

Myths and Misconceptions about Hypnosis

Most people just plod along day after day, realizing just a small percentage of their potential. They hope luck or some other mysterious, divine power can change their lives. They soon reach that age of disillusionment and look around them. Life seems to have passed them by and they wonder why and how they missed the boat. What they don't realize is, that the divine power to change, is there, inside them, just waiting to be their obedient servant, capable of giving them everything they wish. A far-fetched idea? No, Not far fetched. It is a scientifically proven fact. The secret starts with self-awareness. Hypnosis is a self-awareness expansion technique, used to overcome the programming of your past. It moves you toward the natural processes of being successful, having health and happiness. The following are answers to the most often asked questions about hypnotism:

WHAT IS HYPNOSIS?

Whenever you do anything automatic, your conscious mind is diverted from your subconscious and you are more likely to go into a hypnotic state. Some automatic activities are more apt than others to allow or provide daydreaming. For example, your mind might drift when you are dining alone, taking a shower, mowing the lawn or jogging. These activities are stored in the subconscious. While you are functioning in this automatic mode, it is quite easy to drift from an alert state into a different level of consciousness. Daydreaming is the first of the levels in a trance state. Hypnosis is a natural state of mind. You are not asleep while in hypnosis. Sleep is a state of rest. Waking is a state of accomplishment. Hypnosis is a state given to us for self-improvement. During hypnosis, the body and conscious mind are in a relaxed, natural state, while the subconscious mind remains awake and receptive to suggestion.

Why do some people have doubts about hypnosis?

Hypnosis is such a misunderstood phenomenon. For centuries it has been affiliated with spiritualism, witchcraft and various other "unexplainable" events. B movies, cartoons, and cheap novels propagate many of these incorrect views of hypnosis.

Are the results of hypnosis permanent?

Suggestions stay with some individuals indefinitely, others need reinforcement. The effects of hypnosis are cumulative, the more the techniques are practiced and post-hypnotic suggestions are brought into play, the more permanent the results become. Self-hypnosis training and reinforcement for home use also provide additional help.

What does it feel like to be hypnotized?

The answer to this is extremely important, because it may determine whether or not you can benefit from hypnosis. Some people give up hypnosis after a few sessions because they are disappointed in their reactions, believing they are not suitable subjects. Many people believe they will go through something different, new, and spectacular in the hypnotic state. They equate hypnosis with being anesthetized or being asleep or unconscious. Hypnosis is a very pleasant feeling of complete physical and mental relaxation. It is similar to that moment between knowing you are awake and going into the Sleep State. While in hypnosis, you find your mind active, you can resist suggestion if you wish, your attention keeps wandering, thoughts race here and there. Realizing you are not asleep and remembering everything perfectly, allows you to believe you have failed to enter the hypnotic state.

Does Hypnosis weaken the will?

No, self-hypnosis strengthens the will. Hypnosis works with the will, not against it.

Can a person be hypnotized against their will?

No one is hypnotized against his or her will. Entering hypnosis is a consent state. The hypnotist assists and guides the subject, who then enters the hypnotic state. No one can make you do ANYTHING you do not want to do. You are not under the Hypnotists control; you are under your own control. All the time you are in a trance, it is as if you have a little watchdog sitting keeping guard over what is happening. If anything were suggested that “goes against the grain” then you would not want to do it. When you have treatment, it should be because YOU have a problem, YOU want to solve. You can come out of a hypnotic state any time you like.

What is the subconscious mind?

The conscious mind, the mind you are conscious of, is your “me”. It is the critical part of your mind. The subconscious mind is the one that directs your conduct through the habits and emotional desires acquired from the influence of your environment, before you were old enough to reject harmful ideas and concepts.

How does the subconscious accept hypnotic suggestion?

Hypnotic suggestions by pass the intellectual mind, called the “conscious,” and zero in on the subconscious. When given a new suggestion that is within the bound of a person’s belief system and moral orientation, the subconscious mind accepts it literally as a new reality.

Who can be hypnotized?

Anyone with an open mind, reasonable intelligence that is able to concentrate. There are definitely some people more difficult to induce hypnosis in than others are, but this does not mean they are less capable of being hypnotized. It merely indicates their resistance for one of many possible reasons, (e.g., fear of losing control, difficulty in distinguishing internal states such as relaxation or tension, negative situational factors, fear of change, etc.) Once the nature of the resistance is identified and resolved, the subject becomes able to experience hypnosis satisfactorily.

How does hypnosis help people?

The ability to reprogram emotional attitudes and reaction is a latent talent within every human being. Hypnosis is the most functional and reasonable way to train life-long attitudes, rather than suffers a lifetime of emotional accidents the conscious mind is unable to change.

Is hypnosis new?

Hypnosis is probably as old as the human race; however, some of its applications are fairly new.

Will I be able to go into the hypnotic state?

As a matter of fact every normal person has many times been in a state which is essentially the same as the hypnotic condition. You have at times been completely absorbed in something you were doing, e.g., reading a highly interesting novel. When you are in this state people may speak to you and you do not hear. Your attention is piled up on what you are doing. In hypnosis you give your attention to what your therapist is saying to you and other things do not bother you.

Is it True One Can Become “Stuck” in Hypnosis or Might Not “Wake Up” From Hypnosis?

FALSE !!! *Hypnosis is a state of focused attention, either inwardly or outwardly directed. The subject can initiate or terminate the experience any time he or she chooses and is in complete controls. You will have no difficulty awakening. You are at all time able to awaken*

yourself should you wish to do so.

Hypnosis is like being asleep, or having anesthesia. You don't remember what happened to you while you are hypnotized. FALSE !!!_

People do remember what has gone on while they are in a hypnotic state. Remember, it is like daydreaming and not sleeping. Most people find hypnosis a really relaxing experience. Often they say: "I felt I could stop it at any time I wanted, open my eyes, put my hand down.... but I didn't want to. It was so nice."

Hypnotized Persons Will Tell Secrets or Will Always Tell the Truth: FALSE !!

Hypnosis will not compel a person to tell secrets or share any other information if they don't want to. Persons under hypnosis can lie purposefully or recall information in a distorted manner. You will not talk about anything you wish to keep to yourself. Sometimes people do remember events, or become aware of memories, that were previously forgotten this can be disturbing but not harmful. It can often be an important part of overcoming a problem.

Hypnosis is like magic.

You go into a trance and the Hypnotist tells all your problems to go away.

FALSE!!!!!!!

It is not that simple. Hypnosis HELPS you to learn to overcome problems but requires you to go in to partnership with the Hypnotherapist to solve problems. Remember, no one can make you do things against your will. You are in complete control and that is the way it should be.

Hypnosis can turn you into a different person, change your personality: FALSE !!!!!!

Hypnosis can help you change your behavior, but will not change you as a person.

You will still be yourself. However, some people achieve such dramatic changes in behavior. For example, overcoming severe anxiety or increasing their confidence, that they are able to do things that they wanted to do before, but couldn't. That can make it seem as if their personality has changed. _

On repeated occasions will I find going into hypnosis easier?

YES, Because you will learn better how to go into the hypnotic state just as you learn other skills by practice.

Is it possible to hypnotize oneself? YES!

Most people with a little practice and help can learn to do self-hypnosis. This is a valuable skill to have because with this ability people can control themselves much better than they might otherwise be able to do.

Research suggests that hypnotic suggestions are especially effective in the corrective treatment of strong habit patterns. For most of us, the need and desire to change ourselves relates not so much to simplistic behaviors in life, but instead to more ingrained subconscious habit patterns. It is with these habit patterns that we endeavor to get assistance through hypnotic

techniques. Hypnosis is not a way to avoid or short circuit personal responsibility and application of will. Hypnotic techniques are meant to assist you in making those changes in your own life you are already prepared to work on. If you are ready for change, hypnosis can be the lever to pry yourself out of an old rut. Hypnosis will be your fulcrum or point of change where you will gain more leverage in your life.

Hypnosis has proved to be helpful for many people in the following areas:

<i>Confidence</i>	<i>Health</i>	<i>Sports Enhancement</i>
<i>Blood pressure</i>	<i>Stuttering</i>	<i>Gambling Addiction</i>
<i>Thumb sucking</i>	<i>Motivation</i>	<i>Stress Management</i>
<i>Public speaking</i>	<i>Addictions</i>	<i>Weight Management</i>
<i>Nail Biting</i>	<i>Emotional Trauma</i>	<i>Concentration</i>
<i>Unwanted Behaviors</i>	<i>Relaxation</i>	<i>Difficulty Sleeping</i>
<i>Self-confidence</i>	<i>Self-esteem</i>	<i>Anger control</i>
<i>Past life regression</i>	<i>Sleep disorders</i>	<i>Pain Management</i>
<i>Migraine headaches</i>	<i>Stop Smoking</i>	<i>Painless Childbirth</i>
<i>Memory improvement</i>	<i>Creativity</i>	<i>Bed wetting</i>
<i>Feelings of Sadness</i>	<i>Hyperactivity</i>	<i>Speed-Reading</i>
<i>Body; mind healing</i>	<i>Attention Problems</i>	<i>Test Taking/Study skills</i>
<i>Unwanted Habits</i>	<i>Difficulty Focusing</i>	<i>Fears</i>

MIH

Missouri Institute of Hypnotherapy

Linda Gentry RN, BS, CHt

Certified Hypnotherapy Instructor

Advanced Clinical & Medical Hypnotherapist

Neuro-Linguistic Practitioner

Past Life Regression Therapist

Stage Show Entertainer

International Association of Counselors & Therapist, IACT

American Board of Hypnotherapy, ABH

National Guild of Hypnotist, NGH

National Federation of NeuroLinguistic Psychology

Owner and Founder of MIH,

Providing Hypnosis services since 1996

660 747 3277

205 W. Young/Bus 50, Warrensburg, MO. 64093

Web site: www.hypnosismo.com

By Appointment Only