



*Ten Truths*  
ABOUT  
**HYPNOSIS**

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# Ten Truths of Hypnosis

I have used hypnosis to help hundreds of people overcome anxiety, pain, addictions, and grief. They have used their minds to improve their performance at work, at school, and in their sport. I enjoy educating people on the power of their minds and explaining to them how they can use hypnosis to make the life changes they want.

Many people don't understand what hypnosis is, how hypnosis can help them, and the extent to which hypnosis has been studied by the medical community. I created this booklet to dispel the common myths and show you a path to overcoming the obstacles you face.

## Truth #1

**Hypnosis is a natural state of mind that each of us experiences at least twice every day.**

Although Hollywood has portrayed hypnosis as mind control and something sinister, it is actually a natural state of mind. Of course, it is a state of mind that can be very powerful when used in the right way. Realizing that it is a natural state is the first step toward taking advantage of it.

Have you ever driven somewhere and not realized how you got there? Or, while working at a computer, failing to hear someone who was talking to you? Both of these are examples of hypnosis. The hypnotic “state” is similar to everyday experiences that people enter spontaneously, when daydreaming or being absorbed in music, reading 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. We habitually live in the distracted mental chatter of our own minds.

Someone is in hypnosis if he or she:

- Has focused attention, often described as being “in the zone.”
- Is absorbed in an activity, image, thought or feeling.
- Is not distracted by extraneous stimuli.

**Truth #2****Hypnosis is real.**

Brain-imaging studies prove that what is happening during hypnosis can be seen. Neuroimaging such as PET scans show that under hypnosis the brain produces a specific activity in its right anterior cingulate cortex.

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

People often doubt the reality of hypnosis because it would be easy for a subject to fake a hypnotic response. While this is true, there are many studies that prove the validity of hypnosis.

**Truth #3****Hypnosis can be a gateway into a truly remarkable state of alert, awakened consciousness.**

Hypnosis is state of thought-free consciousness that can heal. In this state you can free yourself of the habitual distractions of the indecisive mind. You can put self-doubt aside and see yourself succeed.

You can easily learn to seek refuge in this dynamic state of undistracted presence even in the midst of your daily routine. It can reduce stress and help you feel calm.

Using this state is a great way to study, because it is easier to retain information. It also can alter how you feel about a negative experience, helping you overcome the effects of past traumas.

## **Truth #4**

**A stigma of hypnosis has kept many people from using its benefits.**

When asked about hypnosis, people may mention the image of a hypnotist dangling a swinging pocket watch before the subject's eyes while slowly commanding: "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 absurd instructions to cluck like a chicken or even to rob a bank. These misconceptions have been exploited in countless movies and books.

Modern hypnotists do not use a swinging watch. They are only helping others achieve the things they want to do in life: stop smoking, lose weight, heal faster, or overcome fright to make a speech. If you want to change something in your life, hypnosis is a safe tool that will let you tap into the power of your own mind.

## **Truth #5**

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

Although the word *hypnosis* is derived from the name of the Greek god of sleep, Hypnos, studies of brain activity have shown that characteristic patterns of brain activity in sleep are not the same as the brain activity in hypnosis.

Hypnosis might seem to resemble sleep because suggestions of relaxation are commonly given as part of a hypnotic routine. However, hypnotized people are in a state more like wakefulness than sleep.

It is a common misconception that people can get stuck in hypnosis. Studies have proved that this is just not so. The worst that can happen is that you can fall asleep.

## **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, learn about four types of brain waves:

- **Beta waves**, which are the normal waking-consciousness state. During engaged conversation, you are in Beta, meaning that you are wide awake and aware of your surroundings.
- **Alpha waves**, which are a slower pattern that occurs when you relax, listen to music, watch TV or meditate.
- **Theta waves**, which are present just before you enter sleep and awaken from it. They are also present during a hypnotized trance.
- **Delta waves**, which are deep sleep. Delta allows you to rejuvenate and dream.

Most people will fall into an Alpha state when they relax in front of the TV. Studies have shown that in the Alpha state you are 200 times more susceptible to suggestion than in Beta. Advertisers use this to influence you to purchase their products, persuading you to feel that you will somehow be more liked, happier or healthier. I use this same state to help my clients achieve what they desire in life versus what someone else wants.

## **Truth #7**

**It is easier for people of higher intelligence and stronger will to go into a trance.**

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 that people with a higher intelligence are able to access trance easier.

Studies also disprove the belief that it requires effort to go into trance. Most often, hypnosis clients say that the trance "just happened." The more they relaxed they were and the less they tried, the more success they had.

## **Truth #8**

**With hypnosis, it is easier for you to make changes. Thus, behavior change is the most common use of hypnosis.**

People usually try to change their behavior by exerting self-discipline and will power. That is why most people fail when trying to lose weight or stop smoking. Using the conscious mind to achieve these goals is difficult and usually ineffective.

In contrast, hypnosis allows you to access the subconscious mind, which is much more powerful than the conscious mind.

Common behavioral changes made with hypnosis include:

- Losing weight.
- Stopping smoking.
- Overcoming fears and phobias.
- Gaining motivation.
- Releasing anxiety.
- Building confidence.
- Improving sports performance.
- Improving sales performance.
- And more...!

## **Truth #9**

**You are more in control in a hypnotic state than you are 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, your attention is being manipulated by your external environment. Instead, you need to focus on what is going on inside of yourself. Your body may be relaxed, but your mind is keenly aware.

## Truth #10

### Hypnosis has been around for centuries.

- The earliest examples of hypnosis are found in tribal ceremonies of early humans.
- A description of hypnosis was found in an Egyptian tomb written on papyrus dating to 1500 BC.
- Egyptians, Greeks and Romans used hypnosis for medical and religious purposes.
- In 1842, the Scottish surgeon James Braid coined the term *hypnotism*.
- In 1847, the Roman Catholic Church recognized hypnosis as a natural part of our own ability, and not the work of the devil.
- In the American Civil War, hypnosis was used by field doctors – the first extensive medical application of hypnosis.
- In 1892, the British Medical Association formally recognized the medical applications of hypnosis.
- Sigmund Freud used hypnosis with his patients while developing his theories on psychoanalysis.
- In World War I and World War II, hypnosis was used to treat soldiers with combat neuroses and 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.

## In Conclusion

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 minds.

We are capable of lowering stress, overcoming fears, healing our bodies. I want to help people find that mind/body connection to gain more power over their lives and to live more peacefully.

Your mind is your greatest tool. Once you learn how to use it, it will be easier for you to make the changes you want.

Hypnosis is easy to learn. I would be happy to help you on this journey.

The realization that you do not have to live with your own limiting beliefs is the first step in achieving power over your own life. I want to help you understand that hypnosis can help you make the changes you have been unable to achieve on your own. I believe that thought is the ultimate key to wellness. The realization that we do not have to live with our own limiting beliefs is the first step in achieving power over your own life. I want 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 ultimate key to wellness.



**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 is certified in Medical Hypnosis and in Neural Linguistic Programming (NLP). She is also a Board-Certified Coach credentialed by the Center of Credentialing and Education (CCE). She has helped hundreds of people successfully achieve their desires. Contact her today!

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