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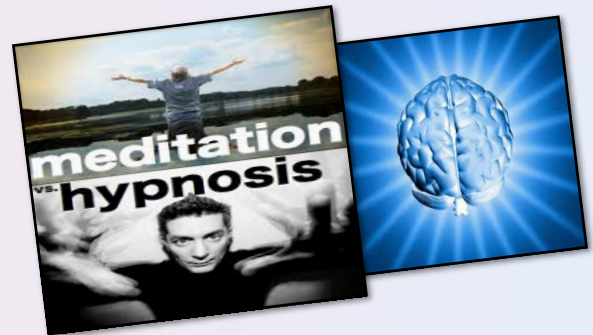
The Difference Between Hypnosis and Meditation

By Sharon Jackson, Ph.D.

Many ask me, "What is the difference between Hypnosis and meditation?" Well, they are both considered altered states of consciousness, where the mind is in a trance state of being. Both enter from the beta brainwave frequency state to the alpha state, which is when the brainwave frequency slows down from about 30-13 Hz (beta) to 12-7 Hz (alpha) So, your brainwave frequency is in the same state of altered consciousness. Both disciplines share the same techniques. What's different, is the intent and focus. Meditation clears the mind into a "blank" state, connecting spiritually. The mind is open and receptive to receive with the absence of thought, connecting to "All that IS." Hypnosis has a different intent, which involves some type of "change." Your state of consciousness involves a cause or purpose such as, weight loss, stress reduction, building confidence, or maybe improving your memory and focus. So, with hypnosis, there is a specific intent. Meditation has no agenda.

The primary difference is the goal and method used to enter the trance state of consciousness. There are a variety of different techniques to achieve either self hypnosis or meditation, such as following a count-down or a prescribed method of tiring the conscious mind by counting objects, etc. Trance in meditation or self hypnosis can be achieved by closing one's eyes and repeatedly bringing the focus back to the breathing or focusing on a point such as a flame, while gently releasing thought. If analyzed carefully, someone

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experienced in both meditation and self hypnosis will recognize that all methods of entering the trance state involve the same mechanisms of tiring the conscious mind, through eye fixation or creating a state of confusion, etc.

Hypnosis targets the subconscious mind, as that is where the "change" or "goal creation" occurs by the hypnotherapist, offering suggestions to the subconscious mind. The brainwave frequency must be in the alpha state to accomplish this. Hypnosis uses imagery and metaphors, where meditation keeps the mind calm and clear, like a blank screen in a movie theatre. Hypnosis and meditation are both great tools for self improvement. Hypnosis aims to guide the subject into a state that is known as a hypnotic trance, which is essentially the same as a meditative state.

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Continued: The Difference Between Hypnosis and Meditation

By Sharon Jackson, Ph.D.

Meditation and hypnosis are similar in the fact that they both share deep states of relaxation. However both serve different purposes. Meditation and hypnosis enter into different states after relaxation is achieved. Some tend to use a mantra in meditation, a word or phrase repeated over and over again until they are relaxed. Hypnosis involves a different process to achieve induction, such as progressive relaxation. I personally use progressive relaxation when conducting hypnotherapy sessions. Progressive relaxation involves relaxing specific parts of the body, releasing stress and tension, while distracting the consciousness.

Hypnosis is geared towards self improvement. Meditation is geared more towards spiritual centeredness. Both offer wonderful benefits to the mind, body, and soul. I would recommend discovering the benefits of both disciplines. I have personally witness physical maladies disappear when a client is under hypnosis. I personally feel that the subconscious mind can delve deeper under hypnosis than when one casually meditates. In order, to gain access to the depth achieved under hypnosis, one must be an avid and skilled meditator. This can take years of practice. However, with hypnosis, one needs no skill; only the ability to relax and follow simple instruction. The bodies molecular structure changes while both in a hypnotic and meditative state. What does this mean? The body can now achieve homeostasis easier, which raises the bodies immunities. Yes, an immune booster!

Hypnosis involves guided instruction and visualizations, where meditation involves quieting of the mind (not thinking of anything) Hypnosis creates the



change or intent, where meditation awaits for messages or signs from the Divine on a spiritual level. Don't get me wrong hypnosis can be spiritual as well. I have had many clients see God or a passed loved one while under hypnosis, but the hypnotherapist must conduct the session spiritually to achieve this, otherwise the client must use their own spirituality. Hypnosis can or cannot be spiritual.

Meditation requires a quiet place to practice. On the other hand, I've had sirens go by and clients don't hear a thing, while under hypnosis.

If you have never been under hypnosis from a skilled hypnotherapist, you are missing out on all of the benefits of positive change in your life. If you haven't practiced meditation yet, you are missing out on all of the spiritual benefits meditation has to offer as well. Try them both and see for yourself. You have nothing to lose and everything to gain!

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