

## 10 Questions with the Incredible Boris



*Location: Thornhill, Ontario*

*Cyber Locations:*

<http://www.comedywood.com>

<http://www.IncredibleBORIS.com>

<http://www.comedywood.com/b-video.php>

*1. Are you a full time hypnotist, part-time or hobbyist?*

I live, breathe and sleep being what I do. It is the most exciting career I could find. I am a full time stage hypnotist, comedian and TV guest expert.

*2. Do you specialize in any type of hypnosis?*

I am a stage hypnotist who presents a show that is motivational and inspiring. Among the theatrics and laughter, you will find messages of positive thinking, What better way to learn than through laughter.

*3. Is there any type of hypnosis you do not do? Why?*

I would consider all types of hypnosis, but stay with the one I am strongest in – the stage. I do not get involved in the medical side and refer them to local practitioners within their area of expertise. I am a showman, a comedian who happens to present it through hypnosis. I stick to my strengths - I love the theatrics, comedy and most of all, being able to implant positive suggestions and open people's eyes to the extensive capabilities of the mind.

*4. Do you use self-hypnosis regularly in your life? If so, how?*

I find that it is a state of mind, rather than a regular routine of self-hypnosis. Your attitude is a trance that you slip in and out of. It is up to you to create the person that you want to be and others to react to.

*5. Describe your hypnosis office or work setting.*

My office is a room with a desk with a computer, printer and a telephone. My work setting is a stage and an airplane ride to get there. My last week has been performing in Dubai, Los Angeles and Toronto. The amount of time I spend on stage is rather tiny in comparison to what the travel, booking, paperwork and preparations entail, but are worth every second to get on stage to entertain the masses.

*6. Describe a typical day in your life.*

A typical day would be spent on the telephone, dealing with agents, prospective bookers and associates. Dealing with travel arrangements, contracts and show preparations involve learning to maximize time available and delegating responsibilities to an assistant or a travel agent. Flying off to perform involves time management and a really reliable alarm clock.

*7. Where did you get your training in hypnosis and are you certified?*

My background in hypnosis is quite varied. I have attended University of Toronto, Seneca College and York University for Computer programming and psychology. Programming of computers and minds are quite closely related as they are logical outcomes due to a sequence of instructions.

My training in hypnotherapy is with Harvard Institute of Hypnotherapy in Client Centered Hypnosis, whom I highly recommend. I am certified and am a member of several hypnosis associations and guilds.

*8. Most fabulous hypnosis technique you use?*

I use a combination of many techniques that ensure a successful outcome. I am a student of Erickson, Jung and many others. I combine rapport techniques that are usually

underlined and easy to accept – from effective body language, to mirroring and cross-mirroring. I am a minimalist in language, and tend to be a wordsmith that delivers an exact meaning in as few words as possible.

*9. Worst moment ever in a hypnosis setting that ended up being a valuable learning experience.*

My worst moments end up being a valuable learning experience, though not necessarily bad moments, but unexpected at the time.

1. I asked a participant in one of my shows to “grab that chair”, meaning “sit down” in that chair. Instead of sitting down in a chair he picked it up awaiting further instructions. Lesson learnt: People under hypnosis may take everything literally.

2. While performing in the Caribbean, one of the participants on stage was not responding the way I would normally expect. When I gave this participant an individual suggestion, he did not carry it out. When attempting to find out why, I realized that this person did not speak a word of English and were hypnotized by understanding only the intention of the show. I continued the show with a translator, making them an outstanding subject.

*10. Any words of advice to potential clients or other hypnotist.*

Never stop learning. Seek and give advice, contribute and improve the lives of others simply by coming in contact with you. For the stage hypnotists – the main rule I have on stage is to treat the participants with respect and empathy. Comedy is never the means to ridicule, thus my job is to bring out the best improvisational skills and comedic timing, while providing unprecedented understanding of the potentials of the mind.

<http://theunwindingpath.com/transhypno/2008/12/19/10-questions-with-the-incredible-boris/>