

Boris the Incredible Hypnotist makes entertainment his goal

Both audience and Boris himself enjoy performance

Ariel Cohen, The Beacon, Wilkes University
www.wilkesbeacon.com

Issue date: 11/13/06 **Section:** Features

With a stage name like the Incredible Boris, the hypnotist who recently visited Wilkes University seem destined for greatness.

The Incredible Boris was born in Moscow, Russia and immigrated to Canada with his parents when he was just 10 years old. As a teenager, Boris read the new-age classic *The Search For Bridey Murphy* by Morey Bernstein, which is a true story about a hypnotist involved in a past life regression with a female subject. Excited about a fascinating subject, Boris has tried to read every book available on the subject of hypnosis, hypnotism, hypnotists and hypnotherapy.



Media Credit: Cara Koster
Boris the Hypnotist preps students in the Ballroom on Thursday night.

Early attempts at hypnotizing people were at parties where friends would provide the material and ideas that have evolved into what you see on stage today. Having continued with the education on the subject, at York University and the University of Toronto, Boris was provided training in the fields of psychology and computers. Even though the two fields do not appear to be related, computer and mind programming are very similar, providing logical outcomes to given instructions.

Boris's first professional engagement as a comedy hypnotist at the age of 17 gave him his start to a vast entertainment career that lead to worldwide performances from Amsterdam to Japan, across the USA and Canada. Having spent over 20 years entertaining, and performing close to 300 shows a year, Boris is a regular fixture in many settings - from theatres and night clubs to corporate functions and casino showrooms. The show is always a guaranteed success.

The Beacon : How did you get into the hypnotist business?

Boris: Curiosity. That is the best answer. I first read a book as a teenager and that got me into researching it. Most people do not bother doing the research but I went ahead and did the research.

The Beacon : What do you find is the greatest part of your job as a hypnotist?

Boris: The greatest part of my job is the fact that it is fun. In fact, it is not really a job. Anything you really enjoy in life isn't a job.

I am a self-described kid in a toy box. I enjoy putting smiles on people faces.

The Beacon : What has been some of the moments that you have enjoyed the most in your career?

Boris: Well, let me preface this by saying that I am a huge fan of Johnny Carson.

Johnny, if he likes someone, gives them an okay sign. If he gave someone that sign, it transformed their job into a career.

So, when I was on Carson's show, I asked Howie to give me the okay sign if I was doing an alright job. Halfway through the show, I guess I was doing alright, because I got the sign from him and was also invited back a month later.

The Beacon : What are the biggest misconceptions and rumors about being hypnotized?

Boris: A lot of the time, it is disbelief at first. My job is not to always prove that hypnosis is real, but it is to entertain people. It is to put smiles on people's faces.

Hopefully I am doing it right. I try never to be the star of the show. I am simply just a director, and I let the people make the show.

The Beacon : What, in your opinion, makes people more susceptible to being hypnotized than others?

Boris: Anyone can be hypnotized. It is simply the ability to concentrate and follow suggestions.

Everyone can go under. That is why hypnotists send people back to the audience. You can read body language and be able to tell how well the person is reacting to the suggestions. Even those that are sent back to their seats can go under.

The Beacon : Do you ever use your skills to help people with quitting smoking or other things like that?

Boris: I do over 300 shows per year so it is difficult for me to actually hold actual sessions for that. I have created a CD that does those kinds of things, though.

The Beacon : How long does it take for the CD and these methods of hypnosis to start working and how long do they last?

Boris: It is following suggestions that I give on the CD. For some people, it takes one session with the CD and for others it could take three sessions or more. It varies though.

More information about The Incredible Boris can be found online at www.incredibleboris.com or myspace.com/incredibleboris.

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