

## Free Info: Hypno Info

If you think of the higher self as a benevolent parent who is eager to please and the unconscious as a willing intermediary, then as long as we communicate well with the unconscious mind, it is easy to access the rich rewards available.

### So why doesn't it happen that easily?

Because we have to bypass the interference from the conscious mind! One of the best methods to do this is by the use of *hypnosis*.

### What is Hypnosis?

We are all in and out of *hypnosis* every day. As we watch TV and our mind is 'somewhere else' – when we're driving and we miss the turnoff on the highway because we were too busy thinking, or planning or dreaming. It's that wonderful state that we all go through just before we fall asleep, or as we awaken in the morning. The term my husband uses is "Just drifting" as he lies in bed on a Saturday night planning what he will do with his lottery winnings! It's a place and a space in time where dreams are born and fantasy becomes reality.

### Can anyone be hypnotized?

The simple answer to this question is "Yes". Since **all hypnosis is self-hypnosis**, the only other requirement (apart from intelligence and imagination) for *hypnosis* to occur is a willingness to be open to suggestions.

### When was Hypnosis first discovered?

*Hypnosis*, in the form of the power of suggestion, has been present in every culture, used by Witchdoctors, Shamans and Medicine men worldwide to elicit cures.

*Hypnosis* has been with us from the Sleep Temples of Isis in Egypt, through the 'laying on of hands' recorded in the first century AD. It fell into disrepute in the Middle Ages due to its connection with witchcraft and black magic, but was resurrected by Mesmer in the 1760's with his popularization amongst the French nobility of 'Mesmerism' or 'animal magnetism' conveyed by the use of his hands. Finally in 1958, *Hypnosis* was finally accepted by the American Medical Association as a therapy and has since become almost mainstream.

### What is the difference between Hypnosis and Hypnotherapy?

The word *Hypnosis* was coined by James Braid, the 'father' of *hypnosis* (Scottish physician 1795 – 1860). He was looking for a word to replace 'mesmerism' which had unfortunate 'magical' or charlatan connotations at the time and named the state after Hypnos, the Greek God of sleep. The name stuck, even after he realized that **Hypnosis** is not a state of sleep.

*Hypnotherapy* is the process of using *hypnosis* to change or alter behaviour patterns. 'Hypno' from Hypnos, the god of sleep and 'therapy' from the Latin 'therapeau' meaning 'God's work'.

It is a means of accessing the unconscious mind in order to gain its support in changing old ideas or limiting decisions which have been responsible for our attitudes, habits, feelings and behaviours.

### How can I overcome negative habits?

By replacing them with new, healthier habits! Habit patterns underlie most of our behaviours, a useful *mechanism* which enables us not to have to keep re-learning repetitive actions every day. A new habit can be learned simply by repetition.

### How can I achieve successful results quickly?

*Hypnotherapy* is a directed process which works best when the person being hypnotized is motivated to change. Willpower alone is not enough to bring success (there would be no need for all the self-help books or therapists if that were so). The best recipe for success is for us to get the conscious mind and the unconscious mind to agree that to change is beneficial. The unconscious mind needs to believe or agree that what we want is also what we need. Of course, this also works in reverse: the unconscious mind also needs to persuade us that what is needed and best may not necessarily be what we want!

## **What Else is Hypnosis?**

*Hypnosis* is simply a means of accessing the unconscious, which controls 90% of your functioning mind. It is a wonderful, deep state of relaxation which allows us to bypass the inner critic of the conscious mind, resulting in permanent and lasting changes in our behaviour patterns.

Changes in behaviour affect brain patterns and since behaviour is a choice (and we always have a choice), that means that we can select an alternative simply by changing our mind (pun intended).

**ALL hypnosis is self- hypnosis**, so the old idea that *Hypnosis* is some form of mind control is correct, but you are the only one who will be in the all powerful position of controlling your behaviour and resulting successes.

Clark Hull in 1943 published '*Hypnosis and Suggestibility*', from a study done by Yale University, which came to the conclusion that, '*Anything that assumes trance, causes trance*'.

Simply put, any kind of suggestion can cause hypnosis, therefore by that definition meditation, NLP and creative visualisation are also forms of Hypnosis.

Hypnosis functions in the state of Alpha and when your alpha waves are flowing, your power of suggestion is enhanced at least 25 times.

James Braid, the father of Hypnosis, discovered that suggestibility, and therefore susceptibility, to hypnosis is also increased by an air of expectation. The more suggestible you are, the more your ability to bypass the conscious mind is increased, allowing the unconscious mind to be open to new suggestions which it then proceeds to automatically align as new beliefs. Once aligned, the outer reality is manifested as success.

## **How Suggestible are you?**

Imagine, if you will, walking across the kitchen floor to the fridge. As you open the door, feeling the magnets as they resist your pull, you may become aware of the hum of the engine and you may feel the cool whoosh of air on your face. Reach into the crisper drawer, past the lettuce and you'll find underneath a wonderful juicy lemon. As you take the lemon over to the chopping block you can feel the round nobly skin and the firm flesh in your hand.

Take a knife and cut the lemon into four, noticing as you do the zingy smell.

The juice runs between your fingers as you take one of the lemon wedges and squeeze it into a glass of water or juice to give it some zest. Squeeze another and feel the juice run down your fingers.

Before you pick up the glass of juice or lemon water you know what you always do next don't you?

Yes, you suck the lemon juice off your fingers! The taste of the juice immediately makes your mouth water as you lick the juice off and feel it run down your chin.

Close your eyes and imagine the juice as it moves around your mouth, making your teeth feel clean with the sour taste.

Now open your eyes and become aware of the saliva in your mouth.

## **Sway Test**

Just take a moment to stand up, look up at the ceiling and close your eyes.

If you are suggestible, you will find yourself swaying, backwards and forwards, or from side to side.

Fun Huh?

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