

## An escape from the drudgery of rote memorization

“Eyes-open hypnosis” has been used by hypnotists for many years to improve learning retention for students. But no one has created targeted learning sessions for actors, singers, and dancers before. And no one has found a way to put it into a home learning format. Until now.

For the Hypnosis for Creatives Home Learning Series, professional actress and Certified Hypnotist Cyrilla Baer ([www.CyrillaBaer.com](http://www.CyrillaBaer.com)) has created a way for you to study your script, music or choreography with your paper in hand or your lines or music playing in your ear. By putting you in an “eyes-open” trance, you can play through the instructions and trance induction, then repeat one track as often as you want for your study session, then the next track emerges you from trance while reinforcing your learning. Not just a session of suggestions for better memory like most hypnosis sessions, these programs actually go through your study session with you - enabling you to learn your lines, music or steps deeply and in real time with the session. It’s a powerful breakthrough in using hypnosis at home!

### TRACKS

- 1) Intro to Hypnosis & basic instructions (DO NOT skip this the 1st time!)
- 2) Induction
- 3) Learning Lines in Sequence, Section 1
- 4) Learning Lines in Sequence, Section 2 (eyes-open, repeatable track)
- 5) Final Suggestions and Emerge

NOTE: If you prefer learning lines while listening to them, as opposed to just reading them, I suggest you set up your session with 2 playback devices. That way, you can have one earpiece from your headset playing the eyes-open track very softly in one ear and have your recorded lines playing on another device into your other ear (by earpiece or speakers).

Cyrilla became interested in hypnosis when she was in 5th grade - her father was getting his Masters in Psychology and was using hypnosis on family and friends, and she would listen outside his study door. She promptly went to school, hypnotized a friend, came home to proudly brag about it, and got her dad pretty irate. (Back then, we didn’t know that hypnosis was very powerful but quite safe - still a 10 year old hypnotist is not a great idea.)

Cyrilla received her Certification from The National Guild of Hypnotists in 2001. She was trained by respected “renegade” hypnotherapist, the late Gerald Kein of The Omnihypnosis Institute, who had a different and very effective approach to hypnosis. Mr. Kein trained such noted hypnotherapists as Stephen Parkhill (author of the book ANSWER CANCER) and Cal Banyon of the Banyon Hypnosis Center (author, with Kein, of the book HYPNOSIS AND HYPNOTHERAPY, and creator of the 5-Path and 7-Path approaches to hypnotherapy, based on Gerry’s teachings).

As an actress, Cyrilla is currently a retired member of AEA and SAG-AFTRA because of disability. She is best known as the original “Mrs. Zero” in ADDING MACHINE, A MUSICAL, in the Chicago and Off Broadway casts (original cast recording available at [amazon.com](http://amazon.com)), co-star of the NY Independent Film Festival multiple award winning comedy RAGING HORMONES, and was a featured performer with The Atlanta Symphony and The Florida Philharmonic orchestras. Full performing credits can be found at [www.CyrillaBaer.com](http://www.CyrillaBaer.com). She has also wrangled and trained animals for movies, commercials, and modeling shoots in Chicago, and is a Top Writer at Quora.com, where she answers questions about topics including hypnosis, theatre, and invisible disabilities.

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