

The Truth about Hypnosis

You are about to learn the Truth about Hypnosis! If you have any questions while reading through this please write them down and bring them in with you to your first appointment.

Listed below are only a few of the many **definitions of hypnosis**:

- *The bypass of the critical factor and the establishment of acceptable selective thinking (this will make more sense later)
- *Focused consciousness”.
- *An altered state of consciousness
- *Extreme relaxation
- *Guided meditation
- *A series of instructions

Hypnosis facts:

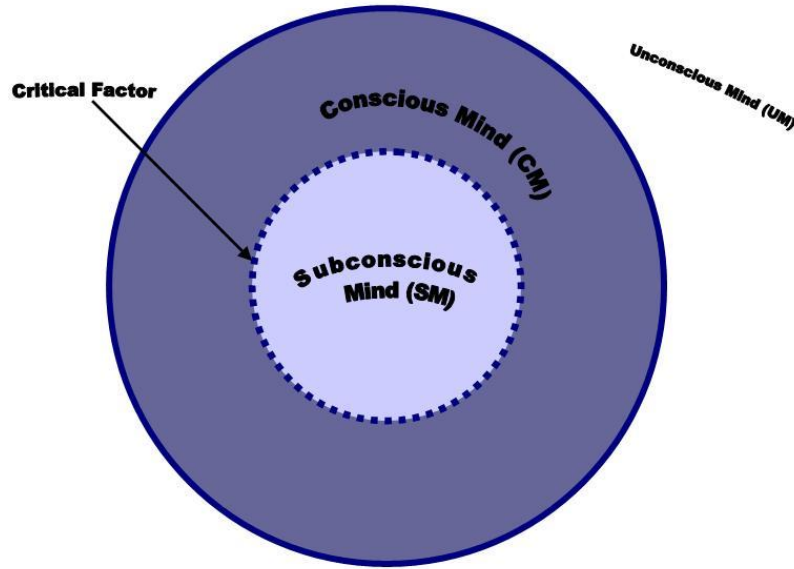
- Hypnosis was accepted by the American Medical Assoc. in 1958
- Hypnosis is a very natural state of mind and is safe
- In over 200 years, no one has ever been hurt by hypnosis
- Hypnosis is not mind control
- You are always in control
- You can hear at all times
- It is nothing like the movies
- You cannot get stuck in hypnosis, no one has ever been stuck in hypnosis
- The worst thing that can happen to you is that you can fall asleep
- You do not want to fall asleep or you will miss everything
- Hypnosis is not sleep, it is focused consciousness
- Sleep is a state of unconsciousness
- Sleep in hypnosis mean close your eyes and go deeply relaxed *as if* you are asleep
- Hypnosis is simply a series of instructions, all you have to do is focus on what the hypnotherapist is saying and follow his or her instructions (it’s like playing Simon Says)

Hypnosis is a very natural state of mind. In fact, you enter into a state of hypnosis many times a day. Let me give you some examples:

- If you are driving in your car and you almost miss your turn because you are so focused on a specific thought - that is highway hypnosis.
- When you arrive at your destination and don’t even remember how you got there because your mind was somewhere else - that is a state of hypnosis.
- If you are watching TV or reading a really good book and someone is talking to you, but you don’t hear a word they say because you are so focused on your show – that is a state of hypnosis!
- If you get a bruise or a cut but don’t realize it until later (once again because you were so focused on doing something else at the time) that is a state of hypnosis.

Remember, one of the definitions of hypnosis is focused consciousness.

With that, I would like to begin by explaining the mind model and how the mind works in hypnosis:



THREE PARTS OF THE MIND

Unconscious Mind (UM)

This is part of our Autonomic Nervous System (things we know how to do automatically such as breathe, eat, heart beat, and blood circulation)

Conscious Mind (CM)

Four parts within the CM – *rational, analytical, will power, and temporary memory*

The CM is where we spend most of our time, but it is actually the weakest part of our mind. The CM is the rational, analytical part of the mind. It's the thinking, judging part of the mind. Humans must have a reason for everything. Our ability to rationalize our actions is what keeps us sane. For example, a smoker will rationalize his or her actions by saying "smoking helps me relax and focus." The truth is that cigarettes raise heart rate and hand tremors by a large percent. So much for relaxing!! So, our *rational* mind is not always correct, but, as long as our rational mind can come up with some reasoning for our actions, we will be at peace. Our *analytical* mind recognizes problems, such as a flat tire, and it figures out how to fix it.

Also, *will power* is in our CM. How many times have you tried changing an old habit by using will power? Will power is only temporary. It gives us short bursts of energy to help us get through a mental situation, but then it fades away. Will power cannot affect internal change. Change has to come from within our deeper mind (our SM)

The fourth part of our CM is our *temporary memory*. This is very limited. This is the memory that we need and use in our daily lives, like remembering where we live and people's

names. Scientific research has proven that our CM can only hold small bits of information at one time. And, this is the part of our mind that we use every day all day! (How do we get by?) Overall, the conscious mind is a very weak mind compared to the subconscious mind.

Subconscious Mind (SM)

Four parts – *Imagination, permanent memory, habits, feelings* and *emotions*

The SM is the most powerful part of our mind. This is the part of our mind that will help you to achieve your goals. The SM is the part of the mind we work with in hypnosis.

Imagination is the first part of the SM that we will talk about. Imagination is more than just creativity. Imagination is also our perception of the world around us and everybody's perception is different. And, everybody's perception is the truth to them. Remember that perception is not reality, it's just a perception.

The SM is also home for our *permanent memory*. Every piece of data ever received through any of our five senses is stored in our SM. So, starting from when we are in our mom's tummy everything we hear, feel, or experience leaves an imprint on us. Then we begin to build a database of information that develops into beliefs and habits, and all of this develops who we are today. We will think our next thought, act our next action, and feel our next feeling based upon everything that has happened in our past. We are the sum total of all our past. (Read this again carefully!)

Our permanent memory is like a hard drive on a computer, it is a highly organized system and we know that because it works by association. For example, if you are driving in your car and you hear an old song, feelings come back of some old friend or memory associated with that song. Our SM is like our computer and sometimes we need to reprogram our computers.

Habits, feelings, and emotions are also in the SM. The SM is the feeling mind. Hypnosis can help you become aware of the feeling or emotion that is connected to your issue. When you allow this to happen, you are on your way to making permanent change!

So, if the SM is our most powerful part of our mind, why don't we use it more often? Your hypnotherapist will show you how you can use this part of your mind to your advantage. You will have the opportunity to learn self-hypnosis, which is a tool you can take with you and use for the rest of your life!

Critical Factor (CF)

Now, the last and most important piece that I would like to tell you about is the *Critical Factor*. And the critical factor resides in the CM, but it takes orders from the SM. Don't let this confuse you. Just think of it as being in between the CM and the SM. (See diagram) This is the part of the mind that we need to bypass in the hypnosis session. The CF's job is to protect the vulnerable nature of the SM. Think of it as a filter. This is how it works. It takes every incoming suggestion from the outside world and stops it. It then compares that incoming suggestion to every perception we hold on the subject. If the new suggestion is not in harmony with the old perception, the CF's job is to stop the new suggestion and reject it. If however, the new suggestion is stopped and found to be in harmony with the inner perception, the CF opens up and lets it in. Remember, every piece of information we have ever rec'd in our life is stored in our SM. So, any new information trying to come in is compared to the old. For instance, if you read a

magazine article that convinced you that you should exercise 3x a week, your CM says yes that is a good idea, I should do that. Well the CF is going to compare that to what is already in the SM and if that idea does not fit into your database of information it is going to be rejected. But, when you are in hypnosis, we can bypass that CF so that we can put those good positive suggestions in to your SM where they will be accepted. When we bypass the CF you can accept suggestions to change your habits, remove limiting beliefs, resolve internal conflict and accept new beliefs that will help you succeed in reaching your goals. We can help you program yourself for success! If you are worried about your hypnotherapist giving you a suggestion you don't like, don't worry, your CM and your CF are watching over you. That suggestion will be compared to the information in your database (SM) and if it doesn't like it that suggestion will be rejected! Remember, you can hear and remember everything your hypnotherapist is saying.

Let's go back to the definition of hypnosis. It will make more sense now. **The bypass of the critical factor and the establishment of acceptable selective thinking.** Meaning, when you are focused on your hypnotherapist's instructions you get bypass of the critical factor. Then, you are able to accept the suggestions you want, and they will go into your SM where they will always be with you.

So, if you want to exercise more but your CF says no way, with hypnosis we can bypass that CF and put that suggestion into your SM – your computer. If you choose to accept that suggestion you will find it much easier to do the things you want to do such as exercise.

There is another very important fact you need to know about hypnosis. No one can put you into a state of hypnosis – no matter how good a hypnotist they are. What is important here to understand is that all hypnosis is SELF-HYPNOSIS! That is right. You can only go into hypnosis if you WANT to. A hypnotist or a hypnotherapist is only a guide. They are there to help you make those changes you want to make. It is a partnership. So, let your hypnotist or hypnotherapist guide you into a state of hypnosis. There are two ways you can allow yourself to enter this state.

First, you need to follow his or her instructions. If you choose not to, hypnosis will not happen and you will fail. It is up to you. You have the choice. **The second thing you need to do is maintain the Correct Mental Attitude (CMA).** Your attitude determines if you will succeed or fail. The correct mental attitude is this: "I like this suggestion. I accept this suggestion. I know this will work. I can do this."

Unfortunately there are a few other mental attitudes you can hold. The first one is a neutral kind of attitude where you don't care either way about that suggestion. You can take it or leave it. The second one is when you feel a bit uncomfortable about the suggestion – you're not sure if you like it or not. The third one is where you think to yourself "I like this suggestion. I hope it works". The word hope is a twin sister of the word try and try means automatic failure. **These three attitudes will automatically cause your CM to block that suggestion and it will be rejected.** It will not be allowed to go into your SM, or your computer.

If you look back at your life being honest with yourself, anytime you *tried* to do something you failed. And when you look back again, anytime you have said to yourself "I'm going to do it", and there was no question about it, you did it. If you continue to hope or try you will continue to fail. Eliminate these two words from your vocabulary from this moment on and watch how quickly you feel better about yourself and your life.

So, once again, if you want to succeed in your hypnosis sessions and make those changes you want to make, you need to first follow your hypnotist's instructions; allowing him or her to be your guide. Secondly, you need to hold the CMA throughout the entire hypnosis session. The CMA once again is "I like this suggestion. I accept this suggestion. I know this will work. I can do this." When you hold this attitude, those positive suggestions for change go right past that critical factor straight in to your SM. If you do this you will succeed! If you choose one of the other mental attitudes you will fail. No one can force a suggestion into your mind. **Only you can allow it to happen.**

And remember, you will hear the suggestions loud and clear. You will not be unconscious. Hypnosis is not sleep. You will hear and remember everything! Hypnosis is a 100% consent state by you. You must allow things to happen. You can stop them from happening with the slightest thought if you don't want it to happen.

Everyone of normal intelligence can be hypnotized! There are only a few reasons why a person could not be hypnotized. One reason would be if they have fears or misconceptions about hypnosis. This is why you watch this video – to learn the truth about hypnosis and how natural it really is. Another reason why someone could not be hypnotized is if they don't trust their hypnotist or hypnotherapist. You need to feel comfortable with him or her. And the last reason might be because they really don't want the expected results. They have something to gain by keeping their problem. Otherwise, anyone of normal intelligence can be hypnotized and accept suggestions for change.

I want you to realize that you and only you are responsible for your success. You and only you are also responsible for your failure. What mental attitude you take when you hear a suggestion determines success or failure. It is up to you. You are also responsible for doing your homework in between sessions. You only get out of this what you put into it!

Stage Hypnosis:

I would like to mention stage hypnosis for a moment. Stage hypnosis is for entertainment purposes. I would also like you to understand that is real. You will notice that the people that are **not** holding the CMA get sent back to their seat. The volunteers on stage are there because they **want** to be. They want to entertain the crowd and have a good time so they follow the hypnotist's instructions and accept his or her suggestions. The hypnotist does not make them act like fools, they are willing to act like that because they want to – that is why they are up there on that stage – to entertain! It is the same way in a one on one hypnosis session. You have to want to be there, you have to want the change you came in for, and you have to allow it to happen by holding the CMA and accepting suggestions for change. It is as simple as that! Anyone can do it.

To sum this all up, hypnosis is up to you. If you accept the suggestions with the CMA you will have 100% success. If you choose one of the other mental attitudes you will fail. It is up to you. Your hypnotist or hypnotherapist wants you to succeed. So please trust him or her to guide you, follow their instructions, and enjoy making those positive changes! I know you can do it!

Thank you so much for taking the time to read through this. You have already taken your first step towards success!