



Davor Antunovic's
HYPNOSIS

A GERMAN APPROACH OF EASY AND SAFE USAGE
OF HYPNOSIS FOR SELFDISCOVERY

FOREWORD BY JACK ELIAS



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Hypnosis

A German Approach of Easy and
Safe Usage of Hypnosis for
Selfdiscovery!

1. Edition

Books on Demand

Dedicated to my loving mother, lying in coma since
December 2009.

Used Symbols

Explanation of used symbols.



attention



timing



explanation



technique

Foreword by Jack Elias,

It's always a pleasure to read a new hypnosis book that clearly will be helpful to a wide audience. It is even more gratifying when it clearly advances a deeper understanding of human potential. And when the presentation is simple and straight-forward, it becomes even delightful!

I believe it was Einstein who said something like "Find the simplest solution, but not too simple."

In *Hypnosis: A German Approach of Easy and Safe Usage of Hypnosis for Seifdiscovery!*, Davor Antunovic succeeds at presenting explanations of hypnosis and simple yet powerful scripts for its implementation. He makes hypnosis simple, but not too simple. He includes all the essential points that will make the reader comfortable with the possibilities of hypnosis and confident in their attempts begin to master the art and skill of hypnosis. Nothing important is left out.

I first became aware of Davor's work through online correspondence. I was impressed by his diligent and extensive reading in the field of hypnosis over the course of many years of study. And I was very gratified by his generous comments about the part my book, *Finding True Magic*, played in his growing understanding of hypnosis and its application to maturing spiritual growth.

The techniques of hypnosis are wondrously simple. All that is really needed is our willingness to befriend ourselves and "turn inside." Entering into a hypnotic state has the potential of taking us to the wish-fulfilling core of our own

being---the creative power that can make virtually anything possible in our life.

To make this kind of contact, one's intention becomes all important. In my study of meditation and hypnosis over a period of 45 years, I have found time and again how a limited intention narrows the possibility of obtaining great results. Having a limited intention is like going for water to the ocean with a tea cup, not realizing the ocean will give you its entire self.

Limited intentions are based in limited world views and limited views of what we are. If we hold to a view of being small, frightened, lacking, and unworthy when we enter the hypnotic realm, we may not recognize the presence of this truly sacred inner power and we may not create a very expansive or deep request.

We need to have a vision of greater possibilities pointed out to us - possibilities of great accomplishment and possibilities of recognizing the greatness of our true identity. Davor clearly understands this and includes scripts to guide the reader to crucial aspects of inner potential: the Inner Warrior, the Higher Self, and the Quiet Voice Within.

If you practice with these scripts you can revolutionize your life beyond your wildest dreams. And since this can be challenging and even fearful at times, Davor, in his wisdom, includes scripts to help you cultivate an inner security of The Safe Spot and the protection of The Protective Shield.

Surprisingly few books point us in the direction of our spiritual potential and identity. In this world, material gain and sensual enjoyment is much more alluring. Of course, there is nothing wrong with material gain or sensual enjoyment in themselves. But our pursuit of them often