as an example) and give you an instruction you will find you obey that instruction immediately and cannot resist it in any way shape or form.

The Session is OVER. Everything and anything that occurred during the session, including the session itself, you will not remember when you come out of hypnosis."

So that you benefit even more and have a thorough understanding of the how The Locked Session works, we'll go into more detail of these following points.

- What is authority
- Why authority matters more than rapport
- The Concept of "Resistance"
- How authority helps the hypnotist to affect change within the hypnosis subject
- How to set up The Locked Session
- The Factors that create amnesia for The Locked Session
- How to apply The Locked Session after it's installed
- Ethics of The Locked Session

Authoritarian vs. Permissive (Ericksonian) Hypnosis

In world of professional hypnotists there is a spectrum of “styles”. On one end there is the authoritarian style, a traditional form of hypnosis where the hypnotist uses a formalized hypnotic induction and directly gives hypnotic suggestions/instructions to the subject to affect change.

On the other end of the spectrum is the permissive style, attributed largely to Dr. Milton Erickson. The permissive style often takes the form of a story or metaphor the hypnotist will tell the subject. The permissive style may have no formal hypnotic induction and is more inclined to avoid directing telling the subject what to do. The subject experiences changes by following the story and inferring themselves into the story or metaphor. (This is a woefully brief description of the permissive hypnosis style. Much is lacking. Please, don't take offence.)

Without debating which style is more effective it should be made clear The Locked Session is firmly authoritarian in its use and application. There are parts of it that are just as “sneaky” as any permissive style but that will be described later.

What Is Authority

Authority is not just “being a leader”. Authority is measured not by the person trying to be “the authority” but by the people who perceive them as “the authority”. Another way of thinking about it is authority is a feeling elicited from others and projected onto someone else. In this way a person can't just say “I'm an authority”. They have to do things that others will perceive as authority.

There are numerous ways to elicit the feeling of authority from others. Among them

- Be punctual
- Be well groomed and clean
- Comfortably maintain eye contact without staring
- Dress in a way that is appropriate to your surrounding as if you belong and as a person of higher than normal status
- Give direct instructions without sounding bossy, i.e., don't ask, tell
- Remove filler words from your speech such as “like”, “um”, “you know”
- NEVER criticize or belittle anyone
- In general, have your s*** together and be a well rounded person

Authority Matters More Than Rapport

A strong emphasis in the last few decades have been focused on building rapport in order to persuade and influence. Even though rapport is important and should not be neglected for the

sake of direct and authoritarian hypnosis Authority will compel people to act with greater compliance than rapport alone.

The Concept of “Resistance”

Let's dispel the concept of someone resisting hypnosis. A person can resist hypnosis by agreeing ahead of time they will not do anything the hypnotists tells them. They would have to commit to challenge everything the hypnotists tells them to do. But there is a very simple reason that very seldom happens.

Consider a hypnosis subject who has paid \$5000 (non-refundable) to spend [three days of their life doing hypnosis in order to gain a skill the will benefit them the rest of their life.](#)

Why would they resist following what the hypnotist tell them to do? They wouldn't.

Consider the hypnosis subject who now hates their smoking habit and wants to quit. They have searched the internet for an experienced and reputable hypnotist, made an appointment, paid the fee and showed up in the office.

Why would they resist following what the hypnotist tell them to do? They wouldn't.

By the time they are meeting the hypnotist they have made an implied agreement with themselves to do what it takes to get the result they want. There is no resistance. They have also made an unspoken agreement that the hypnotist is the authority they need to provide the solution they want.

By the time of the hypnosis session the only reason the subject would resist following the hypnotists instructions would be that the hypnotist has made them so uncomfortable as to have them doubt their authority and competence. Understand, resistance is not the responsibility of the subject, ***resistance is what the hypnotist elicits it from the subject.***

How Authority Helps The Hypnotist Make Changes

Most people have only the vaguest idea of what it's like to be hypnotized. They know it is supposed to make changes in people but they might as well call it voodoo. A common joke among hypnotists is that most people call a hypnotist only because “witch doctor” isn't found in the directory.

Hypnotic changes take place because the subject agrees to go through a mostly mental/imagination process that promises results. Most likely they have no idea what they are going to experience, only that it is “hypnosis”. Unless they have previous experience being hypnotized they are trusting the authority of the hypnotist to do the right thing and get the

results. This is why authority matters as a hypnotist. It matters even more when using the direct authoritarian style of hypnosis.

When an instruction or order is given by a person who elicits all the feelings of authority we trust what they are saying to be useful, correct, accurate and good and we are compelled to follow their instructions.

Conclusion: Being able to elicit a feeling of authority greatly ensures instructions and commands will be followed.

The Locked Session enhances authority by a mental type of switch-a-roo. As a result of following all the instructions of The Locked Session the subject does obey without hesitating all the hypnotists commands when he taps his chest or put his hand on a shoulder, then the hypnotist MUST be the real deal, a real authority.

How to set up The Locked Session

Even though a simple reading of The Locked Session seems fairly straight forward how it is set up and delivered will make it even more effective. Here are some things you can do to better deliver The Locked Session

1. Make everything preceding The Locked Session focus entirely on enjoyment, comfort and “feeling better and better and better”. This can be done with both [simple and complex deepeners](#).
2. Introduce The Locked Session without any preparation in the middle of “going deeper and deeper, feeling better and better”. It must come “out of the blue”.
3. Say The Locked Session with complete seriousness and with intent the instructions will be carried out.
4. Return to previous deepening process of “going deeper and deeper, feeling better and better” as if nothing unusual has happened.

Amnesia For The Locked Session

Because The Locked Session comes “out of the blue” and ends just as quickly it has no immediate context or category to make it understandable and creates amnesia. Because The Locked Session happens early in the hypnosis it’s buried even deeper in the subconscious mind. The effect of saying something out of context then quickly returning to the original topic can be compared opening a compartment in the mind, putting something inside and closing it. This is what NLP experts call a closed loop.

Applying The Locked Session After It's Installed

Admittedly this is the fun part. Once you have done that first session including The Locked Session, at various times throughout the three days of [The Learning Place training](#) the hypnotist would fire the anchor of either tapping the chest or placing their hand on the subjects shoulder and giving them a direct command. *"Put your hand right there. Notice how it feels ... STUCK... right there. You can't move it even if you try."* A command such as this will have a dramatic effect on the subject and secure the authority of the hypnotist within the subjects mind ensuring complete compliance to all instructions.

The commands you give don't have to be so dramatic but it will help. You can equally give more mundane directives while firing the anchor such as *"Look at that menu. Notice how interesting the colors are."* Be warned, this may result in the subject becoming fixated on the menu!

Ethics of The Locked Session

Because The Locked Session is so direct, sneaky and by passes the subjects conscious ability to choose not to do what the hypnotist tells them, some hypnotists don't like it. It goes against their personal ethics to be that powerful and covert. Even Jeffrey Stephens admitted that it's a very sneaky way create a powerful sense of authority (*He was chuckling as he said it, however*).

For me, the ethics of The Locked Session are clear. "With great power comes great responsibility". In my personal experience when one uses hypnosis for something personal and selfish they may succeed but in the long run there are usually unwelcome consequences.

Fear of Using The Locked Session

By far the two biggest concerns a hypnotist might have in using The Locked Session is fear of getting caught and fear it won't work. Let me address both of these.

For the most part the only reason a subject would remember anything about the locked session is because the hypnotist reminded them. For that reason the hypnotist is to NEVER refer to "instruction you not to remember" when out of hypnosis. Only once has anyone mentioned being aware of my trying to use the locked session. They said "I remember you said I wouldn't remember something but I don't know what it was." I told them I did that intentionally because if they didn't remember the instructions they could overthink it and undo it.

If a hypnosis subject does say anything congratulate them and move on. Don't call any attention to it.

The fear it won't work. "So what happens if I fire the anchor when I give them a command and they don't do it?" Don't worry about. The Locked Session is only ONE tool in your hypnotic tool box. Use it and keep using it until you get a grasp on it

Review

The Locked Session is short and simple. It's easy to recall by remembering it's divided into three parts. The best way to understand the power of The Locked Session is to consider what the hypnosis subject goes through as they hear it; imagine experience it as the hypnosis subject.

Part 1 - The Opening

The Session begins NOW. Any command given during The Session, and The Session itself, will NOT be remembered when you come out of hypnosis but you will still follow every single command you were given ... no... matter.... What.

Remember, this comes out of nowhere, with no preparation or context when they are feel good as a result of following the hypnotists instructions. They are being told they will not remember but not told exactly what it is.

Part 2 - The Instruction

If at anytime, while you are here for these three days, I should tap myself on the chest (or "put my hand on your shoulder" as an example) and give you an instruction you will find you obey that instruction immediately and cannot resist it in any way shape or form.

This is the post hypnotic instruction, the hidden warhead. It is short, easy to understand and said once.

Part 3 - The Close

The Session is OVER. Everything and anything that occurred during the session, including the session itself, you will not remember when you come out of hypnosis."

This is an abrupt stop. Indicating what "the session", whatever that was, has ended and will not be remembered.

Conclusion

The Locked Session, used under these conditions, is an exceptional way to ensure the authority and credibility of the hypnotist. There are other applications that are as simple as changing the central instructions. By altering the instructions between the opening and close the hypnotist can give very powerful direction to the subconscious mind that can be applied to quitting smoking, weight loss, ego enhancement, anxiety reduction and more.