



## Power of the Mind Holistic Healing

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## FAQ Hypnosis

**Induction:** A pattern of language used to increase the state of trance.

**Conscious Mind:** The outer mind, analytical mind.

**Subconscious Mind:** The area where the Hypnotherapist places suggestions.

**Critical Mind:** The filter between the conscious and subconscious. The critical mind only allows in what it finds to be true. The goal of the Hypnotherapist is to bypass the critical mind and tap into the subconscious mind. By creating confusion in the critical mind, this allows access into the subconscious mind.

### What is Hypnotherapy?

Hypnotherapy is the process of using hypnosis to interact with the subconscious mind in an open-reflective process to create positive change in your life. There are many techniques, styles and applications of hypnotherapy. They all have several things in common: (1) a strong desire to change, (2) a state of deeply relaxed focus, and (3) language and visualization in relationship to emotions.

## **What is Hypnosis?**

Hypnosis is simply a state of relaxed focus. It is a natural daydream state. It is a relaxed state in which you do not notice time going by, time going by moment to moment or time transpiring quickly and you don't notice. The average person experience this state approximately 7 of 24 hours each day. During the day, 10-15 minutes at a time and at night for 3 hours during the REM cycle. This is almost ONE THIRD of your life! In fact, each of us enters such a state, sometimes called a trance state when we are falling asleep, and when we are waking up. That kind of fuzzy, timeless state between dreaming and awake is a state of trance. When a nine-minute snooze-button seems to give you enough time to have an-hour long dream, that's a trance state.

There are many other times that people enter a natural state of trance. Driving, watching TV, listening to music, working on a favorite hobby or activity in the "flow" state. These are all "altered states of consciousness," and all are various levels of trance. Trance is normal, natural and common.

Some people leave their first hypnotherapy session saying, "I wasn't hypnotized - I knew what was going on the entire time!" Well of course you did! Hypnosis is not a state of amnesia or absence of awareness. Just the opposite true, in fact: hypnosis is a state of very heightened awareness and focus. You will be 200 to 300 times more coherent than your normal state of awareness!

Hollywood has perpetrated many myths about hypnosis, and not remembering anything from the hypnosis session is one of those myths. Only under special circumstances would a person forget everything from a session.

Much more can be accomplished when the person undergoing hypnosis remembers everything.

## **What can't be treated with hypnotherapy?**

Serious psychiatric or mental health problems are referred to a qualified psychotherapist or psychiatrist. Medical problems with the physical body must always be treated by a physician, who can, at his or her discretion, prescribe hypnotherapy for pain control, hypnoanesthesia or relaxation. Drug addiction, family dynamics disorders, clinical depression and other such problems need to be treated by doctors and psychiatrists, who can, at their discretion, prescribe hypnotherapy as a supplementary treatment.

## **Will I bark like a dog or cluck like a chicken?**

Let me guess: you've seen a stage show where a hypnotist made people do all these crazy things. Or, perhaps you have ideas from Hollywood's movies and TV. The stage hypnotist carefully selects his subjects (watch how many volunteers he has sit down), and he chooses people he knows WILL bark like a dog. They will because somewhere inside them is a part that loves to entertain. And they will do it because, deep down inside, they don't believe there is anything wrong with barking like a dog.

Hypnosis can not make you do something that is against your morals or ethics. All hypnosis is self-hypnosis, in truth, and no hypnotist can make you do something that you really don't want to do. That's why some people can be hypnotized to stop smoking and yet they still smoke. You have to want the change, agree with the change, and then hypnosis can be an instrument for helping make that change better, faster, and permanent.

### **Will I lose control?**

This is another Hollywood myth. You always have control, and you can always hear what's going on. Hypnosis is nothing but a state of relaxed deep focus. It is a natural state that you enter many times a day. If at any time you are in trance and you wish to be fully awake, you can just count to yourself "1 - 2- 3" and open your eyes.

My friend tried hypnosis to quit smoking and it didn't work. There is more to changing a serious habit like smoking than just a few hypnotic suggestions, I'm afraid. In the simplest terms, the person must want the change, and they must have a replacement for smoking. Hypnosis can be used to find a healthy, effective replacement, and then it can be used to help flip the subconscious over to the new, healthy habits.

While sitting in a room with 50 other people in a seminar, or listening to a stop-smoking CD can work, it is usually much more effective to have a personalized session with a hypnotherapist, who can customize the approach, language and replacement suggestions to match your lifestyle and circumstances. This is due to your suggestibility. Some individuals are more physical than emotional, therefore they will not accept suggestions in the same manner as the emotional. Then, there are those that are what is called somnambulist. These individuals are 50% physical and 50% emotional, can be hypnotized easily and accept any delivery method of suggestion.

### **Isn't Hypnosis dangerous?**

Myths about hypnosis, perpetuated by Hollywood movies, urban legends and fiction books lead people to think all kinds of things about hypnosis, including that it is somehow dangerous. Some people have heard that you can go into trance and not wake up. Or that the hypnotist can make you do things you don't want to do. These things are untrue. You are always in control, always able to "come back" to full waking state at anytime if you wanted or needed to. The number one job of the subconscious mind is to protect you, and it is always on the job.

Of course, you will want to choose a hypnotherapist that is competent, has been well trained and experienced and that is trustworthy. Select a hypnotherapist that gives you confidence. Hypnosis is a safe and beneficial procedure when facilitated by an ethical and trained professional.

Do always keep in mind that hypnosis is not a treatment or cure for mental illness, and people suffering from psychosis, suicidal depression, or that are on medications for psychological stability should only be hypnotized by their doctors or psychiatrists or by an experienced hypnotherapist with the client's doctor or psychiatrist present.

