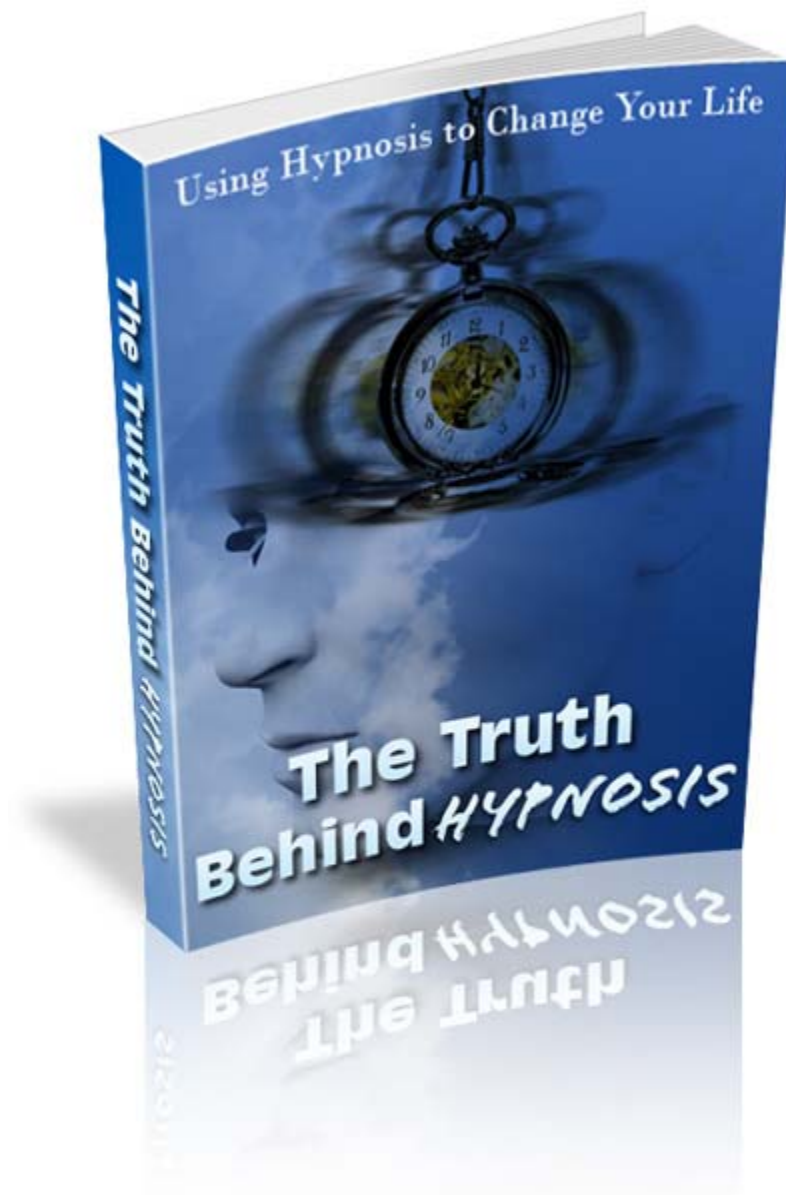


## The Truth Behind Hypnosis :: Using Hypnosis to Change your Life



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## Introduction

Hypnosis has been used for centuries as a treatment for pain relief that is both chronic and during operations. Today its use expands beyond just relief from pain to many other uses. There is, however, much controversy over the use of hypnosis in the medical world, even though repeated laboratory studies have shown hypnosis to be a valid and useful treatment.

As you will discover in this book, hypnosis is a powerful treatment that can be used to help cure many common problems such as smoking addiction, overeating and other eating disorders, phobias, and more. Treating these personal issues can help people live more meaningful and enjoyable lives.

Many people have something in their lives they would like to change. Hypnosis might be the answer. Perhaps hypnosis can help you overcome a challenging part of your life that you have been struggling with for years. It is worth a try, right?

## Chapter 1

### Why Consider Hypnosis?

#### *Hypnosis: Inside and Out*

Hypnosis is often used in place of harmful prescription medication to treat a wide variety of ailments. But what is hypnosis used to treat? The practice of hypnosis is called “hypnotherapy”, and is used either as a solitary treatment or in conjunction with other treatments.

Hypnotherapy is practiced by a trained licensed professional hypnotherapist. Hypnosis is often used to treat the symptoms associated with emotional, behavioral, habitual, social, and medical issues.

Hypnosis can help people deal with:

- ❖ Labor and childbirth
- ❖ Irritable Bowl Syndrome discomfort
- ❖ Post-op surgery bleeding and pain
- ❖ Dental treatment recovery
- ❖ Migraine headaches
- ❖ Chemotherapy nausea/vomiting
- ❖ Weak immune systems
- ❖ High blood pressure
- ❖ Skin diseases
- ❖ Asthma

- ❖ Negative behaviors like eating disorders, smoking, drug use, bedwetting
- ❖ Anxiety disorders, stress
- ❖ Atopic and psoriasis dermatitis
- ❖ Phobias

Hypnosis is used to help relax a person, allowing them to become much more relaxed and comfortable. For example, a person with chronic pain will reach a new level of relaxation after a hypnotherapy treatment. This new state of relaxation will help them fight depression, avoid problems at work and home, and help them better cope with the pain overall.

Hypnosis works better for some people than for others. It is essential that the participant be motivated for the treatment to work. It is also key to the success of hypnotherapy for the individual to be ready to take on the suggestions that come out of the session.

With hypnosis, there are options. Which technique should you choose? This depends on your personal preferences, and what you want to accomplish. A consultation with a trained hypnotherapist will help you determine the technique that is best for you.

### ***A Brief History of Hypnosis***

In one form or another, hypnosis has existed since the beginning of time. For example, animals that hibernate are practicing one type of hypnosis. They are practicing self-hypnosis by closing down their bodies while allowing their mind and physical being to renew.

Prior to the 1400's, when a person was sick it was thought to be intentionally caused by the gods as punishment to mortal man. The healers of the time would have rituals that involved an altered state of mind, either in the sick person or the healer. Every ritual was different, but they typically involved natural remedies

from the rainforest, fire, music and chanting. A common thread in these treatments is that the ill person would be trying to reach a mental place where the mind would take over the body. This would begin the process of body healing. By believing they were being healed, the power of the mind was unleashed.

There was mention in written documentation of hypnosis as early as the 3<sup>rd</sup> century in Egypt.

The 18<sup>th</sup> century was a popular time for hypnosis, when Franz Anton Mesmer, an Austrian doctor, found he was capable of healing people of illnesses without surgery or medicine. His studies led him to believe that the body was regulated by a magnetic force, and the use of magnets and hypnosis healed people.

This type of hypnosis was called “Mesmerism”, and was very successful.

### *Hypnosis: What Is It?*

People tend to either fully believe in hypnosis – or they do not. Rightfully, before you can claim to not believe in hypnosis, you need to fully understand what it is, and what it is not.

There is a lot of misinformation out there on the topic of hypnosis. People think that they have to give up all control of themselves when being hypnotized. That is not true. You retain complete control of yourself.

Hypnosis is a normal, natural state of mind that is achieved by many in everyday activities. For example, remember the last time you were engaged in a good book? That relaxed, focused mind-body connection is similar to hypnosis. Add a trained, professional guide that offers suggestions, and you have a snapshot of a hypnosis session.

When you are hypnotized, your mind is still in control. You remain in the hypnotized state because you want to be there. The power of your mind is being used in hypnotherapy, facilitated by the guide. A seasoned professional can lead

the trance a specific way, which is helpful when trying to pinpoint a specific problem.

Think of hypnosis as a type of meditation – only with a guide. Because of the training and experience of the hypnotherapist, often the results are better than self-induced hypnosis.

For hypnosis to work, the subject needs to be open to the idea. Remember, you are not handing over control of your mind, only believing in the effectiveness of hypnosis, which helps the mind-body connection.

### ***Common Hypnosis Myths Dispelled***

The entertainment shows in Vegas and on television that show “regular” people in a so-called hypnotic trance clucking like a chicken is really just a show. These people are not hypnotized. There is so much misinformation out there about hypnosis that it is time to set the record straight and dispel some of the many common myths about this valuable treatment.

#### ***Myth #1: You lose complete control of your mind and body.***

Not true. You will not lose control over what you do and say, as the fictionalized people on TV do. Hypnosis is simply a more focused and heightened state of consciousness. You are actually more attuned to your surroundings. You WILL NOT lose control over your personality and your WILL maintain your integrity.

#### ***Myth #2: Your therapist will control you like a puppet.***

False. Hypnosis is complete voluntary. The hypnotherapist simply uses the power of positive suggestion as the vehicle for change. To cause change, the hypnotherapist uses suggestion to influence the subconscious mind.

#### ***Myth #3: You will forget everything that happens under hypnosis.***

A majority of people that go under hypnosis remember everything that is said and done during the session. In rare cases, people who are susceptible to deep hypnotic states will experience some level of lack of memory, however this is rare.

***Myth #4: You can be sent into a hypnotic trance against your will.***

This couldn't be farther from the truth. For hypnosis to work at all, you need to be a willing participant in allowing it to work.

***How to Use Hypnosis to Your Advantage***

If your life is not what you would like it to be, perhaps hypnosis can help. It is especially helpful if you are doing things that you do not want to do (so the subconscious is ruling over the conscious mind). For example, issues such as smoking and eating disorders.

Self-hypnosis can be used as a tool when attempting to improve yourself. Its main function is to help you be more patient while working on your self-improvement efforts. In order for self-hypnosis to work, you must first identify the real source of the problem. Once this is identified, you will need to truly believe that hypnosis can, and will, work for you.

In order to make lasting positive change in your life, you need to identify the root of the problem. Once the source has been found, you can fix it. For example, if your problem is overeating, it is highly likely that the root of the problem actually has little to do with food itself, rather it is something emotional. Therefore, the goal of hypnosis should be to find the emotional issue that is causing you to eat. Once found, you can address it head on. Hypnosis will not work if you are trying to fix symptoms instead of the real reason for the problem.

Perhaps your issues involves "passive dysfunction." Passive dysfunction is like a mental block, and is when the subconscious gets in the way of change. Using

hypnosis to uncover the real reason for the problem will help you, and your hypnotherapist, to create suggestions that will eradicate the issue.

In discovering your subconscious, ask yourself probing questions that involve the who, what, when, where, and why. Here are a few sample questions:

1. Who is associated with the problem?
2. Is there a location trigger that could be associated with the source of the problem?
3. When did the problem first start in your life?
4. What, in particular, sparks the behavior?
5. Why this behavior?

The answers to these questions can provide valuable insight into your dysfunction, and will be helpful when working on your problem using hypnosis.

### ***What Exactly IS Hypnosis?***

Hypnosis is difficult to define. People go in and out of a hypnotic-type consciousness everyday. Hypnosis compares to daydreaming in that you are still completely a part of your surroundings, however, your mind wanders.

In hypnosis, the hypnotist gives suggestions to guide a person through a mind journey. By guiding you through the subconscious, the guide can give powerful suggestions that will help you successfully make changes to your negative self-destructive behaviors, while substituting them for positive ones.

There are five states that need to be present before you can be hypnotized. They are:

1. Concentration
2. Relaxation

- 3. Motivation
- 0. Suggestion
- 0. Imagination

Hypnosis works because it affects your subconscious mind, which is unable to reason. Since it cannot reason, it accepts and acts upon the conscious mind's suggestions. Before the conscious mind can be used as a tool in change, the five states above need to be in place.

According to researchers, the conscious mind takes up only 10% of the human brain. Conscious mind activities are everything you do that interacts with the environment around you. The remaining 90% of your brain is the subconscious mind. This part handles the body's functions- such as breathing, blinking, muscular and skeletal interactions, and even cellular activity.

The subconscious is also where we get creativity and intuition, as well as emotion and rational/irrational behavior. The subconscious mind often has influence over the conscious mind. One of the bad parts of the subconscious mind is that it sometimes draws illogical rationalizations that lead to dysfunctional negative behaviors.

One of the most important points about the subconscious mind is that it is possible to reprogram it.

Commonly known as the gate between the conscious and subconscious mind, the "Critical Factor" has the power to take in or reject suggestions. When the Critical Factor sees change as threatening, it rejects the suggestion in an effort to protect.

This is why any suggestions that do not coincide with what is programmed in the subconscious are rejected. The Critical Factor has to be bypassed in order for change to take place. This means that you will go past emotion, memories, and habits. Once this is done, real change will occur.

## *Psychodynamic Theory & Philosophy*

The theory of psychodynamics focuses on people and their relationship with their surroundings and the rest of the environment. It is believed that a majority of your world can be influenced by your mind.

The brain takes cues and suggestions as subliminal communication, and when using scientifically proven concepts change can occur rather quickly. The change is often quite effective and long-lasting. Overall, the psychodynamic theory of hypnosis tells us that when offered suggestions; the subconscious mind can make positive change.

## *The Science Behind Hypnosis*

There is more to hypnosis than just self-induced hypnotic tapes or the receiving of suggestions from a hypnotist. While these are both valid parts of hypnosis, there is more science behind the practice.

Brain waves are influential in the effectiveness of hypnosis. The brain has several states. They are:

- ❖ Beta: Waking state
- ❖ Alpha: Focused concentration\*
- ❖ Theta: Deep meditation\*
- ❖ Delta: Dream state

When the brain is at the alpha or theta state, hypnosis is effective. The mind is influenced during the delta and theta states. In this situation, the voice is a powerful tool; hence the hypnotherapist is invaluable here.

The subconscious mind can be seen as the connection between the nervous system and the conscious mind. This is why hypnosis is often used to unblock a memory.

### *How it Works*

How does hypnotherapy work? A hypnotherapist will offer suggestions that the subconscious mind will accept. Once these suggestions are accepted and implemented, the mind begins making different choices. For example, for a patient that is trying to shed pounds, the hypnotist might suggest that food is not as appealing or tasty. As your mind accepts the suggestions given when hypnotized, you will find that next time you are presented with a food that is not good for you, your subconscious mind will tell you it is unappealing.

### *Types of Hypnotic Induction*

How do you get into a hypnotic state? Trained professional hypnotists use several different methods to induce hypnosis. They are:

- 0. Fixed gaze - eye fixation
- 0. Imagery – progressive relaxation
- 0. Mental confusion
- 0. Mental misdirection
- 0. Loss of equilibrium
- 0. Nervous system shock

### *The Difference Between Hypnosis and Hypnotherapy*

Hypnotherapy is the clinical term used to describe treatment with a trained professional hypnotist. This is typically used to treat a specific problem such as shyness, smoking cessation, or weight loss. Hypnotherapy is usually done in a practice office with deliberate planning and treatment. Often hypnosis is done in conjunction with other treatments to solve a person's problem.

Hypnosis is the looser term for the same thing; however, it usually involves non-scientific treatment. This can include self-hypnosis at home, and hypnosis for entertainment purposes.

The image of hypnosis has been abused for entertainment purposes for a long time, which has damaged the reputation of a reliable and helpful tool. Once the stigma of hypnosis has gone away, the true benefit will come into view.



## Chapter 2

### Uses for Hypnosis

#### *Weight Loss*

In addition to eating right and exercising regularly, hypnosis is a powerful tool you can use in achieving your weight loss goals. For many people, their intentions are good, but they often lack the motivation needed to be successful when getting started. Here is how hypnosis can help:

- 0. You will experience slow weight loss which is most healthy, and longest lasting
- 0. You will learn healthy eating to keep weight off permanently
- 0. You will find new habits that you will enjoy, thanks to hypnosis, like exercise and healthy foods
- 0. You will have more positive self image as a thin person which will help you lose weight
- 0. You will remove the stress associated with losing weight, causing you to eat less
- 0. Your view of the weight loss process will change from negative to positive
- 0. Your increased confidence will help you become a new person

Why do people have weight problems? For various reasons, however, the most common reason is stress. Most people are multi-tasking and trying to balance family and work. The time crunch, coupled with the fact the many people eat comfort foods when stressed, means obesity and weight gain.

Hypnosis can help. Studies show that cortisol is a major player in the body's response to stress. Stress signals hormones to stimulate the adrenal glands, which also activates pleasure seeking behaviors. To many, eating comfort foods – those that are high carb, high fat, high sugar, and high in empty calories – is a pleasure seeking activity.

Hypnosis relaxes the stress drive, causing the brain to not crave comfort foods and overeating. Hypnosis is also used as a proactive tool to avoid overeating in the first place.

Hypnosis will help you achieve your weight loss goals by:

- 0. Helping your get, and stay, motivated
- 0. Change your food cravings from bad-for-you to healthy choices
- 0. Face cravings by “thinking thin.”
- 0. Ensuring that the subconscious doesn't get in the way of your weight loss efforts
- 0. Helps you recognize the difference between true hunger and emotional eating.

### ***Improve Academic Performance***

You can use hypnosis to turn poor grades into good ones. If the cause of difficulty in school is caused by your disinterest or dislike in it, hypnosis can help. The suggestions given to your subconscious by a hypnotherapist will help you begin to enjoy learning and going to school each day, which will then impact your study habits. Your grades will improve by your more focused attention, effort, and enjoyment that you will get from school.

### ***Memory and Concentration Improvement***

Also going hand-in-hand with helping you improve your educational experience, hypnosis will help you remember more and concentrate better. There are a number of reasons why a person's memory is compromised. Perhaps lack of sleep, lack of food, stress, or aging has caused you to not be able to recall information as easily as before.

There are several points that are important when trying to improve your memory and concentration:

- 0. Heighten emotional states are typically times of easier concentration
- 0. You need to have the intention to remember
- 0. You need a real interest in the subject
- 0. Use imagery and repetition to create more favorable memory situations
- 0. Being relaxed is essential for recalling
- 0. You need to have self-confidence that you can have a strong memory

Hypnosis will help you sharpen your memory and improve your focus. You will notice that your memory improves with the ability to remember more, more often.

### ***Use Hypnosis to Bring Yourself Better Health***

Hypnosis helps you listen to your body by listening to suggestions given to you while you are in a state of deep relaxation. When you are deeply relaxed – as in hypnosis – your immune system is at its optimum.

Hypnosis also helps you sleep better. Sleep is essential for body rejuvenation and self-healing. When your brain and body are able to reach a deep state of sleep, your immune system improves, and your health issues can begin to become less severe. Think of hypnosis as a break from feeling sick.

Hypnosis is often used for headaches. Migraines and tension headache sufferers use hypnosis to relax and reduce blood pressure. With this, the blood vessels are not as constrained and the headaches diminish. Hypnosis helps headaches because: it relaxes you, stress hormones are reduced, and concentration and memory are improved.

Hypnosis is used for other common health concerns. Teeth grinding can be eliminated through hypnosis. Irritable Bowel Syndrome is also relieved through hypnosis.

### *Diabetes*

Diabetes is more than just a biological problem. In addition to troubled blood sugar levels, there is pricey medication, depression, and constant medical care. Hypnosis can help – especially with depression.

Studies have shown that high blood sugar levels lead to biochemical changes in the brain that cause depression. Unfortunately, many doctors are still only treating the obvious symptoms of diabetes, and ignoring depression. Nearly 46% of people with diabetes have some form of depression linked to the disease.

A two pronged approach is best for diabetes. If medication is coupled with hypnosis, the disease's entire impact on the mind and body will be treated.

### *Eating Disorders*

Bulimia and Anorexia are both deadly eating disorders that are treatable if the individual wants to be treated. Both diseases involve a distorted body image when someone who is not overweight – and is many times dramatically underweight – thinks they are “fat.” These behavioral diseases are difficult to treat.

Behavioral treatments and medication are common for these two disorders, and hypnosis can help the mind change from thinking like a bulimic or anorexic, to a person that has a healthy body image and relationship with food.

Hypnosis can be used to reprogram the way a person thinks. A professional can use positive suggestions to change a bulimic's or anorexic's thought process in regards to eating and related behaviors. Hypnosis is also used to find the root cause for the problem. Many times, eating disorders are caused by a person's attempt to regain control in their life.

### ***Sales Ability***

Being successful in sales means that you need to have the right attitude and a strong belief system. Hypnosis is an excellent tool in helping you develop and build what you need to be an all-star salesperson.

One of the best parts about using hypnosis to improve sales ability is that the results are usually obvious right away. Hypnosis will help you create a persona that will make people want to hear about what you are selling. You will be able to develop the interpersonal skills you need to excel in sales.

### ***Assertiveness***

Do you have trouble saying "no?" Do you avoid confrontation at all costs; even if that means you have to compromise yourself to keep the peace? Hypnosis can help people learn when it is appropriate to say no, and when you should add something new to your plate. You will learn to be confident, and turn a stress situation into a calming one, while still not agreeing to everything.

### ***Anxiety***

With anxiety comes the primal “fight or flight” reaction, rapid heart rate, tenseness, and nausea. Hypnosis can be used to reprogram the brain into knowing how to properly handle stressful situations. It can also be used to develop more confidence, relaxation techniques, and coping skills for anxiety-inducing scenarios.

Hypnosis is also used in helping treat Post Traumatic Stress Disorder (PTSD), after a traumatic event. Or perhaps there is anxiety over any number of phobias – hypnosis can help with that too.

### ***Smoking Cessation and Discontinuing Tobacco Use***

Quitting smoking is one of the hardest things a smoker can do. However, it is of absolute importance for good health and longevity. Hypnosis helps deal with the crankiness, weight gain concern, and helps you stop smoking once and for all.

Hypnotherapy can stimulate your motivation in the subconscious mind. This can be used to discontinue use of chewing tobacco, cigarettes or cigars. A trained professional can help you through the power of suggestion to lose interest in tobacco all together.

### ***Pain Relief***

Hypnosis provides welcome relief for people suffering with chronic pain. Pain relief is considered one of the most popular uses of hypnosis. No matter if the pain is caused from an accident, Multiple Sclerosis or Reflex Sympathetic Dystrophy, hypnosis will help your brain perceive the pain differently. One of the main benefits of using this type of treatment is that you can avoid the many negative side effects of prescription pain killers, such as addiction.

### ***Other Uses for Hypnosis***

Hypnosis is an excellent therapy for many other personal issues. It can help students keep focused and motivated to calmly approach learning in the best way possible. Hypnosis is also great for attitude adjustments so that you have a better, more positive outlook on life. When advancing your career, hypnosis can help with your written and verbal skills, concentration, professional behavior, tenacity, presentation, and decision-making abilities.

Hypnosis can help athletes get motivated for better performance. It can help you feel more relaxed and perform better when speaking in public. And lastly, hypnosis is a wonderful way to tackle tough habits, like nail biting.

## Chapter 3

### Hypnosis Specifics and Supplementary Information

#### *Who is a Candidate for Hypnosis?*

The answer is almost everyone! Hypnosis can be used to help people through troublesome difficult times in life. Thanks to the versatility of hypnosis, it is now being looked at more seriously by the medical world. To be a candidate for hypnosis, you will be able to:

- 0. Be motivated
- 0. Relax
- 0. Concentrate
- 0. Use your creative imagination
- 0. Hear and respond to suggestions

#### *The Mystery Unveiled: What Does it Feel Like?*

Are you reluctant to try hypnosis for fear that you will lose control of yourself, and the hypnotist will get you to say or do things that you normally wouldn't do? Not to worry – that is only done for entertainment purposes, not in real, professional hypnotherapist offices.

Being hypnotized is like daydreaming. You will be very aware of what is being said and done around you; however you will be very relaxed and focused.

Usually, when going through hypnosis you will be lying down on a comfortable couch and relaxing. You will probably feel light, weightless, and calm.

You may not realize that you are hypnotized in the early stages of it, called pre-induction. That is why it is very important to work with a trained professional that

understands this early part of hypnosis and can use it as part of the overall treatment.

When you are in a hypnotic state, you can remember things more clearly, and your other abilities are enhanced as well. Your hypnotist will guide you to reach your goal.

### ***What Are the Types of Hypnosis?***

Hypnosis is broken down into three categories:

1. The most common type of hypnosis is *unconscious hypnosis*. Most professionals like to use the term “self-suggestion” instead, because hypnosis is simply suggestions being made to the subconscious. Before unconscious hypnosis will work, the individual must believe that it will work. This positive thinking, and the belief that something WILL happen, can make it possible.
2. A second type of hypnosis is conscious hypnosis. To change your life and the way you live it, you must be aware that change is required.
3. Lastly, there is self-hypnosis. You can use self-guided audio tapes or books to help you hypnotize yourself. Of course, as previously discussed, no one can be hypnotized unless they want to be, which is also true with self-hypnosis.

### ***Finding a Hypnotherapist***

Since hypnosis is not government regulated, you will need to take caution when finding a hypnotherapist. Many times a hypnotist is someone that practices another type of medicine and has added hypnosis to their menu of services after completing the required training. Look for these qualifications:

- ❖ At least 200 hours of training
- ❖ Specific training in a field such as dentistry, psychology or medicine
- ❖ Licensed in the state you are in
- ❖ Professional schooling that resulted in licenses and certification
- ❖ Years of service
- ❖ Professional affiliations with industry organizations

### *Self-Hypnosis Preparations*

You can help yourself through self-hypnosis. There are several steps to hypnotizing yourself successfully; to attain the goals you have set.

1. Relax. In order for the subconscious mind to take in suggestions, the body and mind must be relaxed. If you have difficulty doing this, try taking warm bath to relax the body first, and the mind will probably follow.
2. Move into deepening procedures. This will allow your mind to move from the conscious state to hypnotized. This is the ability to let go of your thoughts, stop waiting to become “hypnotized” and just let it happen.
3. Try the countdown method. When trying to drift off, and relax, try counting down from ten picturing yourself getting more and more relaxed with the passing of each number.
4. Suggestion application. This is where you clearly designate your goals, and tell your subconscious to act in a way that will achieve the goals. The most effective way to do this is to memorize them and organize them in advance so that you are prepared. The most effective suggestions are imagery, which involve no words. It is also important that the suggestions are simplistic and achievable.

5. Termination. This is the ending of your self-hypnosis session. Identify to yourself the ending of the session, which will provide a clear differentiation between your conscious and hypnotic state. Then you can freely go about your daily business.

### ***Being Successful at Self-Hypnosis***

It is not difficult to be successful at self-hypnosis. Anyone can learn how to do it well. In order for it to work, you will need to allow it to happen naturally. Forcing it will not work. Let the hypnosis come over you and avoid constantly critiquing what is happening. Here are some tips to help you be successful at self-hypnosis:

- ❖ Develop a self-hypnosis schedule. Practice regularly for 10-30 minutes per session.
- ❖ Discover a comfortable position. Most people lay down when self-hypnotizing.
- ❖ Meet with a professional hypnotist to get ideas and post-hypnotic suggestions that will help you refocus on what you have learned.
- ❖ Make an induction tape that will help you get hypnotized. There are many professionally made tapes available as well.
- ❖ Have a positive attitude. This will not work if your attitude toward it is negative.
- ❖ Don't focus on the bad behaviors and influences; instead focus on the positive behaviors you are going to replace them with. For example, don't think about how bad cigarettes are; instead think about how wonderful a brisk walk will feel when you replace your smoking with exercise.
- ❖

### ***Making Hypnotic Suggestions Powerful***

In order for hypnosis to be successful, the suggestions need to be on point. A very successful combination is ideomotor questioning coupled with suggestion validation. How do you validate a suggestion? Ask these types of questions:

1. Is this suggestion an acceptable one?
1. How soon will the suggestion work?
1. To achieve the desired results, is there anything else to do?
1. Will there be work out of this suggestion, and will it be effective?

It is important to keep good records when working with hypnosis. This is especially important for ideomotor questioning. Each question needs to be deliberate and appropriate, so the hypnotist should plan out each question prior to asking it by writing it down. It is okay to write them on the spot, as the answer to the previous question might impact the next one.

There are a few more tips in successful hypnosis. Do not ask the same questions repeatedly. Take notes through the session because the answers to some questions can be used again later as a future reference.

Remember that hypnosis and the power of suggestion does not change the person that you are, rather it helps you become the best person you can be.

### ***Becoming a Professional Hypnotist***

Do people always tell you that you have a calming effect on people? While education and training is still essential when performing hypnosis, some people are born with a natural, calming character that is perfect for a hypnotist to have.

First and foremost, you must like helping people. If you would like to become a hypnotist, you must be interested in helping people overcome their struggles, staying positive, and being an excellent motivator. Being a hypnotist can help improve people's lives and enhance their overall quality of life, which is a very rewarding profession.

The education involved in becoming a trained professional involves a comprehensive educational plan. First there is classroom style training, followed by hand-on mentoring and practice. You will need to take tests and become certified and then licensed to practice on your own.

### ***The Controversy Over Hypnotism***

Hypnosis has gotten a bad rap of the past century. It is commonly misrepresented in movies, on television, and is often the butt of jokes. Hypnotists entertain people by getting them to cluck like a chicken on stages, under the guise of hypnosis.

Many people do not realize that there is a long history behind hypnosis. Over history, hypnosis was known to be an effective healing method.

People think that when you are hypnotized that you lose complete control over yourself and your surroundings. This is simply fictionalized for entertainment purposes and is untrue.

Some people even think that bringing yourself into a state of hypnosis is demonic or evil. Hypnosis is simply a stage of conscious awareness.

Lastly, some people think that only some people are hypnotizable. You have to believe in hypnosis for it to work, but it can work for everyone.

### ***What Happens if You Pick the Wrong Hypnotist***

Successful hypnosis is directly linked to the skill level of the hypnotist you choose. By picking an unqualified hypnotist, your problems will not only go unsolved, but you may also find you have new problems as a result of the mistreatment.

There are some risky types of hypnosis that should be avoided unless your professional has extensive experience. For example, aversion suggestion. This method focuses on the negative aspects of a habit – but what happens to your psyche if that negative thing actually happens to you. So, as an example, if you picture cigarettes giving you emphysema, but then you actually do get it. Not a positive mental state.

Another type of hypnosis that should be avoided is regression. This can result in false memories and a host of other problems.

A good hypnotist knows and practices the difference between leading and guiding suggestions. You want someone who guides. Pushing you in one direction or another goes against everything that is positive and believed to be useful in the practice of hypnosis.

### ***Code of Ethics for Hypnotists***

Choosing the best professional in your area is important and worth the time and effort. Not all practitioners are the same, so look for someone that follows a strict code of ethics.

What is the best way to find out if your practitioner is following a code of ethics? Ask! Don't be nervous about asking for education history and work experience, theory and standards that the practitioner works by, etc. Do they constantly strive to learn more, new things about hypnosis? Are they dedicated to continuously educating themselves and the public on the practice? How well do they communicate with patients?

It is essential that your hypnotist have a high level of integrity. There should be a confidentiality agreement in place to protect you, and help you completely throw yourself into the process.

### ***A Tool: The Psychosonic Rhythm***

The Psychosonic Rhythm is a tool that hypnotists use to develop a deep state of hypnosis in patients. It is a pulsating sound that makes brain waves that aids in effective hypnosis and mask outside noises. This audible mask can be used to cover barking dogs, the hum of the refrigerator, any noise that draws a person out of the hypnotic state. In recent studies, as many as 67% of hypnotized patients have found that Psychosonic Rhythm is beneficial when being hypnotized.

The sound system uses dual rhythms on a low volume. This generates a hypnosis inducing brain wave frequency. Use this tool if noise is negatively impacting your ability to achieve hypnosis.

### ***Legal Disclaimer***

This book is compiled for educational and informational purposes only. Please do not confuse it with medical practitioner advice. When you have questions of a medical nature, always consult a medical professional for guidance, diagnosis, and treatment. It is disadvantageous to you to ignore medical advise based on something you have read.

The techniques discussed in this book have not been FDA approved and they must be followed by a disclaimer that this natural and/or dietary supplements have not been evaluated by the FDA and that this material is not intended to “diagnose, treat, cure, or prevent any disease.”

## *Conclusion*

There are many benefits to trying hypnosis with an open mind. Not only will it help you with your specific problem, but you will also become a happier and more well-rounded person overall.

Private sessions can be costly, ranging from between \$300 and \$350 per one hour session with a professional. While this cost might sound high, especially since you will need to attend multiple sessions, think about what problem you are trying to resolve. Is that nominal fee reasonable for regaining control of your life from smoking or excessive weight gain? If this is a permanent solution, calculate all of the other attempts costs and it is most likely in the same range.

No matter what way you choose to undergo hypnosis, go into it with an open mind and positive attitude. Create goals that are achievable, and work with a practitioner that is experienced, qualified, and has the Code of Ethics you are looking for. With this mix of features, you will be setting yourself up for a rewarding, enjoyable experience that you will be happy you did.