

IT'S A MATTER OF MIND



**COMEDY
SHOW**

Hypnotist learned to laugh to overcome trauma

It all started when 9-year-old Chris Mabrey lost his finger. The comedy hypnotist, who is now 36, said he was playing football in a mountain-top clearing when he was attacked by a bald eagle that bit half of his ring finger off.

"A lot of people don't believe me, which is fine," he said.

But the loss of his finger led him to a doctor that told him if he could learn to laugh about it,

he would eventually heal himself. Three months later, he was at a hypnotist's show in Orange County, California, and saw that his performance made people laugh. And then Mabrey knew what he wanted to do.

The hypnotist was a family friend, so Mabrey had the opportunity to train with him full-time during the summer months. Eventually, Mabrey was doing opening shows for

his mentor, and then he moved on to perform professionally for 14 years.

Audience members won't know what to expect because every show is different, and that's what makes it so fun, Mabrey said.

"You're constantly guessing what I'm going to do."

Mabrey strives for speed and stamina in his acts — meaning he wants to hypnotize 90 per-

cent of his volunteers in under three to four minutes.

Being hypnotized makes your mind feel like a flickering light, Mabrey said. It's shutting off the conscious mind — the part of the brain that uses reasoning — temporarily so the subconscious mind takes control.

"If I'm wearing a blue shirt and I tell you it's pink, you'll believe me," he said.

But most of all, he wants to deliver "good family fun and constant laughter."

"A lot of the time it's so funny because a lot of people have a doubt, and when you see someone you know up there it makes it 10 times funnier."

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