

# Ten Truths of Hypnosis

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## Truth #1

Hypnosis is a natural state of mind that each one of us experiences every day.

For some, the shocking truth is that we all experience hypnosis at least twice a day. Although Hollywood has portrayed hypnosis as mind control and something unusual, it is actually a natural state of mind. Of course it is very powerful state when used in the right way and realizing that it is a natural state is the first step in taking advantage of it.

Have you ever driven somewhere and not really realized how you got there, or talked to someone while they were working at the computer and they did not hear you? Both of these are examples of hypnosis. The hypnotic 'state' is similar to everyday experiences which people enter spontaneously, such as: being 'lost in thought' or day dreaming, absorbed in music, reading, sports or meditation.

Hypnosis is *"The ability to follow suggestion without conscious intent"*. When you think about that you will probably begin to notice times in your own life when you are in a trance. In fact the normal waking state of consciousness is even more trance-like, in that we habitually live in our own distracted mental chatter of our own mind.

Someone is in hypnosis if they have:

1. Focused attention
2. Are not attending to extraneous stimuli
3. Are absorbed in some activity, image, thought or feeling

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## Truth #2

**Recent scientific studies have proven that hypnosis is real.**

Brain imaging studies have shown that hypnosis is real and what is happening during hypnosis can be seen. Neuroimaging such as PET scans show that under hypnosis the brain produces a specific activity within the brain in the right anterior cingulate cortex.

Hypnotic suggestions can alter people's sensations and perceptions.. Studies that measure brain activity have shown that hypnosis alter the way that the brain processes information. Clinical trials have shown that hypnosis can be an effective treatment for pain, and an effective part of treatments for other conditions.

People often doubt whether hypnosis is real because it would be very easy to 'fake' a hypnotic response, and while this is true, there are also many studies that prove the validity of hypnosis.

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## Truth #3

**Hypnosis may be a gateway into a truly remarkable state of alert, awakened consciousness. In this state you can do amazing things.**

In this state you can free yourself of the habitual distractions of the indecisive mind. Hypnosis is state of thought-free consciousness that can provide healing despite trauma and a distressed mind. Which means you can put self doubt and negative thoughts aside and see yourself succeed.

Individuals can easily learn to seek refuge in this dynamic state of undistracted presence even in the midst of their daily routines. Allowing them to lower stress levels and feel more calm.

Using this state is a great way to study and learn at an accelerated rate. Also using this state can alter how you feel about a negative experience, you wont forget about it, but using hypnosis can result in less of a "charge" attached to the event. Allowing you to maintain control.

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## Truth #4

**There is a common public opinion or stigma of hypnosis that has kept people from using its beneficial results.**

When asked about hypnosis most people will bring up images of the hypnotist, dangling a swinging pocket watch before the subject's eyes, while slowly suggesting: "You're getting sleepy ... You're getting sleepy ..."

The subject appears to be in a deep, sleep-like trance, oblivious to everything but the hypnotist's soft voice. Powerless to resist the hypnotist's influence, the subject obeys every command, including instructions of clucking like a chicken and robbing a bank... These are familiar misconceptions, captured in countless movies and books.

Modern hypnotists are not using a swinging watch and are only helping others achieve the things they want in life... to stop smoking...lose weight...heal faster... or make a public speech in a calm and quick manner. If you are looking to change something hypnosis is a safe option. Hypnosis is a tool that will allow you to tap into the power of your mind.

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### **Truth #5**

**Hypnosis and sleep are not the same thing, and you can not get stuck in hypnosis.**

The word hypnosis is derived from the Greek god of sleep, Hypnos, studies have shown that hypnosis and sleep differ. Studies of brain activity have shown that characteristic patterns of brain activity associated with sleep are not the same as the brain activity demonstrated in hypnosis.

To observers hypnosis might appear to be like sleep because suggestions of relaxation are commonly given as part of a hypnotic routine, but hypnotized people are in a state more similar to wakefulness than sleep.

Although it is a common misconception that people can get stuck in hypnosis, studies have proven that this is just not so. The worst that can happen is that you can fall asleep.

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### **Truth #6**

**Advertisers have spent billions of dollars studying a brainwave state to influence your decision to buy their products.**

During hypnosis you fall into a specific brain wave activity. To understand how advertisers are influencing you have to understand There are four types of brain waves.

### **Brain wave classifications:**

**Beta waves** are the normal waking consciousness state. During engaged conversation you are in Beta brain wave state. Beta is a state where you are wide-awake and aware of your surroundings.

**Alpha waves** are a slower pattern that are found when people relax, listen to music, watch tv or meditate.

**Theta waves** are present just before and after you awaken from deep sleep. They are also present during the hypnotized trance state.

**Delta waves** are deep sleep. Delta allows you to rejuvenate and dream.

Most people will fall into an alpha state when they "veg out" and relax in front of the TV. Studies have shown that in the alpha state you are 200 times more suggestible than in beta. They use this to influence you to purchase their products having you feel that if you do you will somehow be more liked, happier, healthier etc. I use this same state to have my clients achieve what they desire in life versus what someone else wants.

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### **Truth #7**

**People of higher intelligence and stronger will, will often go into a trance state faster and easier.**

One misconception is that only the weak willed, gullible, submissive, or unintelligent can be hypnotized. Studies have shown that hypnotizability is not related to any of those characteristics and in fact, people with a higher intelligence were able to access trance easier.

There is a belief that to go into trance you must put forth effort. Studies have proven that incorrect. Most often hypnosis clients relate that the trance "just happened" versus trying or making it happen. The more they relaxed and the less they tried the more success they had.

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### **Truth #8**



**With hypnosis you can make changes easily. Behavior change is the most common use of hypnosis.**

The common way most people try to make behavior changes is using self-discipline and will power. That is why most people fail when trying to diet and stop smoking. Using the conscious mind, which is limited to make these changes is difficult and usually ineffective.

To achieve long-term change, hypnosis is much more effective. During hypnosis, you can access the subconscious mind, which is much more powerful than the conscious mind. Hypnotic change works through the power of suggestion and using the subconscious mind, that drives your behaviors and habits, to work for you.

**Common behavioral changes made with hypnosis include:**

Weight loss  
Smoking cessation  
Fears & Phobias  
Motivation  
Release Anxiety  
Confidence  
Sports performance  
Sales performance  
and more...!

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## **Truth #9**

**You are more in control in a hypnotic state than in your normal daily state.**

In hypnosis you become internally focused and more connected to the wisdom of your own body. Most of the time our attention is being manipulated by the external environment. Allowing you to focus on what is going on inside of you and to make the changes you desire. Your body may be relaxed but your mind is keenly aware.

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## **Truth #10**

**Hypnosis has a very interesting history**

- One of the earliest recorded descriptions of hypnosis was found in an Egyptian tomb written on papyrus dating back to 1500 BC.

- The earliest examples of hypnosis are found in tribal ceremonies of early humans.
- Egyptians, Greeks and Romans used hypnosis for medical and religious purposes.
- In 1847, the Roman Catholic Church recognized hypnosis as a natural part of our own ability, and NOT the work of the devil!
- In 1892 the British Medical Association (BMA) formally recognized that hypnosis had applications in modern medicine.
- Sigmund Freud used hypnosis with his patients while developing his theories on psychoanalysis.
- Hypnosis was used in World War I and World War II to treat soldiers with combat neuroses. It was also used to replace anesthetics when supplies were low.
- In 1958, the American Medical Association approved a report on the medical uses of hypnosis and began officially studying it.
- Hypnosis was used by field doctors in the American Civil War and was the first extensive medical application of hypnosis.
- The Scottish surgeon James Braid coined the term "hypnotism" in 1842.

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## In Conclusion

I want to thank you for joining me in learning about hypnosis. I am passionate about helping people realize their dreams by using the power of their own mind.

I am always amazed with the power of our minds. We are capable of lowering stress, overcoming fears, healing our bodies and many other things if we are just showed how to accomplish this. I want to help people find that mind/body connection to gain more power over their lives and to live more peacefully.



Our minds are our greatest tool and once you learn how to use it you will be able to make the changes you desire easily. Athletes are using the hypnotic state to push their limits and succeed. It is easy to learn and I would be happy to help you on this journey.

**Nell Rose Phillips** is a Certified Hypnotist of The National Guild of Hypnotists, the oldest, largest and most respected hypnosis accrediting organization in the world. She is Internationally trained and certified by Igor Ledochowski and the International Board of Conversational Hypnosis. She has training and certification in Medical Hypnosis. She is also certified in NLP and is a Board Certified Life Coach.

The realization that we do not have to live with our own limiting beliefs is the first step in achieving true freedom and power over your own life. My goal is to help people understand that tools like hypnosis can help them make the changes they have been unable to achieve on their own. I believe that thought is the only limitation and also the ultimate key to wellness.