

The Incredible Boris

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All hypnosis, according to globetrotting hypnotist and entertainer the Incredible Boris, is self-hypnotism. He describes it this way: A mind is made up of two parts, the subconscious and the conscious. The conscious part acts as a gate to reject or accept suggestions, while the subconscious will accept whatever reality is suggested to it. The Incredible Boris occupies the conscious, which allows him access to people's subconscious, to suggest realities that lead to humorous situations, but the participant must be actively involved in the process. His performance features routines including convincing people they've forgotten their names, getting strangers to play Twister together when there is no Twister mat on the floor, and people singing an aria any time somebody utters the word "opera." Boris, who gave his first hypnosis stage show at age 17, has also used his craft to help on TV shows. He enabled people to quit smoking on the *Montel Williams Show*, and he's rid others of their bizarre phobias (including the fear of cotton balls) on the *Maury Povich Show*. Boris's G-rated routine is amusing shtick that will have hypnosis believers awed and skeptics laughing, at the very least.

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