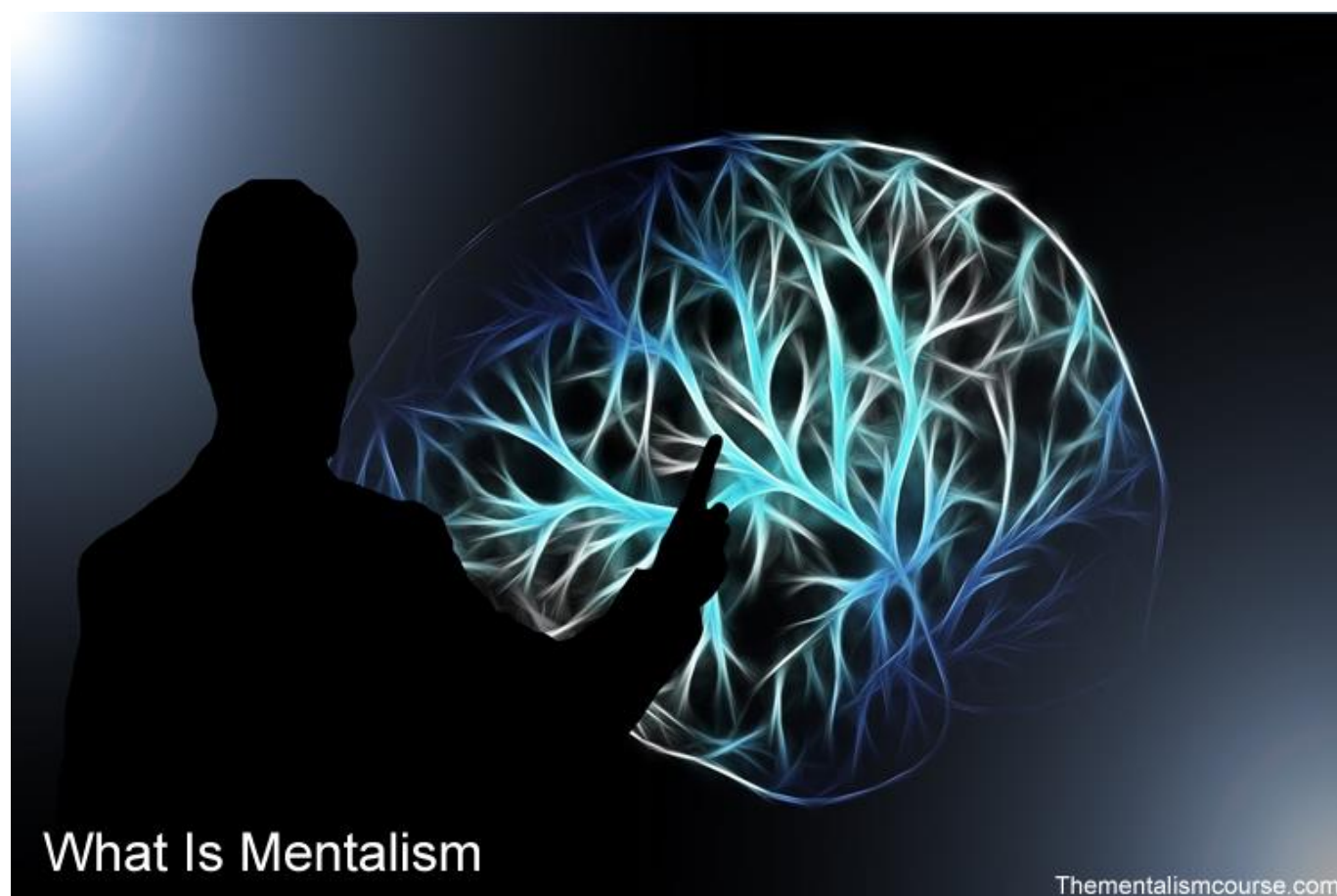


What is mentalism including some mentalism secrets



Having explained what a mentalist is, it made sense to dig a bit deeper and explain in a bit more detail about what mentalism is.

To explain what mentalism is requires an understanding of how the mind works. Mentalism focuses on mental perception and thought processes. But in many of the techniques used, mentalism taps into the subconscious mind. Mentalism can appear to an observer that the performing mentalist is telepathic, a clairvoyant, a medium or a psychic. When in fact a mentalist is none of these. Mentalism uses clever mind control to give the perception of all these things. When in fact people are having their minds controlled or their body language read, or both.



What Is Mentalism?

Mentalism is a broad term that includes a number of mind techniques.

These mind techniques include '*mind-control*' techniques. These are performed by mentalists and include performers like Derren Brown.

In certain aspects of mentalism, mentalists use their '*powers*' to either affect what people think or control how they answer a question. Which in some cases they rely on what's called *choice blindness*, see below for more on this.

In this technique they are '*planting*' ideas into your subconscious, without your conscious mind knowing. More about this in the section on *mentalism psychology*.

Other mentalism techniques include the ability to interpret a person's body language. This body language interpretation can be used to extract information from a person in a very clever way.

Combine the use of body language interpretation with the use of clever questioning and the mentalist can appear to be psychic.

Mentalism focuses on mental perception and thought processes, but in many of the techniques used, mentalism taps into the subconscious mind.

Hypnosis in mentalism

Celebrity hypnotist Tom Silvers has been quoted as saying: "*Becoming an expert hypnotist comes from learning how to effectively influence subconscious mind activity while bypassing conscious mind non acceptance.*"

Another mind controlling technique in the mentalist's repertoire is hypnosis. Stage hypnotists use hypnosis to control their subjects and have them do strange and funny things.

However, there's more to hypnosis and mentalism, as the mentalism that uses techniques like shape projection or similar, also relies on a form of hypnotism too.

The psychology behind mind control and mentalism

In the above explanation about '*what is mentalism*,' I used the term 'planting' ideas. This concept needs further explanation. But to do this, it's important to understand how the mind works.

There are two sides to your mind. There's the '*Conscious Mind*' and the '*Subconscious Mind*.' Think of the mind as an iceberg, where the part of the iceberg showing above the water represents the conscious mind. But the hidden part and largest portion of the iceberg, which is underwater, represents the subconscious mind.

As with an iceberg, where its direction of movement is controlled by the hidden part that's underwater (i.e. if there are currents underwater, these will influence the course of the iceberg. The top part of the iceberg simply follows, even if there are howling gales blowing in the opposite direction).

Using this analogy, people are also controlled by the '*hidden*' subconscious mind. Although some will argue that this simply isn't true.

In the context of mentalism, mentalists use similar techniques to those used in hypnosis. Both techniques work directly with the subconscious mind. But before we look at the function of the subconscious, let's first take a look at the conscious mind.

The importance of the conscious mind and the critical factor in mentalism

There are four basic functions of the conscious mind, which are *will power*, *temporary memory* (or your working memory that is used every day), the *analytical thought process* (which is designed to essentially look for solutions) and *rational thinking*.

Where the rational thinking part of the conscious mind gives us the reasoning behind why we do what we do (but take a look at Johansson experiments below). Or in other words how we justify our actions or beliefs.

Essentially, the conscious mind is where you decide whether to do something or not. Where the language of the conscious mind is logic.

The conscious mind is where the critical factor or what some call the critical faculty sits. The critical faculty guards the subconscious mind and only allows certain information through.

However, this critical faculty can be by-passed. For example, it can be by-passed by using hypnosis and by using mentalism.

In very basic terms, hypnosis is the relaxation of the mind. When the conscious mind is relaxed and the critical factor guard is down, it's possible to speak directly to the subconscious mind.

This can be done through hypnosis, but you don't have to be '*hypnotised*' to be in a hypnotic state. This is what mentalism relies upon to control the subconscious.

The subconscious mind and how it can be influenced by suggestion

The other part of the brain is the subconscious mind. The subconscious mind is where you'll find your habits. It's where the '*real you*' sits. Your subconscious mind controls how you behave, what you do and the habits you have.

For example, these include whether you are religious or not. If you are superstitious or not.

Which political party you vote for and habits like biting your nails or smoking are all controlled by the subconscious mind.

What also sits in your subconscious mind is your emotions and your permanent memory. Everything that's happened in your life is recorded here. These include sights, sounds, smells and feelings.

What many don't realise is that even though you don't necessarily remember something, that memory will be there. These memories can be tapped into using hypnosis and hypnotic regression.

Subconscious mind language is imagination

The language of the subconscious mind is imagination. Which means that it is open to suggestion, especially in the form of images, sights and sounds.

Also, what's important to understand is that whenever the conscious mind and the subconscious mind are in conflict, the subconscious mind wins every time.

But also, the subconscious mind cannot tell the difference between what is real and true and what is not real.

This means that the subconscious can be 'tricked' into believing something that may not necessarily be true.

Like watching movies.

We all get immersed into a movie where most are pure fiction. But it's our imagination (or subconscious mind) that controls how we '*believe*' what is going on.

We are 'hypnotised' and open to suggestion during a film.

This why we get scared at horror movies. It's also why some get emotional and cry at sad films.

Our logical conscious mind knows it's not real, but that doesn't stop these feelings or emotions from being felt.

If you are interested in exploring more about the psychology behind mentalism and hypnosis, then this video is worth watching.

It explains the conscious and subconscious minds in depth.

Having an in-depth knowledge of how the human mind works will provide a better grounding for you as you develop your mentalism skills.

So what does the critical faculty (critical factor) have to do with mentalism?

As with hypnosis, mentalism works on the basis that the conscious mind moves aside, and the critical faculty is by-passed.

This allows the mentalist or hypnotist to speak directly with the subconscious mind. This allows for suggestions to be 'planted' into the subconscious.

As already explained, you don't have to be hypnotised for this to happen, as hypnosis is a natural state and happens to you many times a day.

Let's look at this technique in action with a simple mentalism trick

In the video below, the technique being used by Derren Brown is suggestion. He uses suggestion to '*plant*' the answer of what he wants your answer to be with the use of his hands, his words and other signals.

Watch the video, and assuming you did think of what he explains at the end of this short clip, see if you can spot how he did it. Derren Brown gets you to think of two shapes and two colours, which he reveals at the end of this very short video.

If you don't get it the first time, watch it again. If you try to work this out for yourself, you'll benefit more.

Do this before you jump to the answer below. So here you go...

Mentalism technique - Video #1

To watch a Derren Brown Video – Click this link: [Derren Brown Video Mind Control Shapes](#)

For the solution to this Derren Brown mentalism video, see the same page.

More mentalism techniques

There's more to mentalism than playing with the subconscious. Mentalism techniques also include deception methods similar to magic tricks.

These tricks are designed to fool the audience, which is a mental mind game, instead of using mind manipulation.

In the video below from Inside Edition, Lisa Guerrero reveals a few tricks. The first is from American's Got Talent Oz Pearlman.

The trick that gets revealed is when he uses carbon paper to write the number through an envelope. Which is similar in a way to the Swami Gimmick (see below). Watch the video to understand the carbon paper deception method.

The deception in this case when Oz writes on the paper, is done behind the helper and out of sight of the audience and the Talent judges.

Mentalism technique - Video #2

To watch the second video click this link: [Mentalism secrets revealed including Penn and Teller](#)

The Swami Gimmick mentalism trick

The Swami Gimmick is done using a small piece of plastic with a pencil led in it. You use this to write on a card at the same time as the person reveals their answer, which might be a date of birth, a name or a place.

To achieve this, you put the card behind your back, so that the person you are doing the trick with doesn't realise you are writing it. The way this trick works is that you ask the person to think of their birthday and to say it over and again in their head.

As they are doing this, you pretend to write the date on a card with a pencil. This is the same card you place behind your back and stall while you write the date on this card, using the pencil led attached to your finger.

These types of trick rely on trickery or 'magic' and are not meddling with the subconscious. But instead they are fooling the mind.

The shiner technique

The shiner technique is where you place something shiny on a table or desk in front of you. Or where you use a shiny table top to use as a reflective mirror. But where the shiny surface is not obvious to the person you're trying to 'fool.'

You get the person you are '*mentalising*' to write a word on a piece of paper. Once they've written it, you ask them to place it face down on your hand.

Then with a bit of careful manoeuvring you look for the reflection of what's written on the paper in whatever shiny surface there is in front of you. Whilst doing so, you need to make what you are doing look natural and the trick not obvious.

The shiner technique is revealed in the video below with Jay Sanky.

Mentalism technique - Video #3

To watch the third video click this link: [Mind reading magic paper napkin trick](#).

The secret to how Derren Brown uses a suggestion mentalism technique - Video #1

Click this link: [Reveal the secret](#) behind Derren Brown's mentalism video.

The more obvious element of how he does this is when he uses his hands to suggest a triangle and a circle.

However, even before this he suggests to think of two geometric shapes. However, he's clever in his use of words, as he restricts what you can choose by saying '*Simple like a square, but your own ones.*'

This 'suggestion' means that most people will be compliant and choose a shape other than a square.

When you combine this verbal suggestion together with his hand suggestions, you come up with a triangle and a circle.

The next question is whether you managed to work out how he got you to choose green and red.

Before I give this away to you, and assuming you did choose green and red, but are not sure how he did this, please go back and re-watch the video.

The answer to this question is below, but if you are playing along, please see if you can work it out first, as in my opinion this will benefit you as you develop going forward to learning mentalism yourself.

[Answer to the red and green - Mentalism secrets revealed using mind control shape suggestion techniques and misdirection](#)

Do you really know why you do what you do?

In a TED talk below Peter Johansson asks the question "*do you really know why you do what you do?*" He is researching 'choice blindness.'

Firstly, you may be wondering what this has to do with the '*what is mentalism*' question.

This will become more obvious as I explain Jonansson's experiment. In this video Peter Johansson carries out two experiments on people. In order to perform these experiments he engaged the expertise of two magicians, [Tom Stone](#) and Peter Rosengren.

He wanted to challenge what people say about themselves, regardless of how certain they may seem.

As an 'experimental psychologist' Johansson recognised that tricking people about their own mind is hard. This is why he turned to the 'professionals,' that is the magicians.

Whilst a magician is not necessarily the same as a mentalist, although this can be debated, in both mentalism and magic there are mind games at work. They both rely on '*tricking the mind.*'

Magicians and mentalists are experts at creating the illusion of a free choice. So for example, when a magician tells you to pick a card, you know that you no longer have a free choice. The magician is controlling the outcome.

The same is true of a mentalist. In the example above, Derren Brown is asking you to choose two geometric shapes and two colours, whilst at the same time influencing your choice.

This TED talk is worth watching both from an interest perspective (if you're interested in psychology), but also in helping you to lay the foundation for learning mentalism too. The video may even give you some ideas about tricks you could perform on people too.

How choice blindness is important to mentalism

In the above experiment, experimental psychologist Johansson looked at ways in which people are blind to their own choices and preferences.

The mentalism techniques like 'Shape Projection,' rely on this phenomenon. Where the majority of people are blind to the suggested choices given to them by the mentalist in the form of hand gestures, words used and visual stimulus's.

There are many mentalism tricks and mind games that rely on the short comings of the human brain in addition to choice blindness.

For example through the mentalist taking advantage of time misdirection.