

# **The Art of The MIND DOLL**

**By Talmadge harper**

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**“A Mind doll is a fully tactile hallucination that you can experience in the waking state. This hallucination is in the form of a beautiful woman and you can hear, see, touch, smell her just like you would a real woman. In fact it’s so real, that many people believe a prank is being played on them and the hallucination is in fact a real person. You may think you know what I’m talking about...but you have no idea until you experience it for yourself.”**

**- Talmadge Harper**



Welcome to The Art of the Mind Doll. This manual is intended to give the best Mind Doll formula that I am currently aware of. This formula is designed to help you create Mind Dolls in other people and yourself. The technique I am sharing with you is one of many techniques available, however it is the technique that I find works the best. If interest in this manual is substantial I will be posting future editions with other techniques. However, the technique posted here is one that has never failed to work for me. Any failures I've had in creating Mind dolls were because I deviated from the technique you are about to discover.

Please keep in mind that like all technologies, they are constantly evolving and what I say to you is not the fundamental beginning and end of everything. You will most likely make additional discoveries as you practice what I am about to share with you. This manual will keep things straight and to the point. This book does not cover the theories of hypnosis. There are plenty of books out there that already do that and I don't see a reason to add this knowledge as a form of cheap filler. I suggest you have a basic understanding of hypnosis before reading this manual.

I am going to do my best to keep this manual short and to the point so you can get started creating your Mind Doll Right away. I believe that simplicity is key to any advanced technology.

Simplicity does not mean lack of power or effectiveness. Simplicity does

not convey the years of trial and error to discover an effective formula. Penicillin is a remarkably powerful, effective, formula to treat infection. This does not discount the years of struggle trying to discover it and the frustration of not having it.

I am about to share with you a formula that is incredibly simple and powerful, yet has taken me YEARS of trial and error, mistakes and pure dumb luck to come across. I have to admit I was hesitant about creating this manual because of what I had to go through to discover this. I believe it's important for you to understand how and why this works. If you are in the process of creating your own Mind doll, you will understand the steps I am putting you through. If you are creating a Mind doll for someone else, you will know the fastest way to avoid pitfalls.

The first step to getting someone to experience a Mind Doll is by getting the subject to experience state of DEEP somnambulism. Without the state of deep somnambulism, experiencing a Mind Doll is impossible. I cannot emphasize how vital it is for you or the person you are conditioning to be in a state of somnambulism.

That being said, comes the next step of how do you get someone into deep somnambulism. I have found that the Ultra Depth Process of relaxation is a great way for conditioning.

If you listen everyday to an mp3 with a progressive relaxation induction combined with an isochronic beat you will train your brain within 1-2 weeks to enter deep somnambulistic states. **When this happens you will find that you experience “black outs”.** Commonly people will begin listening to an mp3 and black out 3-5 minutes into the mp3. These same people then find that they wake up 60 minutes later when the hypnotist in the recording tells them to. It is important that you understand the blackouts are not you falling asleep in the recording. The blackouts represent a sign that you are experiencing deep and immediate somnambulism or states deeper than that.

Once the black outs start occurring you need to immediately switch to mp3s that do not use isochronic tones. If you continue to use isochronic tones after experiencing blackouts, you will most likely continue to go deeper into the Coma and Eisdale States. Now there is nothing wrong with going into these states, however they are not conducive for what it is we would like to achieve in creating Mind Dolls for your brain.

Now here is where it gets really interesting, if you are listening to the isochronic mp3s until you black out, you will condition yourself to the voice on the mp3. **Plainly speaking, the voice on the mp3 will become a hypnotic anchor that will instantly trigger a deep theta state.** I can hear many of you out there having an “ah ha...” moment! In much the same way a hypnotic trigger can anchor a return to somnambulism; the voice of the hypnotist will do the exact same thing.

The next time you listen to the mp3 without the isochronic beats, it will take about 5 minutes of deepening for you to reach the deep somnambulistic state once again. I recommend that you also give yourself a key word or trigger word for somnambulism to expedite the process. So lets sum up the steps we are covering up to this point.

1. Condition your brain to go into deep somnambulism using an isochronic based mp3 with progressive relaxation
2. Once you black out, switch over to non isochronic mp3s **with the same induction**
3. Give yourself a trigger word while you are in somnambulism so that you can instantly return to that state. ( You can find the trigger word script located at the back of this e-book located at the end of the Ultra Depth Script )
4. Give yourself the instructions to REMEMBER EVERYTHING YOU EXPERIENCE FROM YOUR SESSIONS

There are many other ways to verify if a person is experiencing somnambulism; this includes amnesia, positive and negative hallucinations etc. However for the purpose of keeping this manual to the point, we will focus on the black outs. However please feel free to incorporate your own tests through suggestions you give to yourself through your own mp3s.

The initial Mp3 you will be using is a progressive relaxation style based upon Ultra Depth Hypnosis. You can find a script along with others at the

end of this book. I recommend that you use the script as a basis for the mp3s that you record for yourself.

Using the method I have outlined you will be able to bring yourself or any of your friends into a deep state of somnambulism within 1-2 weeks.

Remember to **KEEP A JOURNAL** while going through the conditioning and the whole mind doll process. This is so important that I cannot emphasize it enough. The Journal will impress upon your mind the importance of what you are doing. The Journal will also allow you to keep track of key details that will be greatly helpful to you during your process. Make each journal entry with as much detail possible. In your journal include even the smallest detail of any mental and physical experiences you have during Phase 1.

It is also very important that you give yourself the instructions to remember your hypnosis mp3 sessions. Many times when people start having the blackouts, they are unable to recall any mp3 session they experience. The best way to remedy this is to specifically instruct the subject to recall each hypnosis session, in crystal clear detail. ( Follow the scripts in the back of this e-book if you are unclear of the process )

Many people who experience the black outs assume they are falling asleep; this couldn't be further from the truth. The blackouts are being caused because of the conditioning process, which allows you to go into deep hypnosis very quickly. This form of deep hypnosis is the same "black out" experience that people in stage hypnosis have during hypnosis shows.

This is perfectly safe and there is nothing to be alarmed about.

It may take a bit of tweaking to get it right so that your subconscious understands that you would like to remember your experience. You may have to experiment with specific language and being very precise in what it is you want the subconscious mind to do for you. That being said just enjoy the process and remember to keep journals, this is vital in you tracking the small changes you are making.

If you are looking for software to create your isochronic mp3s, I suggest Neuro Programmer 3 if you have the money. If you are on a budget and you would like to do this completely free I suggest you download the free program called “Audacity.” You will also need to look up “free theta isochronic” on Google. If you purchased this e-book then you will find theta isochronic mp3s included in this package. You can insert them into your mp3s as background sound using Audacity.

## **PHASE 2**

Okay, so the conditioning phase for somnambulism is over, now its time to stimulate the imagination. General hypnosis books will speak of “sensory modality” types. Essentially the theory behind this is that people have a specific sensory type that they are more skilled at experiencing. Keep in mind though, that everyone has the ability to “imagine” all types of sensory experiences. The Purpose of phase 2 is to stimulate the person into using all their sensory modality types as powerful hallucinations. We stimulate the process by guiding the subject into a fantasy/dream



world induced by hypnosis. (This is why the somnambulistic state is so important.) As the subject is guided into this fantasy world the subconscious will become more and more skilled at making the world real. It is important that the subject understands that the **conscious mind has absolutely nothing at all to do with the experience. THIS IS VITAL!!**

One of the #1 ways to screw up phase two is if the subject is consciously trying to create what you describe to him on the mp3. This gets in direct way of the subconscious mind and causes frustration to the subject. Once the subject understands he has consciously nothing at all to do with the experience, the rest is a piece of cake.

Use the scripts at the back of the book if you need a way to produce the fantasy worlds, remember that the scripts only serve as a guideline. You will need to tweak them for your own special and specific needs. Also remember that everything that you describe to your subject will become a reality, if you want to change his experience, change your description.

Now there is another tip you will need to keep in mind when you are creating “virtual dream fantasy worlds”. I will list these off for you and then I will go into further detail about them.

1. The fantasy world must be something that appeals to your subject
2. The subject must understand that the sensory experiences in the fantasy world may come all at once or one at a time.
3. Each time your subject experiences the fantasy world, the world will become more detailed

4. Instruct the subconscious mind to fill in the missing details of anything you leave out of the description
5. Journal Journal Journal the experience
6. You must do the fantasy world BEFORE creating the Mind DOLL
7. Time spent in the fantasy world must progress from 5 minutes, to 20 minutes, to 60 minutes

Now lets go into further detail about each of these requirements and why they are needed to make this process work powerfully and well.

### **1. The fantasy world must be something that appeals to your subject**

The subconscious is an interesting part of the Mind. The subconscious actually wants to play and create and have fun with the conscious mind.

The subconscious mind has the ability to make real whatever you describe in the mp3. There is a catch though, when you are starting off you need to describe a fantasy/experience that is appealing to the subject.

If your subject is someone who is into being sexually submissive, then you may want to describe a sexual experience where he is abducted and sexually ravished by aliens. Perhaps you will want to create a world where this person is a sex slave to an emperor. **What is most important is that the world you create is such a powerful much needed escape; the subconscious mind will latch onto it.**

Remember people in deep hypnosis usually will only do things that don't contradict their morals, but also satisfy their deepest desires!!! So if your subject is a raving football macho testosterone person, do not create a

fantasy world of flowers and ballerina bullshit. Make sure the fantasy world reflects the nature of the person who is going into hypnosis. To discover what people respond to, you will need to talk to them, ask them about their likes and dislikes, get a feel for the person. But also be open and don't assume anything at all, and always be respectful and non judgmental. Just because one of your subjects may look like a 230 lb macho man, doesn't mean he isn't submissive, or doesn't desire it so. Just because you have a woman who looks like a cute playboy bunny doesn't mean she can't fantasize about being a boxer or a gladiator. I had one client who had difficulty experiencing a fantasy world so I had to figure out the problem. After I spoke with the client, I discovered she craved to have sex as a man and be dominating. The next fantasy world I created for her was on where she was a roman emperor in an orgy with women. As you can guess, the orgy fantasy experience was quickly grasped by her subconscious mind.

Your fantasy world you create must be the perfect escape for your subject; you will need to interview the person to find out. If that doesn't work then just experiment based upon the journal feedback that you get from the person.

I found that when using the fantasy world script, you will sometimes also run into people who don't need details about the fantasy world. For these people, all you need to do is give them a command to enter "another world" and their minds will oblige. If you run into people like this then allow them

to continue returning back to their worlds and keep taking notes.

**( IMPORTANT NOTE TO MENTION: The fantasy world you are creating for the person will be a virtual reality world that is as “real” as the one world you are in now. Once fully immersed in this world, the subject will be able to see, smell, touch, taste, and hear everything in this fantasy world as if it were real life. You can think of this kind of like the movie the Matrix. Therefore deep somnambulism is vital for this to work. YOU ARE NOT USING SUGGESTIONS TO CREATE DAY DREAMS...YOU ARE CREATING A WORLD THAT IS REAL TO THE SUBJECT, SOLID, CLEAR)**

**2. The subject must understand that the sensory experiences in the fantasy world may come all at once or one at a time.**

It's very important that your subject understands that he may experience everything at once or just one sense at a time. This is really important, if you don't explain this to your subject, he will be convinced that the hypnosis is not working. Your subject may smelling something from the fantasy world first, or hear it first, or see it first, but not be able to smell. This is perfectly natural, and it's okay, because with practice the other senses will come.

I've found that when you keep bringing a person back to the same fantasy world, that fantasy world becomes a living entity in the subjects mind. Every single trip to the virtual world, the details become more powerful, more pronounced. The subconscious mind starts filling in details and

creating powerful new smells and visions, and experiences for the subject.

The subconscious mind begins to believe that everything you describe becomes real, and it begins to really have fun with the process. Bring the subject back to the fantasy world enough times and he will experience everything in that world as amazingly real, like in the matrix. Eventually within 1-2 weeks or sooner the subject will have crystal clear audio, visual, smell, tactile sensations in the virtual world that you describe.

Once the subject experiences one sense, the other senses will immediately fall into place because of “over lapping” and practice from the subconscious mind. I have found this to be an incredibly powerful way to bring full use of sensory hallucinations in a subject. This is very important because you are doing it in a non-invasive manner, which does not frighten the subject.

However, there is an even deeper more important aspect as to why this method is important, something you didn’t even consider.

Most people who want Mind Dolls are totally in love with the theory and the idea of having one. However the reality of it can be a terrifying thing to their subconscious minds. I mean think about it, if successful, the experience will shatter every idea you’ve ever had about what reality is.

What would happen if you were to turn around and standing next to you is a person who magically appeared? What is that person is real in every way, as real as the computer you are reading this book on? Most people don’t want to admit it but the idea can be a terrifying one.

When you introduce the virtual worlds as a first step to the process,

there is a HUGE comfort level, which serves as a progression for the subject. You see, over the course of weeks the virtual world becomes extremely real to the subject. As the world becomes more real, the level of comfort increases and so does the acceptance of the amazing potential of what is possible. While in the virtual word you introduce the subject to their Mind Doll. As the weeks progress, the Mind Doll becomes more real to the subject, it develops a personality. The realism increases as a level of beauty that the subject becomes deeply intimate with. Now the level of intimacy and comfort is a key factor in the development of this process. Once the intimacy and comfort increases, the subject experiences joy and happiness, he actually looks forward to virtual world trips to spend time with his Mind doll. He begins to accept and understand that she is a real person, most importantly he BELIEVES in her and he WANTS her now. **At this point the Mind Doll is no longer a theoretical mental construct, she is a real person in the mind of the subject.** He has seen her, heard her, tasted her, and touched her in the virtual world. This whole experience has bridged the subjects ability to now BELIEVE the mind doll can cross over into the real world. Because of this, the fear in the subject is now completely gone, and the belief has been fully solidified. The beauty of this, is that its all been done in an “indirect” method. You need to have patience, everyone is different, and some people take weeks, some people take months to do this. But once the subject has crossed over to the full sensory experience, the ability is permanent.

### **3. Each time your subject experiences the fantasy world, the world will become more detailed`**

As I mentioned before to you, every time the subject goes into the virtual fantasy world, that world becomes more real, more solidified. The world is essentially powered by the imagination and the experience of the subconscious mind. You will find that once you provide a sufficient base of detail for the subconscious to work with, it will add details and realism. This is in much the same way of someone who is working on a detailed painting every day. Everyday the painter returns to the painting and adds a little bit more detail, a little bit more realism.

The virtual fantasy environment you create for your subject is the detailed painting created by the subconscious mind. The only difference is that this painting is 3D and can be experienced by all the senses. So have patience and allow the fantasy world your subject is experiencing to take shape and to take hold. **It is important that you use the same fantasy world continuously until the subject is able to experience the world in crystal clear detail with all of his senses.**

There is a reason for this, and if you listen to me it will make sense to you on a deeper level. The art of Creating Mind dolls, or fantasy worlds is much like the art of teaching someone the art of drawing a landscape. If you are teaching someone to draw, you will wait until one landscape is completed before proceeding. It doesn't make sense to wait until the person has drawn an outline of a tree and then have them start working on something

completely different.

Once a person has fully been able to complete their drawing or landscape, they develop confidence that it can be done. Most importantly, they've strengthened a skill and process that can be applied to creating other landscapes that are equally as amazing and profound to experience. The person finds that it can be an incredibly fun experience, and that is another key secret in the successful mind doll adventure. The subject no longer has any question in his mind that it can be done, and that your suggestions in fact magically become a powerful sense of reality. This is a very important step in the process, and each time I have ignored it, it has always resulted in a complete disaster in the Mind doll and Virtual world experience. The disaster stems from the subject moving too fast, not developing the ability to create and losing confidence and faith.

#### **4. Instruct the subconscious mind to fill in the missing details of anything you leave out of the description**

The subconscious mind has the ability to create whatever it is you ask it to create. It doesn't matter if you are asking using a recording or using in person. The important part of the process is that you are as detailed as possible in the description of the world that you want the subconscious mind to create. The more detail the better!

#### **Good Example of Detailed Description:**

You find yourself in a great big forest. The trees are redwood trees that



seem to be miles high. They are very old, and ancient, the bark is at least 5

inches thick and very coarse. The wood is magical and no ordinary saw could ever cut through them. The trees seem to have a spirit, a soul, part of

a greater connection to the forest. Their leaves are large, and emerald green, you can see the dew from the morning on them. The forest itself seems alive with wonder and enchantment.

### **Bad Description:**

You find yourself in the woods and there are trees and stuff.

Please keep in mind that there are exceptions to every rule, so above all you need to be responsive to the reaction and feedback that you get from your client who is in the process of experiencing what it is you are describing to him. In some cases you will find that the Bad Description does work and the subconscious mind is absolutely creative. In the rare cases that the subconscious mind is incredibly creative, it will instantly fill in the missing details you need to make the experience amazing for the subject.

Please keep in mind that its VERY RARE in my experience for the Bad Descriptions to be effective, but there is always an exception to every rule.

This brings me to a VITAL POINT, sometimes it can be hard to tell if your detail makes sense to the subject, or if you are missing detail. I found that by using this simple command, it SOLVES A HUGE AMOUNT OF PROBLEMS .

**Here is the command:**

“ Everything I describe to you will instantly become your reality and you

will experience it vividly. If at any time your subconscious mind is unclear

of a specific detail I describe, it will substitute it with something that appeals to you and will make the experience I describe be incredibly amazing, fun, and most of all enjoyable. Your subconscious will use its knowledge of you and its access of your mind to determine that detail should it be deemed necessary. “

Sometimes the subconscious mind is a lot like a computer, and if it is not sure about a detail or if it is unclear about something, it won't execute the command. I found that by using this simple suggestion it saves a lot of time and pain and allows for the subconscious mind to perform beautifully in the creation of amazing virtual world experiences.

**5. Journal Journal Journal the experience!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

I cannot convey to you enough the importance of having your subject keep a journal of all his experiences. This includes the conditioning process with the mp3 , the trigger words and the Virtual Fantasy experience where he first meets the mind doll. **THIS IS VITAL AND IGNORING THIS WILL LEAD TO FAILURE.**

There are two main reasons why keeping a journal is critical. Your subconscious mind makes a greater attempt to do something if you write

down your progress. Any great motivational speaker will tell you the importance of measuring your progress daily. Keeping measurements tells your subconscious mind that this is important, and it keeps you focused on the task at hand.

The second reason your subject needs to keep a journal is to measure his progress. You need to make it very clear that the subject records

- a) any and all physical sensations or experiences
- b) any and all mental sensations or experiences
- c) any details no matter how small they maybe

Its important that you focus on what the experience is and not what the subject “thinks” is working or not working. These details in the journal will give you the VITAL information you need to determine when to move to the next phase.

A subject may “think” he is not in deep hypnosis. A subject may tell you that he “thinks” the hypnosis didn’t work because he didn’t feel he was in deep. The subject may also tell you that he “smelled” something strongly as you suggested it but couldn’t see it so hypnosis didn’t work for him. The vital information that he was able to “smell” something gives you the info you need to determine he is hallucinating, and going into deep states. This is one example of why the journaling is so important.

When I first started doing Mind dolls with clients, many of them gave up and told me it wasn’t working. The clients gave up because they didn’t realize that what they were experiencing was in fact part of the process

and signs of deep hypnosis. Unless the subject is a hypnotist himself, he is not going to fully understand hallucinations may start in certain sensory modalities. The subject may not understand that black outs do not mean he fell asleep and its not working. The subject may not know that he consciously has nothing to do with the experience, its only the subconscious mind.

Many times someone's journal will clue me to the fact that the reason he isn't having success is because he is "consciously" trying to force a hallucination. The subject usually has success after I explain that his conscious mind has nothing with it. The subconscious is creating what I describe; all the subject needs to do is sit back and have patience.

If You are the subject, and you are creating mp3s for yourself, then you will still need to keep a journal. Remember to record your experiences and compare them to the chart I have listed in the back. This chart will give you an idea of what your experiencing and what level of hypnosis you are currently experiencing.

## **6. You must do the fantasy world BEFORE creating the Mind DOLL**

This is very important so I am going to cover the topic again in greater detail. Now I know that many stage hypnotists and street hypnotist will say that you can have a hallucination without a virtual world experience.

This is true in the specific frame of hypnosis that they are practicing.

When it comes to doing sessions in person with someone, or on stage, the rules change. However this e-book is focusing on Mind dolls using your own

self hypnosis mp3s , and making mp3s for other people. **In this specific frame of context and reference it is incredibly crucial and vital that you begin with the virtual world experience first.**

I cannot convey to you enough of the importance of this for the following reasons

a) The Virtual world fully stimulates all sensory modality

hallucinations

b) Stimulates and creates a very strong level of belief

c) Creates a pattern that the subjects subconscious mind instantly turns your descriptions into a powerful reality.

d) Removes fear from the subject because he has “seen” other worlds and spent time with the mind doll that now loves him

If you want to know behind a shadow of a doubt that your subject is ready for the Mind Doll, then be sure he is having that virtual worlds experience. Make sure that the experience is real and life like for the subject. **If the subject is able to clearly experience the whole spectrum**

**of sensory hallucinations while in the fantasy world, then he is ready**

**for the mind doll.**

**Its important that you make sure the subject comments on how real the**

**world is, and vivid and life like. He should be absolutely astonished**

**and amazed by the virtual world experience. If the subject is only experiencing the fantasy world as a “dream” or “vague mental pictures” then he is not ready. You will either need to continue conditioning him or make your suggestions more precise so that the subconscious create that “holy shit” type of experience for the subject.**

If you have followed the instructions as laid out up to this point, then the subject is now ready for the fun stuff, the mind doll installation!

This is now the easiest part to do because you’ve already done the preconditioning in the subject. The actual creation of the Mind Doll is a lot more simple than you can imagine. All you need to do now is specifically instruct the subject that the Mind doll will appear upon speaking a key activation word. ( please see scripts at the end of this e-book for exact words to use for the mind doll activation )

Now this is where things start to really get interesting. You see, once the key word is activated the brain begins a boot up process. This “boot up” process is very close to the process a computer goes through when its running software. Depending on the specific subject, the boot up process can occur in the following manifestations.

1. Upon the keyword the Mind Doll instantly appears in full form
2. Upon the Keyword the Mind doll takes about 5-10 minutes to appears , it is real in every way. Future activations only end up taking a fraction of the time.

3. Upon the keyword the Mind doll, the subject will only hear, see, touch, or feel the doll. Each additional keyword use, the subject is able to see more until the Mind Doll has been fully booted up.

This about covers the theoretical process of how to create a Mind doll for yourself or someone using MP3s. There are other methods to create Mind dolls however I found this to be the easiest for people with hardly any hypnosis experience. In the next session I am going to go more into What Mind dolls are, how they respond to you, and what their capabilities are. I think this is important for you to understand what you're getting into when you decide to create a Mind Doll for yourself or for a loved one.

**. 7. Time spent in the fantasy world must progress from 5 minutes, to 20 minutes, to 60 minutes**

When your subject starts experimenting with the fantasy world, keep his time there for 5 minutes until he is able to experience everything clearly. You will know he can experience it by his reaction and amazement, or journal description.

Then gradually increase the amount of time he spends in the world, this will strengthen his mind's ability to create powerful hallucinations for long periods of time.

## Trouble Shooting and sticking points.

## Trouble Shooting and sticking points.

Sometimes I would get over confident with clients and as a result, be

unable to create the Mind doll experience. The reason was simple, I did not precisely follow the formula that I previously described to you in the last pages. However there are additional trouble shooting points that I feel are essential to address. These points will save you a lot of time in figuring out why the process isn't working. In addition, if you are currently not having luck installing a mind doll you will have a better understanding of why its not working.

The following are the most common reasons for an unsuccessful attempts that can be easily corrected.

**Trouble Shoot Problem #1.** The subject believes that if he has to consciously try to “see” or “create” what is being described in the recordings.

This is one of the most common problems in successfully experiencing the virtual fantasy world or any recording. In many cases the subjects are so enthusiastic about making it work, they consciously try to “force” things to happen.

Lets say that I describe in a recording that when I count to ten, the subject will find himself on a beautiful beach full of wonderful clean white sand. Many times the subject will try to actively “visualize” or “create” or “see” what is being described. The subject does not understand that the subconscious mind is creating that experience and by “consciously” making it happen he is actually causing it not to work. This is an incredibly powerful issue to address. If the subject is not clear that his



conscious mind has nothing to do with the experience, you are in for a disaster.

You need to explain to the subject that his subconscious mind is creating everything that is being described. You also need to make sure he understands that its okay if the subconscious mind doesn't create it all at once. 99% of the time, once people understand that their conscious minds have nothing at all to do with the experience, there is an immediate 180 degree change in success.

I can't emphasize this enough times , **MAKE SURE YOUR SUBJECT UNDERSTANDS HIS CONSCIOUS MIND HAS NOTHING TO DO WITH CREATING WHAT IS BEING DESCRIBED.** When first began helping people experience Mind Dolls, I lost countless amounts of people who were frustrated and gave up. The reason they gave up was because I never made it clear that them consciously trying to "make" something happen, or to "see" something was futile.

Once the subject understands that subconscious mind is doing everything, it also helps him to relax a lot more and let the process happen. You will be amazed at how addressing this one simple issue can save you so much trouble and frustration for you and your client.

**#2. The subject doesn't fully understand that the subconscious mind needs a bit of time to have fun, and enjoy creating the experiences which are being described.**

This issue can be just as deadly as issue #1. Its Vital that the subject

understands that just because you describe something in the mp3, he may not see it right away. For example, you may describe that he walks down a hallway and there is a great door in front of him. If your subject is unable to see or experience the “reality” of what is described he will become frustrated and believe its not working.

The subject needs to know that if you describe a sequence, he may experience it all realistically the first time, or only bits and pieces.

However he will eventually experience it. His subconscious mind is in the process of “learning” how to play with you ( The hypnotist)

When you describe a virtual fantasy world or an experience in the hypnosis recordings, the subconscious mind is getting a feeling of it all.

The subconscious mind of the subject looks upon you as his new “playmate” and you are both creating a kick ass experience for the subject. In an essence, you are the director of a movie, the subconscious is the cast, and the subject is the audience.

Like any director in a movie, the cast maybe a quick study or it may need time to get a feel of what you expect from them. The subconscious mind is no different. The subconscious mind of your subject is learning how to play with you and to direct the “movie” that you are describing. Its vital that your subject understands this or he will end up “giving” up and believing its not working.

Once the subject understands that the subconscious mind is learning to play, things naturally progress quickly. You have no idea how many people

have quit the mind doll process, right when they were on the threshold because they did not understand this one simple key.

The very sad fact is that 99% of people who stopped out of frustration were on the verge of crossing over, but they did not understand the two sticking points. This was my fault for not making it very clear to them during the mind doll installation. **IT IS VITAL THAT THEY**

**UNDERSTAND THIS OR YOU WILL CONSTANTLY BE HITTING A BRICK WALL**

**#2. The subject doesn't feel he was deep enough in hypnosis for it to have any kind of noticeable effect**

Many times a subject will become greatly discouraged because they do not feel the level of "depth" in the fantasy world, as they did in the original ultra depth hypnosis. Its important that the client understand that he can still be in "deep" somnambulism and not feel like it.

I've had many clients who had given up and did not make any more attempts to go further because they believed they were not "deep enough". Of course these clients were also able to immediately experience the "fantasy world", despite them believe they were not deep enough.

For the most part, whether or not a subject "feels" he is deep enough is completely irrelevant to whether or not he is. What matters the most is if you are able to get the hypnotic phenomenon to happen through suggestion. The journal is an important too in measuring the hypnotic progress.

I once had a client who insisted that he wasn't deep enough because he didn't feel deep enough. After I investigated the client's journal, I turned out that he noted he could "smell" the pipe smoke that I had suggested in the mp3. The client felt that he wasn't deep enough because he didn't feel deep and he couldn't see what I described.

The Journal let me know that he had to be in a deep level of hypnosis to experience the suggestion of smell, and that the other senses would soon come into play.

#### MIND FORMULA SUMMED UP

#### **MIND FORMULA SUMMED UP**

**Step 1:** Condition yourself using an Ultra Depth Progressive relaxation style induction. You will know you are ready for step two once you either

- a) start blacking out ( #1 sign )

- b) can't feel your body and are floating, having powerful hallucinations

**Step 2:** If you are using a theta/Schumann background tone in your ultra depth relaxation, then immediately stop using it. If you are using a relaxation mp3 without the isochronic beats, then make sure you continue not using them

**Step 2:** Give yourself a trigger word so you can immediately Once again enter the deep state of hypnosis that you achieved in Step 1. All you need to do is give yourself the keyword suggestion at the end of the relaxation script. To make it simple, tack the keyword suggestion onto the end of the ultra depth relaxation script and record it.

**Step3:** Use the Crystal and Enchanted Forest Scripts to create an mp3 that guides the subject into a Fantasy world based on his preferences. These Scripts are useful guidelines but feel free to create your own based on your experiences with your client. The only thing that matter is that you say the trigger word, deepen for five minutes, and then describe their entry into the new fantasy world.

**Step4:** The subject continues to visit the world until he is able to hallucinate everything clearly in this world and become comfortable with the Mind doll. He should be able to see, hear, taste, touch, and feel everything in the fantasy world.

**Step 5:** increase the time spent in the world progressively from 5 minutes, to 20 minutes, to 1 hour. This transition could occur in days or weeks, or a month, be patient and make sure the subject is enjoying himself.

**Step6:** Once the subject is able to vividly spend 1 hour in the world, that's pretty much an over kill sign that his hallucination abilities are fully developed. The subconscious is totally enjoying the process and he loves, it

**Step 7:** Use the Mind Doll Activation Scripts, record them as an mp3. Make sure your subject understands how the doll can first manifest as mentioned in the book.

**Step 8: Once the subject experiencing the mind doll, he has been fully**

**staged and future mind dolls only need new activation scripts, he doest not need to start the process over again**

**Its vital you follow the process in this order and remember the trouble shooting topics**

OFF THE RECORD MIND DOLL THOUGHTS FROM THE AUTHOR  
EXACTLY WHAT IS A MIND DOLL, INSIGHTS AND REVELATIONS FROM  
BEHIND THE LOOKING GLASS

According to traditional western “theory” , many will tell you that a  
“Mind Doll” is nothing more than a hallucination. Stuffy psychologists  
and

hypnotists will write them off as nothing more than creations of your  
Mind

. Right now I am going to tell you that according to my personal  
experience

this couldn't be further from the truth. You may want to get some coffee,  
or a cocoa, sit back and get ready for what I am about to tell you. You  
can

believe what you are about to read or not, but I think its only fair that  
you

understand what it is you are playing with.

Ancient Tibet culture believes that thought forms can be turned into  
living things. These living things can be perceived and interacted with  
in

the same way that I Mind Doll can. These “thought forms” have  
sentience,

and they are self aware. Ancient metaphysical Tibet culture refers to these

“thought forms” as Tulpas. Tulpas can take the shape of animals, pets, living and inanimate objects. Tulpas are real in everyway to the person who has created and is experiencing them.

It takes the average person years of training and months of concentration to create a Tulpa by traditional esoteric methods. I believe that the use of hypnosis accelerates and enhances this ability to create mental projections. When a person is in a deep state of hypnosis, he has access to mental abilities needed to create a living thought form. I believe that Mind dolls are essentially the modern versions of Tulpas. Because of the technique we are using to create them, they are able to be created by the average person, easily and quickly. I believe that a “Mind Doll” is in fact a modern day version of a Tulpa, created using state of the art methods.

Now you have a better understanding what my take on the Mind Doll, and this is a good thing. Is important to create your Mind Doll wisely.

A Mind Doll will have the appearance and personality that you give it. As it evolves it will grow within the frame of the personality that you designed for it. Its important for you to understand this so I’m going to say it again

**A Mind Doll will have the appearance and personality that you give it.**

**As it evolves it will grow within the frame of the personality that you designed for it. Its important for you to understand this !!!**

I highly recommend that you do not create a mind doll that is inherently evil, sadistic or some kind of psycho killer. Doing otherwise can put your mental and physical health at risk. The Mind doll will appear real to you in every way, just like a real person. If the Mind doll decides it wants to strangle you to death then it can you will feel yourself suffocate. I am speaking from my own experience and to what I have witnessed Mind Dolls do to people.

It's generally recommended and always a good idea to make sure that your mind doll loves you, has a wonderful personality, is intelligent and loyal to you etc. Do not create a Mind Doll for the intent of torturing and humiliating it or you may find that it backfires. The Mind doll is connected and powered by your psyche and mental energy. If you decide to get off on torturing it, that is just a bad road to go down. Eventually the Mind Doll will find a way to extract its revenge on you. Hopefully you are of a sound Mind and will not go down that path.

## **THE WIZARD VIRTUAL**

## **FANTASY WORLD CONDITIONING**

## **SCRIPT**

I will count from 1-10, when I reach 10 I will say your trigger word and



you will instantly return to a wonderful, deep state of hypnosis.

( Continue to deepen for 5 more minutes by counting and encouraging deep

relaxation in your subject. Because the trigger word is already installed, you can use any deepener you want because you're just buying time for state to fully kick in. )

I want you to imagine a wonderfully beautiful safe place. It can be any place that you desire, from within that safe place you feel peaceful, wonderful.

Within your safe place I want you to look around for a path that leads to a woods or forest . . . When you find this path which leads off into the woods or forest let me know . . .

There is a coolness in the air but you can also feel the warmth of the sun's rays shining down upon you as it shines down through the leaves of the trees. . . You can smell the lush vegetation in the air . . . You are calm and at peace with yourself and all that surrounds you . . .

You notice that there in the center is a large clear crystal . . . It is the largest you've ever seen . . . The top of the crystal flat and smooth . . .

It is big enough for you to either stand, sit or lay down upon it . . . This is your point of departure and when you stand, sit or lay down upon it . . . You will be instantly be transported directly into another life where you will experience everything that I describe in vivid detail, as every second passes the environment and the people you experience will become more

real, and more life like in every single way. If for any reason you are unsure of what a detail I am describing, your subconscious will substitute it with the detail it thinks will make your experience incredibly exciting, fun, lifelike and vivid based upon your preferences and its collected experiences being you.

You find yourself in a one room cottage. The floor is wooden and tan, the wood looks like its very old. The cottage is pretty cozy even though its small. You find yourself seated a small table. The table is also made out of wood, and its about 2 feet long, and two feet wide. The table has four legs with spiral carvings covering them.

On the center of the table you see a silver tea pot. You can feel the heat from the tea pot, whatever is in that pot is still warm. You also find a tea cup , a blue tea cup with spiral markings on them as well. These spiral markings look like swirls.

Across from the table you see an old man, he is the master of the forest. He is full of ancient wisdom. He has a long grey beard and smokes a wooden pipe. You can smell the tobacco coming from the pipe. Its an amazing fragrance and you find it to be an enchanting, You are surprised that you can smell it so strongly.

The old man has very large green eyes , his long grey beard and long grey hair makes him look like a wizard. Perhaps that is what he is, a wizard, a wizard to help you on your journey to experience Carmen.

The Wizard just looks at you, smoking his wooden pipe, not saying

anything. However you sense that you're supposed to drink the tea, the tea is what will help you find what you are looking for. To the left of the table is your guide, she is still wearing her red cloak and her porcelain mask. She does not say anything, she is silent and nods her head in approval, encouraging you to drink your cup of tea.

You pick up the blue cup of tea, it feels warm in your hands. The old man says nothing but continues to look at you puffing on his pipe and just looking at you with those wide green eyes of his. As if he can see into your very soul.

As you drink, the tea tastes like something you enjoy incredibly, you're surprised by this. You notice that you are starting to feel very warm, and very very high. The Old man has a faint smile on his face, but he says nothing he just continues to look at you as you feel warmer and even more high, the high begins to feel like you are spinning around, and dizzy.

Everything around you starts to fade, as if you are being transported to another dimension and as it starts to fade you could swear you can hear the old man laughing at you, the laugh of a wizard watching you about to discover something amazing.

You find yourself in a bedroom, you are laying in a bed. The bed is incredibly soft, it's a King Size bed and the sheets are the softest red silk sheets that you've ever felt. They are so smooth on your skin.

The room you are in looks like the room of some great emperor or king.

You see a beautiful woman with long black hair, she is standing completely

naked except for a bear skin fur she has draped over her self. She is looking into the fire place, watching the roaring fire.

You can feel the heat from fire and it feels nice, you just look at her and she continues to stare into the fire without saying a word. She turns to look at you and you see that her body is covered with the same spiral markings that you saw on your cup of tea. Its as if the spiral markings are a tattoos or pain covering her body. You don't know exactly what it means, but you sense its something mysterious, something esoteric, it's the reason you are here.

She is Carmen, and is real to you in everyway. She is the most beautiful woman that you've ever seen. While looking at you, she drops her bear fur to the floor and you can see her beautiful body, as she stands completely naked in front of you.

You can feel the desire in you for her and the desire in her for you. She crawls into bed with you, her naked body moving against yours. Her body feels absolutely amazing and you feel absolutely free to explore this with her.

The tea that you drank brought you here and it has also brought with you an understanding that your sexual energy will allow Carmen to become more real to you. You understand all you need to do is let go and free yourself of expectations and just enjoy the experience with her. And you find that as you completely free yourself of expectation and enjoy the experiences something truly magical will happen.

As you let go you understand that you may have an orgasm with her, you may feel her, taste her, smell her, hear her, you may experience these all at once or one at a time. You intuitively understand that her sexual interaction with you is her desire, her will to come alive and she is using your desire, your experiences with her to fuel that.

You will now spend the next 5 minutes with Carmen. As each second passes, the experience will become more and more real to you in every single way. After 5 minutes have passed, you will awaken, from hypnosis with full memory of your experience with Carmen in Crystal Clear detail

\*\*\*note to reader, the time spent with Carmen can be adjusted to 20, 30,\*\*\*