

**The Universe Within Us**

# Hypnosis & Hypnotherapy Explained

by

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### INTRODUCTION

Before we get started reading through this book, I must say thank you very much for purchasing an item from our extensive Hypnosis, Hypnotherapy, or Neuro-Linguistic Programming (NLP) range of quality products. Whether your item was from the range I have personally created, or one of our recommended products, I am sure it will serve you well. I make sure that all of **The Universe Within Us** items are priced so that everyone can enjoy as many as possible.

When I first put this book together I had intended it to cover the basics of Hypnosis and Hypnotherapy for people who were just ready to dip their toe into the water to discover whether Hypnosis and Hypnotherapy might be able to assist with a condition they hoped to end. It could be someone like you? Perhaps you (or your wife/husband/mum/dad/son/daughter) decided it was time you quit smoking and bought a CD Set from us as a hint, and with that CD/mp3 Set you have now discovered this book? I am glad you have at least had a look inside the cover to see if it is worth a read. I promise you it is.

In these pages you will discover how to make the best of the Hypnosis or Hypnotherapy CD's you have bought, plus be assured that you will not end up barking like a dog in public for no apparent reason as a side effect. You will read the difference between real Hypnosis and Hypnotherapy plus what actually happens in carnivals and side shows. You are in safe hands with me.

I have been working with Neuro-Linguistic Programming (NLP) and Hypnosis for around 30 years and during that time I have used and trained just about every facet of them. Whether it be simple visualisation, guided imagery and affirmations, through to more formal Hypnotherapy and NLP. Many Hypnotherapy purists prefer to just practice straightforward, follow the map, Hypnotherapy and think the other areas a bit beneath them. Personally I see a place for them all and like to offer a mixed bag, so to speak.

As a trainer I know that different people learn in different ways, so I have to make sure that every available method is utilized to ensure everyone in the crowd leaves with a full understanding of the subject. If I only spoke, half of the room would be asleep. If I only showed videos, the other half would be asleep. If I only handed out written material, the majority of people wouldn't read it and would have expected to learn everything while they were at the seminar, and not do 'homework' reading handouts afterwards. If I only had group exercises, half the people would be outside having a smoke.

The answer is to offer as diverse methods as possible to keep everyone interested and achieving what they came to achieve. It is the same with my Hypnosis, Hypnotherapy, and NLP products.

I prefer to offer a range of methods to assist my client/customer achieving their desired result in the quickest way possible. Some clients/customers might jump into a Hypnotherapy recording head first and this method would be perfect for them, while others might prefer guided imagery, visualisation, subliminal, or affirmations? As I have never met the majority of customers who buy my recordings, I feel I would be doing them a disservice by not offering a full range of tools. This way I can feel confident in the knowledge they will have every opportunity in achieving their desired result.

It is my hope that you will get a better understanding of the Hypnosis and Hypnotherapy process by reading this book, and with that understanding received the highest benefit from your chosen purchase.

Wishing you an abundance of everything you truly desire and a hypnotically astounding future.



**Tina J Costello** – NLP Masters, Advanced Clinical Hypnotherapist, DTAS, Author, Coach, & Training Provider



### WHAT IS THE DIFFERENCE BETWEEN HYPNOSIS & HYPNOTHERAPY

Before we move further into the topic at hand, I think it is a good idea for you to have an understanding of the difference between Hypnosis and Hypnotherapy.

#### General Relaxation Recordings

Some people confuse relaxation recordings which can be listened to during the day while performing general functions, as hypnosis. In a small way they might be because they relax your conscious mind, and may even attempt to leave messages in your subconscious mind via positive affirmations. With the use of affirmations they come somewhat closer to being full hypnosis and can be rather powerful in themselves. They are light hypnosis sessions, at best. But anything which helps to reprogram the negative dialogue which continually runs through your subconscious mind, and helps to replace it with positive dialogue, has to be good for you. There is a need for this type of recording and we offer them within our range.

#### Hypnosis & Hypnosis Recordings

Hypnosis is a process when a qualified person (recorded or live) takes you to a deep state of relaxation prior to reprogramming your subconscious mind with general positive affirmations, or suggestions.

These recordings are even more beneficial for you than relaxation recordings because they put you into a deep state of relaxation and communicate directly with your subconscious mind.

By incorporating topic specific (smoking, weight loss, etc) suggestions into to hypnosis recordings - instead of just using general information - they become even more valuable.

These recordings can't be listened to while performing general activities as you will need to be passive and completely relaxed.

### Hypnotherapy & Hypnotherapy Recordings

Hypnotherapy is a complete and structured session from beginning to end. It takes you into an even deeper state of relaxation than a hypnosis session and has an actual 'therapy' component within.

Only a qualified hypnotherapist should provide this form of 'therapy' within a hypnosis session – whether recorded or live.

It is within this 'therapy' component that the real work is done to change the required behaviour, or condition.

Needless-to-say, while listening to a hypnotherapy recording it is inadvisable to be doing anything else than focusing on that recording. You will be in a heightened state of relaxation, so you really are not in a fit state to be driving a car or doing any activity which would require your full attention.

### When in Doubt

If you are under the care of a doctor it is advisable that you get his permission prior to using any form of hypnosis or hypnotherapy. This is especially important if you are on prescribed medication for serious medical conditions.

The recordings within our range which contain brainwave entrainment tones should not be listened to by people who suffer from epilepsy, fits or seizures, are photosensitive, pregnant, or under the influence of drugs or alcohol.

These days doctors and dentists recommend their patients use hypnotherapy for many things, for example pain management, stress control, weight loss, smoking, to name a few. More examples are listed further in this book.

Hypnosis and hypnotherapy are a wonderful replacement for medications with a variety of unpleasant side effects. I find in all holistic medicine, it is better for our bodies if we can find a completely natural and safe alternative to prescribed medication.

We do, however, recommend these recordings to only be used by responsible adults, or children under adult supervision.

## DO HYPNOSIS & HYPNOTHERAPY RECORDINGS REALLY WORK?

Do you really need to see a Hypnotherapist? Can you effectively use self-hypnosis in place of a therapist?

The answer is yes - though for moderate to severe conditions (anxiety, depression, stress etc) you will find the individual support, advice and care from a trained therapist to be indispensable.

In my hypnotherapy practice a good deal of the work is done outside of the session by my client listening to the therapeutic CD's I give them. Motivating and inspiring the client to really use the CD's is essential. Also making sure a client understands what hypnosis is. The active role that a client plays in hypnosis is essential too.

However if someone understands how hypnosis works, follows the suggestions given in the CD or mp3, and uses a recording at least once a day for 21 days - then some significant progress can be made without the help of a therapist.

### **Why is relaxation and confidence so important?**

Many Hypnotherapists like me spend the first two sessions focusing on teaching relaxation and doing ego-strengthening (i.e. confidence building).

The reason isn't that relaxation is required for hypnosis - alert hypnosis can be just as powerful - but rather that most people coming to see a Hypnotherapist suffer from a degree of anxiety or stress. Phobias, habitual behaviours, insomnia, IBS, weight control issues - as well social anxiety, performance anxiety and of course stress – complicated by many other psychosomatic conditions which are rooted in excess anxiety. Relaxation and anxiety are opposite states - you simply can't be relaxed and anxious at the same time. So teaching a client how to relax their body is fundamental to the management of anxiety and the success of their hypnotherapy.

Confidence is what we could call a "core" psychological quality. More than any other aspect of our psychology it is confidence that gives us the ability to engage with the world.

When our confidence is low our sense of "I can" is limited - sometimes the idea of a business meeting, an evening with friends or even venturing beyond our front door seems beyond our capabilities.

In hypnotherapy the treatment given for low confidence is called "ego-strengthening" - and generally this is the first treatment every client receives.

Almost every condition benefits from initial work on building confidence - since the sense of self-belief in our abilities influences how we think, feel, motivate ourselves, and behave.

Ego-strengthening is regarded as fundamental to mental health - and indeed to any aspect of life. Ego-strengthening as I have said is basically confidence building - and focuses on the client building up a sense of self-efficacy or self-effectiveness. The feeling "I can do it" is absolutely essential to functioning in this world. For simple activities such as walking, talking, driving the car etc. most of us automatically know "I can do it" - we are not even conscious of the belief that we can do it. However you can see that if someone becomes increasingly anxious then when it comes to performing at work - or even perhaps venturing outside - then the belief "I can do it" often becomes more fragile.

Therefore building up the core sense of self-effectiveness and confidence in fundamental abilities like memory, vitality, emotional calm, ability to relax etc is essential.

So as you are intending using hypnosis and hypnotherapy CD's or mp3 recordings to treat yourself at home - I would recommend working for the first week or two with Relaxation and Self-Confidence recordings to create a strong foundation. Then in the following weeks you can focus on a recording that addresses your specific issue - whether that is Smoking, Weight Control, a specific phobia - or any other issue. Indeed many clients find their issues mostly resolved through doing the fundamental work of relaxation and confidence building.

➤ **We give all of our customers/clients free confidence and relaxation recordings so they can prepare for their self-hypnosis sessions.**

By being in a comfortable and relaxed state before starting your session you will have a higher chance of success from each hypnotherapy session.

Hypnotherapy through CDs and mp3's has a very high success rate. Yet you have to be committed and continue with frequent sessions in order to achieve this. For some, only a limited amount of sessions are required to achieve personal success. For others, this technique may take a little longer to reach the desired outcome. **Overall commitment to the hypnotherapy sessions though is the key to changing your life.**

**The best way to increase your chances of success with hypnosis and hypnotherapy is choosing hypnotherapy CDs and MP3s from an accredited professional hypnotherapist.** They have made the recordings suit the

required needs of the subconscious mind to achieve the required result depending on what your condition or issue. So to turn over a new leaf in your life and change your life for the better, make sure you buy hypnosis MP3s or CD's from a quality source and benefit from hypnotherapy at a time that suits you.



### WHAT IS AN HYPNOTIC STATE?

Basically hypnosis generates an alpha state which is the brainwave state required to open the bridge to the powerful subconscious mind so you can begin to make powerful changes in your life.

Hypnosis induces a natural state of mind (alpha and sometimes theta) in which a person enters into an extraordinarily relaxed state mentally, physically, and emotionally. Alpha is the brainwave state of mind associated with beginning hypnosis. It is a natural state of mind we are in every day. And it is possible for us to induce the alpha state ourselves—or with the guidance of a hypnotist—whenever we choose. It is a fairly easy process to learn.

But before we learn how to induce an alpha state, now is the perfect time to examine the four brainwave states and gain a better understanding of each of them. There are four brainwave states: beta; alpha; theta; and delta. Beta is the normal walking around, conscious state; alpha is a relaxed, drowsy state; theta is the light sleep state; and delta is the deep sleep state. The following explains brainwave states of mind, the characteristics of these states, and how to access them.

**Beta** The beta state is our normal, walking around alert state. It operates in the 14-30 Hz range and we get there by waking up and starting to move and think.

**Alpha** The alpha state is a light relaxation, beginning hypnosis and visualization state; a daydreaming state of mind in which our brain is operating in the 7-14 Hz range. We get there by closing our eyes, breathing deeply, and relaxing.

**Theta** The theta state is the meditation, deep hypnosis, and light sleep state. This is also the lucid dreaming state in which our brain is operating in the 3-7 Hz range. We get there through guided meditations that take us on a journey deep within ourselves. We also, of course, can get there through going to sleep.

**Delta** The Delta state is the deep sleep and healing state and operates in the 0.5-3 Hz range. We get there through our sleep cycles at night.

For hypnosis and hypnotherapy professionals and people like yourself who are experiencing this through audio, there are certain aspects of brainwave states and how they relate to hypnosis that should be understood. The alpha state is important for a number of reasons. Alpha waves serve as a bridge between the conscious mind (beta brainwave state) and the subconscious mind (theta brainwave state). The alpha state builds a bridge to the theta state which allows us conscious access to the unconscious material

located in our subconscious mind. This bridge also gives us the opportunity to reprogram our subconscious mind. Thus, when we practice hypnosis, we can reprogram our subconscious or access information about ourselves that we otherwise might not be able to recall.

One more note on brainwaves. These brainwave states are not exclusive. In other words, when you are in a dominant beta state (walking around, alert state), you are also likely producing some alpha waves. And if you were to relax just a bit, you would likely be producing more alpha waves and fewer beta waves. Close your eyes and you'll further deepen your alpha state, but you'll still be producing some beta waves. Start daydreaming and you'll likely start producing some theta waves. You are the one who decides your brainwave state. Hypnosis is just a process that helps create a specific brainwave state in which the mind is more highly focused and more open to suggestion. You don't really need a hypnotist to achieve the hypnotic state of mind. You're IN it daily.



**HOW HYPNOSIS & HYPNOTHERAPY WORKS**

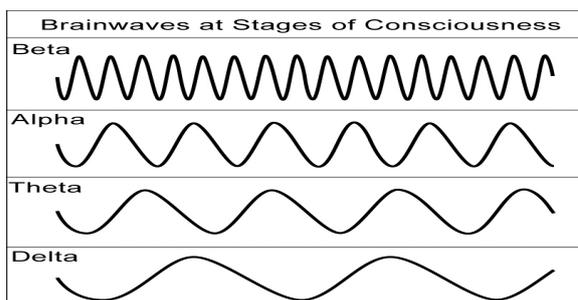
It all begins with relaxation which is designed to bring the subject into an alpha state. Simply closing the eyes and taking a few deep breaths can take a person into a light alpha state. Other induction techniques - e.g., fractional relaxation or guided journeys/imagery - are used to deepen the alpha state which and in some cases induce theta waves, and further focus the mind. A fractional relaxation induction focuses on suggestions to relax the body one area at a time, often beginning at the top of the head and moving all the way down to the feet and toes. By concentrating on relaxing the different areas of the body, three things are accomplished. First, the subject becomes more relaxed and moves into a deeper brainwave state. Second, the person’s awareness becomes highly focused on the process of relaxing to the exclusion of all else. And thirdly, the conscious mind begins to take a secondary role to the subconscious which comes to the forefront of the mind.

Basically hypnosis and hypnotherapy generates an alpha state - which is the brainwave state required to open the bridge to the powerful subconscious mind - this enables you to begin to make powerful changes in your life. There are four natural brainwave states called Beta, Alpha, Theta, and Delta; and you are in these four brainwave states every day of your life.

Hypnosis induces a perfectly natural state of mind – which is alpha and sometimes theta - in which a person enters into an extraordinarily relaxed state mentally, physically, and emotionally. Alpha is the brainwave state of mind associated with beginning hypnotised. It is a natural state of mind we are in every day. All hypnosis really does is focus on a particular brainwave state to work directly for your own benefit.

Now is the perfect time to examine those four brainwave states and gain a better understanding of each of them.

- Beta is the normal walking around, conscious state;
- Alpha is a relaxed, drowsy state;
- Theta is the light sleep state;
- and Delta is the deep sleep state.



Let's look at them each again a bit closer;

- The Beta state is our normal, walking around alert state, and we get there by waking up and starting to move and think.
- The Alpha state is a light relaxation state experienced at the beginning hypnosis and visualization; a daydreaming state of mind. We get there by closing our eyes, breathing deeply, and relaxing.
- The Theta state is the meditation, deep hypnosis, and light sleep state. This is also the lucid dreaming state. We get there through guided meditations that take us on a journey deep within ourselves. We also, of course, can get there through going to sleep.
- The Delta state is the deep sleep and healing state. We get there through our deep sleep cycles at night.

In most cases, the alpha state is all that is needed to make powerful changes. The theta state is a more difficult brainwave state to access while continuing to remain conscious. Theta is, after all, the light sleep state. It takes some meditators ten years or longer to be able to consciously generate high amplitude theta brainwaves.

These days there is a shortcut to generating theta waves. **Brainwave Entrainment.** The use of audio tones is now used on many hypnosis recordings to access deeper levels of mind more quickly. We used them on the hypnosis or hypnotherapy recording you bought with this book. Different combinations of brainwave states can be generated for a variety of effects. But, as mentioned earlier, generating an alpha state is usually all that is needed to make powerful changes. Once we have relaxed enough to induce the alpha state, the subconscious mind comes to the forefront and the stage has been set for us to make changes.

Now that we're in an alpha and/or theta state, we are ready to begin programming or reprogramming our subconscious mind. This is the point in the process where we use suggestions and visualisations to send a message to our subconscious about the change we have chosen to make. Often times, as part of the process of hypnosis, we have to let go of old belief systems or core issues that have led to the patterns of behaviour we are seeking to change. If we don't let go of the old belief systems, they may very well prevent us from making the changes we desire to make because the subconscious mind and the Creative Level of Mind will continue to create for us based on those old belief systems. If we try to create new belief systems before letting go of the old belief systems, our mind is likely to be conflicted and our results will reflect that. So the key in this stage of the hypnosis process is to bring our

subconscious mind into alignment with the desires of our conscious mind. First, we let go of any beliefs or core issues that created the unwanted behaviour in the first place, and then we go about the task of influencing our subconscious to help us create our new behaviour or desire.

The most effective way to influence our subconscious mind to “get with the program” of our conscious mind is to effectively utilise the emotional motivation that was at the heart of our wanting to make a change in the first place. For instance, let’s say we have a strong desire to lose weight. And let’s say that the emotional catalyst for our wanting to lose weight was our desire to look and feel more attractive. One way to get the message across to our subconscious mind is with a visualisation of a slender, more attractive version of ourselves during our hypnosis session. Since our subconscious works best with images and symbols, a good visualisation can be a very effective part of a hypnosis strategy to lose weight. Also, telling ourselves - the subconscious part of us - how wonderful it will be to be slender and fit, and how everyone will be complimenting us on how great we look, can go a long way toward convincing our subconscious that losing weight is what we really desire to do. We also need to remember to let go of any beliefs or core issues that may have been behind our becoming overweight in the first place.

Not all behavioural changes require a letting go of old belief systems or a healing of core issues. For example, smoking often begins as a social thing. Perhaps as teens our friends smoked, so we thought we’d give it a try. Maybe our parents smoked, so we followed in their steps. Or, could be, we’re rebels and smoking fits the image of a rebel. With smoking, all that’s usually required to quit is a strong desire to quit and a good hypnosis sessions get our motivations across to our subconscious mind in a powerful and effective way. With losing weight, there are often core issues involved that need to be dealt with first before we can be successful with weight loss. Finding a good, qualified therapist is always a good idea when dealing with any change involving core issues.

An important aspect of becoming good at hypnotist requires that we develop a high level of self-awareness that allows us to have a good feel for recognising when deeper issues are involved. Letting go of old beliefs that no longer serve our highest interest is an integral part of a successful hypnosis project.

Again, hypnosis is a natural state of mind - alpha, and occasionally theta - characterised by an extraordinary state of relaxation - physically, mentally, and emotionally - in which there is a heightened awareness and focus and an open responsiveness to suggestion. How does it work?

While I've gone into some detail above to explain how hypnosis works, a basic answer to the question can be found in the "Keys to Hypnosis" (I'd like to give credit to the originator of these keys, but am unaware of the source.):

1. Breath is the key to relaxation.
2. Relaxation is the key to suggestion.
3. Suggestion is the key to hypnosis.

Simple, yet it captures the essence of hypnosis.

Now you know the process it will make it much easier to benefit from your hypnosis sessions at home with your recordings. Even though you will feel in a passive state, you will discover this understanding will help you become more pro-active in achieving the changes in your life much quicker than you would if you didn't fully understand.

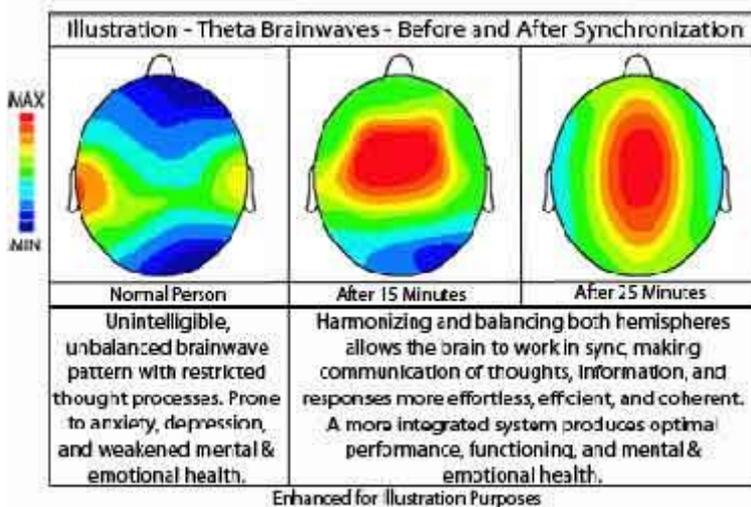


**BRAINWAVE ENTRAINMENT**

Here we will take a look at Brainwave Entrainment a little be closer before moving on.

Brainwave Entrainment is to your brain what exercise is to your body. Similar to physical exercise the influence of brainwave entrainment is not limited to the time spent listening to a given session. The process of brainwave entrainment is listening to binaural beat recordings which cause your brainwaves to move towards a specific frequency. After about 6 minutes of listening to a binaural beat recording, brainwave entrainment is established, and the brain of the listener is synchronized to the frequencies embedded in the noise.

It is one way to accomplish a more instant hypnosis, because it physically puts your brain into a much more receptive state for the hypnotic suggestions.



Increased awareness is an added benefit of Brainwave Entrainment. In the theta brainwave range it is helpful primarily to enhance creativity; for the acceptance of positive affirmations; and subliminal suggestions; and as an aid to visualisation. Using sound in these ways, it is possible to make profound changes in brainwave patterns and states of consciousness. One is able to go to a place of pure peace and relaxation, and feel amazing when coming back. You can have improved sleep, relaxation and other health benefits.

Binaural beats have become very popular over the years, so much so that for many people the idea of “brainwave entrainment” is inseparable from them. Binaural beats occur with (small) frequency differences for left and right ear. They can easily be heard at frequencies below 30 Hz and can be relaxing or stimulating depending on the frequency. Binaural beats in the delta (1 to 4 Hz) and theta (4 to 8 Hz) ranges have been associated with reports of relaxed, meditative, and creative states and used as an aid to subconscious reprogramming as well as falling asleep. Binaural beats in the alpha frequencies (8 to 12 Hz) and beta frequencies (typically 16 to 24 Hz) have been associated with reports of increased concentration or alertness and improved memory. Brainwave synchronization (entrainment) may be achieved when audio signals of offset frequencies are introduced to the brain through headphones causing a response directly related to the frequency differences of the signals introduced, called binaural beats.

Successful mental reprogramming requires more than positive affirmations at the conscious level to change the reality that we have spent years creating for ourselves. To achieve quick and successful mental reprogramming, you must bypass your conscious mind’s filter, and get the new programming info directly to your subconscious mind, which will accept the information in literal terms and act to manifest it into reality. A receptive mental state can be achieved with traditional meditation; however, this approach usually takes years of training and practice to become proficient enough for successful mental reprogramming. By targeting brainwave frequencies in the deep Theta range, a receptive mental state can be quickly and easily achieved, and successful mental reprogramming can occur.

Brainwave entrainment is a respected scientific principle with ample evidence to its effectiveness widely reported in well-regarded scientific papers. It is able to enhance our mental state because it actually makes the whole brain resonate at the same frequency. The relaxing effect of many forms of brainwave entrainment is widely known. Nobody is saying that you can beam thoughts into people’s heads, or force them to feel something, but brainwave entrainment is a real phenomenon. What you really need to know is that brainwave entrainment is highly effective and easily fits it into your daily hypnosis routine.

At this point I must again provide you with a word of caution, just in case you missed reading this at the beginning of the book.

- **WARNING FOR USING BRAINWAVE ENTRAINMENT RECORDINGS:** Do not listen whilst driving, operating heavy or dangerous machinery. Do not listen if you suffer from epilepsy, fits or seizures, are photosensitive, pregnant, under the influence of drugs or alcohol. If at all unsure contact a qualified doctor before use.

I think this covers most of the 'technical' parts of your hypnosis or hypnotherapy sessions with our audios. I hope you have found it as interesting to read as I have in writing it. A little knowledge goes a long way in providing real and lasting results.

Now we can move onto some more light general information and provide some answers to questions you still may have.



## WOULD YOU BENEFIT FROM HYPNOSIS & HYPNOTHERAPY?

Do you suffer from a chronic pain disorder? Do you have Fibromyalgia, Chronic Fatigue Syndrome, or another condition that leaves you in constant pain? Are you one of the millions of people that have tried everything to lose weight but haven't been able to lose weight and keep it off? Is one of your New Year's Resolutions to finally quit smoking? There is one treatment that can help with all of these conditions and more. Hypnosis. The medical community used to laugh off hypnosis as a parlor trick that magicians did to amuse children at birthday parties or entertain people in night clubs by making other people say stupid things or act in funny ways. And Hypnosis can do that, but it can also significantly improve your healthy.

Even though Hypnosis is only beginning to be considered a respected medical treatment in the West it's been used in various forms of Eastern and primitive medicine for centuries. As the West rediscovers many ancient healing practices like homeopathy and herbal medicine Western medical doctors and alternative therapy practitioners are rediscovering the benefits of using hypnosis to treat patients that don't respond well, or don't respond at all, to traditional Western medicine. Studies have found that hypnosis can have a positive impact on many different medical conditions including those associated with chronic pain and fatigue.

Psychologists have used hypnosis for a long time as part of psychological evaluation and treatment of patients. Some psychologists think that hypnosis is a form of dissociation, but that is a topic of great debate within the psychological community. Anecdotal evidence proves that hypnosis can be a great help when treating the psychological aspect of physical problems like addictions or dealing with the emotional and psychological aspects of diseases like Fibromyalgia.

Because disorders like additions or Fibromyalgia have both psychological and physical components patients that suffer from these disorders must treat both the physical and psychology causes for the disorder. Hypnosis is usually a safe and effective way to treat both parts of the problem at the same time. Even though the medical and psychological communities are split on the effectiveness of hypnosis as a medical treatment there are millions of people that it has helped who will tell you that it works.

### CAN EVERYONE BE HYPNOTIZED?

One of the most frequently asked questions when it comes to Hypnosis is whether or not everyone can be hypnotized. Some people are adamant that they can't be hypnotized and are convinced that hypnosis will never work for them. So what's the real answer? Is it impossible for some people to be hypnotized the way that they claim? The answer is yes, and no. Everyone can be hypnotized, theoretically, so there's no physical reason why everyone can't be put into a hypnotic state because they actually operate in hypnotic states each and every day. But there may be psychological reasons that someone is resistant to being hypnotized which might make it very difficult for that person to relax enough to enter a true hypnotic state.

Usually people who are certain that they can't be hypnotized and have a deep seated need for control, think that if they allow themselves to be hypnotized they will be giving up control, so they will never allow themselves to relax enough to get to the hypnotic state. But you never give up control of your mind or body during hypnosis and you are NEVER unconscious. Your conscious mind is just very deeply relaxed and letting the subconscious mind come to the forefront. So people that are very sure that can't be hypnotized really can be hypnotized but not until they let go of their belief that being hypnotized means giving up control of themselves to someone else.

Another reason that people have trouble entering a hypnotic state is the particular therapist that they are working with. In order to be able to relax in the very deep way that is necessary in order to become hypnotized it's critical that the person being hypnotized trust the therapist implicitly. If there is any discomfort or mistrust on the part of the person that is being hypnotized he or she will not be able to relax enough to get into the hypnotic state and the treatment won't work.

So when it comes to hypnosis medical experts and psychotherapists along with alternative health practitioners agree that everyone can be hypnotized, but not everyone wants to be. Wanting to be hypnotized and being open to the hypnotic process is very important. It's also important that the person who is going to be hypnotized feels comfortable with the person doing the hypnotizing. So if you go to a psychologist or an alternative health practitioner to get help to stop smoking, but you are uncomfortable with that therapist in any way then it won't work. That therapist won't be able to hypnotize you.

Because of that, finding the right hypnotherapist for you, someone that you feel totally comfortable with, is extremely important.

### STAGE HYPNOSIS

When most people think about hypnosis the image that they have in mind is of Stage Hypnosis. Stage Hypnosis is done like a magic act, where the hypnotist stands on stage and chooses people from the audience to be hypnotized. Once he has chosen some volunteers he hypnotizes them on stage in front of the audience and while they are under hypnosis he makes them do silly parlor tricks such as cluck like a chicken, or bark like a dog when someone says a particular word.

He might make them act in other silly or inappropriate ways and then he will snap his fingers or count to three and they will come out of the hypnosis with no memory of what they did while they were under hypnosis. He might even plant a few “post hypnotic suggestions” so that they will continue to do the activity even after they are no longer hypnotized.

But stage hypnosis is exactly that – staged. Stage hypnosis uses a combination of many different factors and strategies in order to make it appear that the people on stage are being hypnotized but in reality that’s an illusion and they are never actually hypnotized at all. Just like magicians, stage hypnotists use a lot of subtle manipulation techniques, sleight of hand, trickery and some good old-fashioned luck in order to sell the idea that people are really being hypnotized.

There are a variety of psychological factors that come into play in a situation where stage hypnosis is used. Just being in a group with a lot of other people will make people more compliant. They will unconsciously seek the approval of the group. People with certain types of personalities are also more likely to seek the spotlight making it very likely they will volunteer to be hypnotized. Once they are selected and get up on stage they will be very susceptible to the wiles of the hypnotist out of a desire to please him and the group and the desire to get the attention of the group.

Stage hypnotists scope out their audiences very carefully. Have you wondered what makes a stage hypnotist or a magician choose the people that he or she chooses to participate when the part of the show geared towards audience participation comes around? Those selections are made to appear random but in actuality they’re anything but. Those performers are very well trained in the art of reading people and they are looking for particular kinds of people to use in their act.

The real art of the magician's or hypnotist's show isn't the tricks that the audience sees; it's the tricks that they don't see. Stage magicians and hypnotists use three main strategies when they plan their show, select audience members, and perform their show in order to make sure that each show goes smoothly and convinces the audience that their tricks and the hypnosis are real.

### HOW STAGE HYPNOTISTS FOOL THEIR AUDIENCES

In the most basic terms there are three different strategies that stage hypnotists use on a regular basis to fool their audiences. Without these basic strategies and a very keen understanding of human psychology, along with an innate and well-developed ability to read body language and to read people stage hypnotists and magicians would never be able to convince people that their acts were real. The three most basic types of strategies that stage hypnotists use to pull off a successful show are:

1. **They count on the audience to act in a certain way** – It is basic psychology that the people on stage will want to get the attention of the rest of the audience and play to that audience. So the hypnotist uses basic suggestions knowing that the audience participants will act out in ways that they normally wouldn't do because of the need for peer approval and the desire to entertain. Those actions can then be claimed by the hypnotist to be the result of his or her hypnosis.
2. **"Testing" volunteers** – In order to make sure that the subjects chosen to go up on stage and be "hypnotized" are the most compliant in the group and the ones that really want to be the center of attention and want to perform the hypnotist will ask the audience to perform a series of small tasks under the guise of making his or her selection of participants. By asking the audience to clap or whistle the hypnotist can separate out which people are most likely to respond to an order.

By asking the audience who is willing to go on stage the hypnotist is able to determine which audience members really want to be the center of attention. From there the hypnotist can whittle the group down more and more by asking them more questions and asking them to perform other acts. Eventually the hypnotist will end up with a panel of people on the stage that he or she is sure want to perform, want to be the center of the attention, are highly susceptible to the power of suggestion, and take direct orders well.

Once those people are assembled it's not hard for the hypnotist to use the last method of deception to convince people that the show is real, sleight of hand.

3. **Sleight of hand** – This is the part that makes everything look real to the audience. By using subtle manipulations, props, the power of suggestion and a lot of quick thinking the hypnotist is able to pull off the illusion that the people on stage are hypnotized and that their actions are being dictated by the hypnotist.

In addition to these strategies stage hypnotists have an entirely different bag of tricks that are used to make sure that once the audience members are brought on stage they act as if they are really hypnotized and under the control of the hypnotist. After all, the whole show will flourish or flop based on how well the people on the stage perform. So how do hypnotists make sure that the people on stage will provide a good show?

### THE TRICKS THAT STAGE HYPNOTISTS USE

Once stage hypnotists separate out the audience members that are the most likely to perform well and make them look good there are more tricks that they use in order to make sure that things go smoothly. Since everything on the stage is essentially improvised this is the critical part of the show for a stage hypnotist. If things go wrong on stage, the show will fall apart. So in order to make sure that everything goes the way it should and to make all the audience members on stage play along the stage hypnotist uses:

**Off mic conversations** – The audience members that aren't on stage won't be able to hear any conversation between the hypnotist and the audience participation members unless the hypnotist is wearing or carrying a microphone. So all the hypnotist needs to do is lay down the microphone or take off their headset microphone in order to have a discussion with the audience panel. Under the guise of showing them to their seats on stage the hypnotist can ask each one to play along or give directions about what he or she wants each audience member to do on stage. Because the audience members are participating in order to get the approval and attention of their peers the hypnotist can be fairly sure that they will play along.

**Turning a phrase** – By using either indirect or direct phrases the hypnotist can tell the audience member what he or she wants that

person to do without actually telling them what to do. Using an indirect phrase such as “You can’t walk because your feet have turned into 20 ton weights” is indirectly telling that person not to attempt to walk and to act as if their feet have suddenly gotten extremely heavy. Using indirect phrases and then not challenging the audience member to act in the opposite way, such as telling them to try and walk, sets up the illusion that the hypnotist is trying to create.

Using direct phrases is deceptively simple and set works every time. Telling a member of the audience participation panel “when you hear the bell ring you’ll bark like a dog” clearly gives the audience member orders about what behaviour they are supposed to perform. Then the hypnotist rings the bell, the audience member barks as he or she was told to do, and the audience ooh and ahhs over the power of the hypnotist.

Professional illusionist tricks – Professional illusionists can do many amazing things that look magical or mystical when really they are nothing more than sleight of hand and basic physics. Certain magic tricks and illusions look a lot more impressive than they are and are actually quite easy to do, especially when you have the full participation of the audience member doing them. These tricks are what professional hypnotists use to create the most memorable and “show stopping” parts of their hypnotism shows.

### STAGE HYPNOSIS VS. HYPNOSIS & HYPNOTHERAPY FOR HEALTH

Because of the trickery used in stage hypnosis the idea of using hypnosis as a legitimate therapeutic tool took a long time to catch on in the West. People automatically assumed that hypnosis was fake, just like stage hypnosis was fake. But as the study of psychology grew and scientists, doctors, and behaviourists began to understand more and more the impact of the connection between the mind and the body on the physical health of a person, the idea that a true hypnotic state really did exist began to fascinate the medical community.

Early studies that were done using hypnosis had mixed results, probably because the researchers were not fully trained in how to use hypnosis and how to get patients and subjects relaxed into a true hypnotic state. Once they were able to get people into real hypnotic states they were amazed at the results that were possible using nothing more than deep relaxation and the power of hypnotic suggestions.

Even after hypnosis began to be embraced by the medical community the public at large took longer to convince. Today there are still people who believe that stage hypnosis is all hypnosis is, and that if they go to a hypnotherapist for treatment they will be giving up their free will and letting someone else take control of them. Many people regard hypnosis as New Age hooey that doesn't have any real medical value but nothing could be further from the truth. In today's fast paced high stress world using hypnosis and deep relaxation is the perfect treatment for many of the illnesses that people suffer from, since so many of them are caused by the high stress lifestyles of modern people.

The medical field and the psychological field are still studying hypnosis and are finding new ways to apply hypnosis as a therapeutic tool all the time. Already hypnosis is being used to treat many common physical and psychological conditions. Hypnosis is also often used in criminal justice to trigger the memories of witnesses to crimes and to help people heal from traumatic events.

Sports are the newest field to embrace hypnosis as a therapeutic tool. Sports medicine specialists are finding that the deep relaxation techniques and visualization used in hypnosis can help athletes become more focused and help them work through pain, anxiety and other problems. Using hypnosis improves their performance and their concentration and helps them become better, more successful athletes.

So if you've never seriously considered using hypnosis for medical purposes or to improve your general health before isn't it time that you took another look at hypnosis for health? There are a lot more benefits to using hypnosis to improve your health than you might be aware of. Let's look at some of the top benefits of using hypnosis for health.



### THE TOP TEN BENEFITS OF HYPNOSIS & HYPNOTHERAPY

So how can hypnosis really help you? What are the benefits of going through hypnosis? Those are the questions that most people ask when they first consider going to see a hypnotherapist. Because Hypnosis was considered an unconventional treatment in the West some people are still a little apprehensive about considering it as a treatment. But when you think about these benefits that can come from Hypnosis you'll see it's really worth it:

#### 1. **Hypnosis & Hypnotherapy can treat addictions**

Food, alcohol, drugs, smoking, it doesn't matter what you're addicted to, Hypnosis can help you kick the addiction. Hypnosis combined with physical treatment to get rid of your body's physical addiction to whatever you are addicted to is proven to help break addictions for good so that you don't relapse and become addicted again within a short time.

#### 2. **Hypnosis & Hypnotherapy can help you lose weight & keep it off**

Sounds too good to be true right? But it's not. Hypnosis has been proven to be 30% more effective than just dieting when it comes to weight loss. Medical professionals speculate that Hypnosis helps people who are hanging onto the extra weight for psychological reasons, or people that overeat for psychological reasons, eliminate their psychological need for extra fat or extra food which makes it easier for them to lose weight.

#### 3. **Hypnosis & Hypnotherapy can help manage chronic pain**

If you have a disease that leaves you in frequent pain like Fibromyalgia or Arthritis then you already know that sometimes it feels like nothing will stop the pain. When drugs and diet don't help you manage your pain Hypnosis can. In many different scientific studies Hypnosis has been proven as an effective pain management technique. So if nothing else is working for you when it comes to controlling your pain, or if you don't want to keep taking prescription painkillers, you should try Hypnosis.

#### 4. Hypnosis & Hypnotherapy can help reduce stress

Stress is more than just annoyance. Stress can cause serious illness in people like heart disease, high blood pressure, obesity, diabetes, and sleep disorders. If you have a lot of stress in your life and you feel like you can't get it under control by using diet and exercise, then it's time to think about Hypnosis. Because Hypnosis involves putting you in a deep state of relaxation it gives your mind and body a chance to experience the relaxation that they desperately need.

#### 5. Hypnosis & Hypnotherapy can help deal with childhood issues

Childhood issues. Everyone has them. From serious abuse or other problems in the home, to lack of self-esteem or a need to be successful at all costs, the issues and problems that you experienced as a child might still be impacting you today and causing you to make bad decisions or to not take very good care of yourself. Hypnosis is a great way to work through childhood issues and replace those negative messages you have about yourself with positive ones.

#### 6. Hypnosis & Hypnotherapy can cure sleep disorders

Millions of people suffer from sleep disorders that range from full insomnia to night terrors, wakeful sleep, sleepwalking, and the inability to fall into REM sleep which your body needs. Sleep disorders can cause a wide range of other problems like obesity and addiction, to either sleeping medications or to caffeine, or other stimulants in an effort to keep the body going even though it's exhausted.

Sleep disorders are notoriously hard to treat. Many sleep disorders have an associated psychological condition that makes it necessary for people to get both psychological and physical treatment in order to be able to get some sleep. Hypnosis can help treat the psychological problem that is causing the sleep disturbance while at the same time it puts the body in a deeply relaxed state that helps the body and mind become rejuvenated.

### 7. Hypnosis & Hypnotherapy can promote deep relaxation

If you have ever tried meditation you know already the great things that relaxation does for the mind and body. You can become more creative, better at problem solving, less irritable, and you can reduce your risk of health problems like heart disease or high blood pressure significantly if you meditate or relax regularly.

But if you have trouble relaxing, or if you never seem to be able to relax deeply enough to really feel refreshed, then you should try Hypnosis. Hypnosis is a wonderful way to experience truly deep relaxation that will make you feel much healthier.

### 8. Hypnosis & Hypnotherapy can help you change your behavior

Are you the kind of person that is always snapping at others? Do you get irritated and angry often? Do you have trouble managing your anger? Hypnosis can help you change your behavior patterns so that you can be healthier and happier.

Often behavioral patterns are learned in childhood, but a hypnotic suggestion given while you're in a deep hypnotic state can help you get rid of those old messages telling you to behave in certain ways and replace them with messages to act in new, more appropriate ways. If you are trying to recover from the effects of a dysfunctional family or an abusive childhood, using Hypnosis to help eliminate the unhealthy patterns that you learned to survive can be very therapeutic.

### 9. Hypnosis & Hypnotherapy can help recover buried memories

All of the experiences that you've had throughout your life are buried in your brain somewhere. If you have lost touch with the parts of your brain that hold memories of your childhood Hypnosis can help you go back and remember the things that you need to remember in order to know why you act the way you act now. Typically this is used to help people that were abused as children understand their behavioral patterns, but there can also be happy memories that you have forgotten as a result of an injury or accident that can be recovered with Hypnosis.

### 10. Hypnosis & Hypnotherapy can help treat Anxiety & Depression

Many people are reluctant to take medication to treat Anxiety and Depression because they don't want to become dependent on medication. Other people just can't seem to find a medication that works for them. Hypnosis is a drug free and very effective way to calm Anxiety and to treat the symptoms of depression. By using hypnotic suggestions to eliminate the triggers of Anxiety and Depression people that suffer from Depression and Anxiety can sometimes find 100% relief from those conditions by using Hypnosis.



### THE TEN MOST FREQUENTLY ASKED QUESTIONS ABOUT HYPNOSIS & HYPNOTHERAPY

Even though hypnosis has become more common and respected, people always have a lot of questions about hypnosis and how it's used. According to medical experts, alternative health care practitioners, and Hypnotherapists these are the most frequently asked questions about Hypnosis:

#### 1. Will I still be in control of myself?

This is what most people are afraid of. They are terrified that if they really submit to the relaxation of hypnosis and go fully into a trance like state that they will no longer be in control of themselves and can be easily controlled by the person that is hypnotizing them. But be assured that you are still fully in control of yourself when you are hypnotized. You are still conscious, but your conscious mind is extremely relaxed. No one can take control of you and make you do stupid things while you're hypnotized unless you allow it. You may still hear every word I say, but don't worry, you will still be under hypnosis.

#### 2. Am I surrendering my free will if I get hypnotized?

Absolutely not! When you are in a hypnotic state you are more aware and more focused on yourself than you are in a normal state. You are not giving up your free will or allowing anyone to turn you into a "zombie" that will do their bidding. Despite what you've seen in the movies, hypnosis doesn't make you the slave of the person hypnotizing you.

The person hypnotizing you also can't make you fall in love, or out of love with someone else, make you change any essential part of who you are, or do anything that you don't want to do. You are in full possession of all your faculties throughout the hypnosis session and you are not under a "spell" or in any way under the direction of someone else. The things that you've seen in movies or in stage shows where people get "hypnotized" and run around acting like chickens or saying silly words on command is not real hypnosis. You will never do anything while you are hypnotized that you wouldn't do under normal circumstances.

### 3. Can I be hypnotized without my consent?

This is another area of concern for a lot of people that don't know a lot about hypnosis. But don't worry. No one can hypnotize you without your consent. It just plain won't happen. Hypnosis isn't magic. Hypnosis is a state of very deep relaxation. If you don't want to be hypnotized then you won't be able to relax and you won't enter a hypnotic state. The process of entering a hypnotic state takes some time because it will take time for your body and mind to reach the deep relaxation that is necessary for hypnosis. You can stop the hypnosis session at any time during that process if you're not comfortable or if you don't want to be hypnotized.

You've probably seen hypnosis done in movies or on TV where the person doing the hypnotizing snaps their fingers and the other person immediately falls into a trance and is incapable of doing anything but what they are told. That's not how hypnosis works.

### 4. What happens if I can't come out of hypnosis?

It's physically impossible for that to happen, because you are not unconscious at any point during the hypnosis. You will be in a deeply relaxed state but fully conscious and you can come out of that state at any time that you want to. You can also come out of that state when given a verbal cue by the hypnotherapist. Sometimes when you get the verbal cue to come out of your hypnosis you may not want to because the relaxed state you are in feels so good. When that happens it may take you a few minutes to return to your normal awareness but that is only because you want to stay in the relaxed state, not because you are being forced to stay in it or because you can't come out of it on your own. You are always in control, even when you are deep in an hypnotic state.

### 5. Can I hypnotize myself?

When you're using self-hypnosis technics, you aren't getting the expertise and therapeutic help that you would be getting from a trained therapist. So if you're using hypnosis to help you deal with Anxiety, Depression, or psychological issues, then you should probably see a professional therapist instead of relying on self- hypnosis.

Of course the safest way of experiencing hypnosis and hypnotherapy is by using professionally produced audios like the ones you have just bought from us. It is important that you only use products which have been created by qualified hypnotherapists though. Unfortunately there are lots of products available which have been put together by unqualified people who think they can just mimic what they have heard, and this produces a very one dimensional product. There really is more to it than that. A professional, like me, has a more holistic approach to hypnotherapy and doesn't only look at the 'condition' the patient is presenting to change, but the entire personality behind the condition. So please be wary of hypnosis/meditation products on the market which are just recorded by 'John' or 'Jane'. Look for the qualification after the name.

### 6. Does hypnosis & Hypnotherapy work on children?

Yes, Hypnotherapy is often used to treat children that have behavioral disorders and children that have had traumatic events happen to them. Children have also been put into a hypnotic state in order to help police solve crimes where children have been attacked. Some Hypnotherapists have found that using hypnosis as a method of treating night terrors for children under 10 years old can be more effective than other treatments because putting the children in a deep hypnotic state before bed relaxes their brain enough that they don't have night terrors. If your child is having night terrors and has not responded well to other treatments, using hypnosis is an option you should discuss with your doctor.

### 7. Is hypnosis just New Age hooey?

Lots of people are skeptical about hypnosis at first, but usually that's because they don't have a good understanding of how hypnosis is used for medical and psychological treatments. Hypnosis is not some crazy New Age therapy. It's a legitimate therapeutic technique that has been used with proven success to treat medical and psychological disorders in millions of people. Anyone can be treated with hypnosis, and in most cases hypnosis is a very effective form of treatment for many different disorders. Hypnosis has a long history of being used to treat illness; it's not a new or untested therapy.

### 8. How many problems can I cure at once using hypnosis?

Hypnosis isn't a magic cure that will get rid of all of your problems at once. You will still need to address your medical and psychological problems one at a time, and over the course of several treatments, in order to see results. It's possible that symptoms of one disorder that mimic symptoms of another disorder might go away with the symptoms of the other disorder but in general you will need to tackle one problem at a time when you're using hypnosis as a treatment.

### 9. Do I need to see a hypnotherapist more than once?

Yes, you will need more than one session with a hypnotherapist to solve your problem. Most people see noticeable results after just a few sessions so you might not need extensive hypnosis or months of treatment in order to eliminate your problem, but it will almost always take more than one session for you to see any kind of noticeable results.

This is also true of using our professional recordings. It will take more than one experience to change the behavior of a lifetime. It is said that any new behavior can be 'learned' within 21 days of continued work. So please don't expect miracles overnight. Having said that, there are many people who achieve the desired result almost immediately. Just be aware that there is a curve to the timeline, and if you don't achieve the desired result immediately, please don't think you won't if you repeat the process again during following days. After all, you are looking for long-term results. There is every chance that the person who thought they were 'cured' after one or two sessions will find themselves puffing away on a cigarette again after only a short period too. You are worth putting the hard work in for, aren't you.

### 10. Is hypnosis & Hypnotherapy safe?

Hypnosis and hypnotherapy is perfectly safe. You are always in control of the situation and you are never unconscious. Unlike drug therapies, hypnosis has no possible side effects, and in most people hypnosis always works unlike drugs which may work, or may not work, depending on your body's chemistry and what the disorder is. Hypnosis can safely treat the physical and mental aspects of common problems like addictions safely and can help you break your physical and emotional dependence on overeating, smoking, drinking, drama, anger, or any other destructive addition that you might have.

### TYPES OF HYPNOSIS & HYPNOTHERAPY

In general there are three hypnotic techniques that are used by hypnotherapists. Some people respond to better to a particular type of hypnosis, or a therapist might specialize in one type of hypnosis. If you start seeing a hypnotherapist and you don't get the kind of results that you wanted, it could be that you need to try treatment with a therapist that does a different kind of hypnosis in order to get results. The three types of hypnosis are:

#### Traditional Hypnosis

In the Traditional Hypnosis method a therapist puts you into a deeply relaxed state and then puts hypnotic suggestions directly into your subconscious mind to achieve the results that you are trying to achieve. This is the easiest type of hypnosis for a therapist to perform and is commonly used. If you are the kind of person that is very analytic and very logical, this type of hypnosis may not work as well for you as one of the other two types of hypnosis. Studies have shown that traditional hypnosis is less effective on highly analytical people than it is on less critical sorts of people. We use a combination of Ericksonian Hypnosis and NLP Hypnosis which are detailed below.

#### Ericksonian Hypnosis

In this type of hypnosis instead of placing direct suggestions or commands into your subconscious mind while you are in a relaxed state, the hypnotherapist use metaphors to get the desired result. Your subconscious brain will instantly make the connection between the metaphor and the desired behavior, but the metaphor itself will act as a distraction to the conscious brain. So while your conscious brain is trying to figure out the metaphor the meaning of the metaphor goes directly into your subconscious.

Ericksonian hypnosis is particularly effective on people that are highly logical or critical and are resistant to the idea of hypnosis because usually people with a resistance to hypnosis tend to have trouble reaching a deep enough state of relaxation to really absorb the hypnotic suggestions that are being made. Ericksonian hypnosis cuts through the objections and skepticism of the conscious mind to reach the subconscious mind where it can take effect.

### Neuro-Linguistic Programming (NLP)

NLP is the most advanced type of hypnosis and should only be performed by a well-trained hypnotherapist. NLP is used to treat severe problems or severe addictions by reprogramming the brain. So for example, if you always have a cigarette with your morning cup of coffee your mind will begin to pair the two activities, and every time that you have a cup of coffee you will want to have a cigarette. A therapist that is trained to use NLP will use hypnosis to disassociate those two activities so that you can have a cup of coffee without thinking about having a cigarette.

Or, if you want to lose weight, a therapist trained in NLP can help you create an image of yourself at the weight that you want to be and can plant that image directly into your subconscious. Then the therapist will use NLP techniques to flip the script in your brain so that every time you think about how unhappy you are with the way you look, instead of seeing yourself as being overweight you'll see yourself as thin and beautiful the way you want to be.



## HYPNOSIS & HYPNOTHERAPY TREATMENT FOR PHYSICAL CONDITIONS

Even though medical professionals have never denied the existence of hypnosis they have only begun to embrace hypnosis as a treatment for medical conditions in the past few decades. Hypnosis has been used primarily to treat psychological conditions until the recent past when the medical community began to realise that using hypnosis to treat physical conditions under certain conditions was very effective. In clinical studies, hypnosis was found to be a powerful treatment for some conditions that are very difficult or dangerous to treat with drugs like chronic pain, chronic fatigue, addictions, and even the pain and anxiety associated with childbirth.

Unlike more traditional types of treatment hypnosis is not usually used as a stand-alone treatment for medical conditions. Instead it's used in conjunction with other therapies to boost the effectiveness of the other therapies and to treat any psychological disorder that might be an underlying cause of the physical problem. The more that Western doctors begin to accept a more holistic idea of medicine and realise that the body and mind are connected so that what affects the body also affects the mind and vice versa, the more hypnosis is valued as a treatment for common medical conditions.

Because there are no side effects associated with hypnosis as a medical treatment most doctors, even the ones that don't believe in the power of hypnosis to heal, would not discourage their patients from using it because there's no risk to them to try it.

But more and more clinical studies are being done that prove that hypnosis does work in almost all cases, on all different kinds of people. Western patients are turning more and more to alternative therapies for health care because they don't trust Western doctors, and they don't trust big drug companies and they want treatments that they feel are safe and effective. Hypnosis is the safest type of treatment for many conditions because - again - it has no side effects.

Hypnosis is also a safer treatment than many drug therapies because there is no risk of a bad drug interaction or an allergic reaction to hypnosis. Anyone can be hypnotized regardless of their current health status, allergies, or what medications they are on. If you look at just some of the ways that hypnosis has been used to treat physical conditions you might be surprised at how many different conditions can be treated with hypnosis.

Hypnosis & Hypnotherapy can:

- Get rid of the psychological causes of addiction and lessen physical cravings
- Ease withdrawal symptoms
- Eliminate the pain of childbirth
- Manage or eliminate the symptoms of Depression and Anxiety
- Manage pain without drugs in medical surgeries or during dental treatments. This is highly effective for people that have a dental phobia that prevents them from getting routine dental care.
- Treat and eliminate the symptoms of irritable bowel syndrome (IBS)
- Lower blood pressure
- Help to manage the nausea and pain associated with chemotherapy treatments
- Eliminate the pain and fatigue of migraines
- Eliminate the symptoms of asthma and reduce asthma attacks
- Successfully treat including warts, psoriasis and atopic dermatitis
- Manage joint and muscle pain associate with chronic conditions like Fibromyalgia and Arthritis
- Eliminate sleep disorders like insomnia and manage the symptoms of sleep disorders like apnea
- Help treat obesity
- Help treat children with ADD and ADHD
- Eliminate the effects of severe stress and stress-related illness on the body

## HYPNOSIS & HYPNOTHERAPY FOR PAIN RELIEF

Millions of people suffer from chronic pain associated with conditions like Fibromyalgia and Arthritis. For people that have chronic disorders using drugs to treat the pain that they're feeling is difficult because they can build up a tolerance to pain medication, which might mean they have to switch to new pain medication often. Or, the drugs that they take to treat the pain might result in a host of other side effects that can negatively impact their lives. For some people pain relief drugs are just not effective and they end up suffering from the pain of their condition with no way to relieve it. Hypnosis can eliminate all those problems.

Because hypnosis has no side effects it's 100% safe, for everyone, no matter what their medical condition is and no matter what other drugs or supplements they are taking. Because hypnosis changes the way that the body perceived pain even people that don't respond well to pain medication can see a decrease in their pain when they treat it with hypnosis. And because hypnosis treats both the body and mind it works on pain that doesn't respond to medication, like the pain associated with Fibromyalgia. Fibromyalgia pain is notoriously difficult for doctors to treat because the pain is constant and diffuse, or all over the body, so ordinary pain management drugs won't stop the pain.

When hypnosis is used as a pain management or pain elimination technique the hypnotherapist will plant a hypnotic suggestion in the person's subconscious mind that will lessen or eliminate the feel of the pain. The pain might still be there, but the brain won't register it as intently so it won't hurt as much. That way the person won't assume there is no pain and go rushing off to do something that would injure themselves, but they won't be constantly suffering either.

Hypnosis is also used to prevent pain from procedures that doctors and patients know are going to be painful. Having a patient put into a deeply hypnotic state before the treatment will make the person go into the treatment without the stress and anxiety of knowing that the treatment will hurt. That will make the treatment more effective as well as reduce the pain. Patients are often put in hypnotic states before childbirth in order to lessen the pain of the contractions, especially if an epidural is not a good idea because of the health of the mother.

People who suffer from addictions and can't be given pain medication are using hypnosis more and more often as a way to deal with pain that they can't be given drugs for. As prescription pain medication addiction becomes more

and more common many hospitals are hiring hypnotherapists to be on hand when patients need to undergo painful treatments so that if the patient wishes not to have medication they don't have to suffer through a painful procedure with no pain buffer at all.

Patients undergoing chemotherapy, lumbar punctures, or other extremely painful treatments may choose to be put into a hypnotic state before the procedure so that after the procedure they aren't suffering so greatly from pain. If you are scheduled to go in for a painful treatment for a condition that you have already been diagnosed, talk to your doctor about getting a little hypnotherapy first as a way to reduce the pain.



### HYPNODERMATOLOGY

Hypnodermatology is the practice of using hypnosis to treat skin conditions. There are a lot of skin problems that people experience that have psychological causes or are stress induced. In fact, most of the common skin disorders that people experience like psoriasis, acne, and rosacea are known to be triggered by stress as well as other factors, so a person that has a high stress level has a much higher chance of developing skin conditions like that than someone who lives a slower paced lifestyle.

Skin conditions more than other illnesses are a product of psychological and emotional factors like stress, so it make sense that hypnosis would be a good treatment for some kinds of skin conditions. The more that a person suffering from a condition like psoriasis can reduce their stress level the faster the psoriasis will go away. Since treating skin conditions with drugs can be difficult and can often lead to other illnesses as side effects, dermatologists often recommend Hypnodermatology to patients that they feel have a skin condition as a result of stress.

Some studies that have been done on common skin disorders indicate that as many as 60% of the patients that will seek out medical help for skin conditions in any given year have some kind of underlying stressor or psychological problem that is causing their physical skin condition. This is just another example of the connection between the health of the mind and the health of the body. Because hypnosis treats both the body and mind through deep relaxation it's the perfect treatment for skin conditions where the patient needs to eliminate the underlying psychological cause of the disorder as well as the physical symptoms.

Hypnosis is effective even for skin conditions that don't have an underlying physical cause. Rashes, infections, and other problems can be successful treated with a combination of antibiotics and hypnosis. The medicine takes care of the existing rash or infection while the hypnosis reduces the itching and pain that the person is feeling so that the patient doesn't scratch the rash or spread the infection to other parts of the body. Because skin rashes and infections are notoriously easy to spread, especially among family members or from child to child, hypnosis is a good tool to use to reduce the symptoms that can lead to the patient spreading the rash or infection around.

Skin allergies are also easily treatable with hypnosis. There have even been a few studies done that show that babies and children with skin allergies respond extremely well to the use of hypnosis as a treatment for allergies.

## HYPNOSIS & HYPNOTHERAPY FOR SLEEP DISORDERS

Sleep disorders are a serious problem for millions of people. Medical studies have proven that a lack of sleep can have serious health consequences. Obesity, heart disease, mental degeneration and other problems can all be attributed to a lack of sleep. Sleep is your body's way of refreshing your body and your mind so when you go without sleep you will also have some psychological and emotional problems as well. Intense irritability, confusion, memory loss and other problems also can stem from long periods of interrupted sleep or insomnia.

Drugs can effectively treat some types of sleep disorders but there is always a risk of becoming addicted to prescription sleeping pills if you take medication. Many prescription sleeping pills also have a lot of strange and potentially dangerous side effects like suicidal thoughts, or sleepwalking, sleep driving, and other activities done in your sleep that might cause harm to you or someone else. Hypnosis is a wonderful treatment for sleep disorders because the use of deep relaxation functions as a treatment for the underlying cause of the sleep problems but as also as a respite from the symptoms.

When you sleep your body goes into a state of deep relaxation that's not unlike hypnosis. So when a therapist puts you into a hypnotic state as a way to treat whatever is causing your sleep disorder, the therapist is also putting your mind and body into the kind of deeply relaxed state that your body and mind need in order to feel refreshed and function effectively. You will get immediate relief from the symptoms of your sleep disorder because you will come out of the hypnosis sessions feeling rejuvenated and calm, and the hypnotic sessions that were planted in your subconscious will also be working to cure the underlying problem that is causing you to have trouble sleeping.

Sometimes there are physical conditions that cause sleeplessness that need to be diagnosed and treated with more traditional methods, but even if the cause of your sleeping problem is medical a few sessions of hypnosis can give your body and mind the refreshing break they need even if you can't sleep. While your doctor works on curing the physical cause of your sleeping disorder you can go see a hypnotherapist a few times a week to relieve the irritability, fatigue and other symptoms that are caused by a chronic lack of sleep.

Using hypnosis as either a primary or a secondary treatment for common sleep disorders is done around the world, and has been proven successful in hundreds of studies that have been done trying to find the cause of sleep disturbances. Hypnosis has also been proven as a successful treatment for

children that suffer from night terrors because the state of deep relaxation that they enter calms down their bodies and minds enough to sleep peacefully.



### HYPNOSIS & HYPNOTHERAPY AND PSYCHOTHERAPY

Hypnosis has been used to treat psychological conditions and physical conditions with a psychological component for centuries. There has always been some controversy about the use of hypnotherapy to treat some conditions because of the risk of false memories being created in the subconscious mind that can feel perfectly real to the patient.

Some hypnosis practitioners dismiss the idea that a hypnotherapist could use hypnosis to plant false memories in someone's subconscious mind but in 2001 a scientific study was done that was able to implant false memories and to trigger hallucinations, memory loss, and compulsions in test subjects. However, those experiences were done in a tightly controlled and highly supervised test, so it's unlikely that those results could be recreated outside of a clinical setting. What the study did do is prove the power that hypnosis has over the mind to skeptical medical doctors who doubted that hypnosis really would have much of an effect on someone.

Hypnotherapy can be done by a trained medical doctor or a licensed psychologist but it can also be done by a certified practitioner that doesn't have any, or has minimal, medical or psychological training. If you are thinking about seeing a hypnotherapist to help you heal childhood issues, or to use hypnosis to help combat a chronic disorder then you should probably look for a hypnotherapist that has an extensive medical or psychological background instead of someone that is an alternative healing practitioner. A person that has a strong medical or psychological education will be better able to address your particular needs.

But if you are seeking hypnotherapy to help you quit smoking, to lose weight, to make you more comfortable when you're speaking in public, or to help you reduce your stress level then an alternative health practitioner that specialises in hypnosis might be a good fit for your needs. When you're looking for a hypnotherapist to help you fight a drug addiction or to help you modify your behaviour it's a good idea to talk to both a trained psychologist that does hypnotherapy and an alternative health practitioner to see which one is better for your particular circumstances.

The hypnotherapist you choose to help you battle an addiction should be trained to help you eliminate the reason for the addition. Depending on what that reason is you might need the help of a trained psychologist to deal with any emotional fallout that might occur as a result of addressing an old emotional wound or changing a pattern of behavior that you've used since childhood.

### PSYCHOLOGICAL CONDITIONS THAT ARE COMMONLY TREATED WITH HYPNOSIS & HYPNOTHERAPY

Eastern medicine has recognised the connection between body and mind for a long time. The centuries old Ayurvedic health system in India was built on the principle that anything that is physically wrong with the body has a mental or emotional cause and that in order to treat the physical symptom the emotional or psychological cause had to be cured first.

You might be surprised by how many disorders that are usually treated with drug therapy can also be treated, successfully, with hypnosis. If you or someone that you know suffers from any of these conditions but has not responded well to drug therapy, or is reluctant to try drug therapy because of the fear of side effects or the fear of getting addicted hypnosis is a good option when it comes to treating these disorders:

- Addictions
- Obesity
- Fears (phobias)
- Anxiety
- Depression
- OCD
- ADD/ADHD
- Insomnia
- Stress
- Anger Issues

- Childhood Issues
- Sexual Dysfunctions
- Eating Disorders
- Compulsions

### HYPNOSIS & HYPNOTHERAPY TO STOP SMOKING

Millions of people try to quit smoking every year and only about 30 -50% of them manage to quit. Studies have proven that trying to quit “cold turkey” usually fails but people are still often reluctant to try prescription stop-smoking drugs. Nicotine gum and the stop -smoking patches that are on the market can be very effective but they are also very expensive and so many people end up going back to smoking because it’s cheaper than staying on the nicotine gum or the stop smoking patches. So if you’ve struggled in the past with nicotine addiction or you know someone that has you should think about trying hypnosis to quit smoking.

The studies that have been done have shown that overall people who have used hypnosis to stop smoking have the same or higher success rates as people that use nicotine gum or stop smoking patches. The reason that using hypnosis to quit smoking is so effective is that hypnosis treats both the psychological and the physical need for cigarettes so you don’t end up having terrible cravings for nicotine that way that you would if you use nicotine gum or stop smoking patches.

Most addictions, including smoking, have both psychological and physical components. When you are addicted to nicotine your body has physical cravings for the nicotine but mentally you associate nicotine with stress relief, comfort, and everyday behaviors like having a cup of coffee or getting in your car. Smoking is as much of a habit as an addiction and breaking the habit of smoking a cigarette as well breaking the physical cravings for nicotine is what makes it so tough to quit smoking.

Hypnosis, unlike any other type of treatment, can treat all the causes of your cravings for cigarettes at once. By putting you into a deep hypnotic state and using hypnotic suggestions a trained hypnotherapist can get rid of the associations that you have with cigarettes so that you’ll be able to have a cup

of coffee or start your car and not think about smoking.

A hypnotherapist can, in the same session, get rid of the underlying cause that makes you want to smoke like stress or a desire to be thin or even just the habit of smoking. And a hypnotherapist can also give your body a different cue so that instead of craving cigarettes you will crave water or something else that is actually healthy for you. Some hypnotherapists can get rid of cravings all together so that in as little as one hypnotherapy session you could have no physical or mental desire to smoke at all.

Best of all since you're eliminating your physical and psychological dependence on cigarettes you won't feel the need to replace cigarettes with food so the chances are good that you'll be able to stop smoking, permanently, and not gain ten or twenty pounds because you eat instead of smoke.

### HYPNOSIS & HYPNOTHERAPY FOR WEIGHT LOSS

Studies that have been conducted found that at any given time nearly 2 out of 4 women is on a diet, and the number of men watching their diet is almost as high. People struggle to lose weight only to gain back what they are able to lose or give up entirely. The diet industry is a billion dollar per year industry

that pushes weight loss foods, drinks, powders, pills and other products. Even though most people know that these products don't work and won't help them lose weight they buy them anyway, and then return to their patterns of unhealthy eating when they fail once again to lose weight.

Hypnosis is a good option if you want to lose weight and keep it off, because hypnosis deals with the cause of your desire to overeat as well as your physical cravings. Most people overeat when they become emotional or upset, or they overeat as an attempt to fill some psychological or emotional void that they feel. Other people overeat because they were taught unhealthy eating patterns by their patterns and now can't seem to break that unhealthy circle. There are many different reasons why people overeat or can't seem to lose weight but only one treatment works on every different type of weight problem – hypnosis.

What goes on in your brain to make you overeat is similar to what happens in an addict's brain when that addict has drugs, or alcohol. The food that you eat temporarily fills whatever vacancy you have in your life and brings you

pleasure and comfort so you eat more in order to have that feeling as often as you can. But hypnosis can dissociate those feelings from food, so that you will feel no emotional attachment to food. When you look at food just as fuel for your body it will be easier for you to eat nutritious food, in proper amounts, instead of overeating and eating foods that you crave emotionally and not physically.

It is possible for people to become addicted to food. When that happens hypnosis can be used to treat that addiction the same way that it's used to treat other addictions, by eliminating the psychological need for the addiction as well as re-programming the brain to function without the need for that particular substance. It can be more difficult for people to break an addiction to food than it is to break an addiction to some other substance, like alcohol, however because you do need food in order to survive.

Because most people gain weight as a result of self-destructive eating habits that they pick up from a variety of sources hypnosis has been proven to be one of the most effective ways to help people lose weight and keep that weight off. Hypnosis changes the dynamic that you live with and makes it easier for you to break that self-destructive cycle which makes it a lot easier for you to have a healthy relationship with food and stay at a good weight that makes sense for your body.

### HYPNOSIS & HYPNOTHERAPY FOR EATING DISORDERS

Even though it might seem like eating disorders and weight loss are at the opposite end of the spectrum when it comes to psychological conditions really they are just different symptoms of the same underlying problem. People that develop eating disorders like Anorexia and Bulimia are usually trying to exert some control over their bodies because they feel like they have no control over their lives. People that overeat may suffer from the same feeling of being out of control or the same feelings of anxiety, hopelessness and loss that people who develop eating disorders suffer from, they just choose a different way to express it. Instead of not eating at all, or throwing up after they eat they eat too much instead.

It doesn't often occur in medicine or in therapy that the same treatment can be used for conditions which seem to be the opposite of one another but in this case hypnosis can be successfully used to treat both conditions. In fact, hypnosis is one of the few treatments that have been proven to successfully treat eating disorders. In one study more than 70% of people that suffered

from Bulimia who were treated with NLP hypnosis recovered fully with no relapses after one year. Relapse is a constant danger for people that have eating disorders and don't use hypnosis as a treatment because there is always the chance that as soon as the person feels stressed or anxious or feels that they are losing control of their lives they will return to their destructive behavior in an effort to feel like they have more power in their lives.

Why is hypnosis such an effective treatment for eating disorders? Psychologists say that it is probably because more than 90% of the people who seek treatment for eating disorders report dissociating, or "splitting off" during their Anorexic or Bulimic patterns. Dissociation is a "shutting off" of the conscious mind when the person operates solely based on the directive of the subconscious mind. Sometimes an episode that reminds the person of a childhood trauma or the memory of a traumatic event is enough to make the person dissociate as well. Because hypnotic suggestions change the thoughts that are occurring in the subconscious mind it's possible to change behaviors that are triggered during a dissociative episode.

For example if a patient that has Bulimia dissociates every time they eat something and then vomits at the prompting of the subconscious mind using a hypnotic suggestion can replace the compulsion to vomit so that the person doesn't feel that sense of panic, unease, or the compulsion to vomit after eating. Getting rid of the subconscious compulsion for the behavior, while also replacing the negative behavior patterns that the person has, is really the ideal way to treat something as mentally driven as an eating disorder.

### HYPNOSIS & HYPNOTHERAPY FOR MIGRAINES

If you suffer from migraines then you already know that the pain of a migraine is far beyond the pain of an ordinary headache. People who have migraines experience a range of symptoms including extreme sensitivity to light, nausea, vomiting, sensitivity to sound, and of course extreme pain in different areas of the head or behind the eyes. Migraines can come on quickly and can be extremely difficult to treat. Some people have migraines that are so debilitating they can't hold a job or do normal activities. There are drug treatments for migraines that do seem to help the pain. Usually these are a combination of caffeine and a high dose painkiller. But one of the best treatments for migraines is hypnosis.

Hypnosis works so well as a migraine treatment because it stops the vicious pain cycle that your body goes through during a migraine. When you get a migraine your body starts to tense up. The more pain you feel, the more you tense up. Your muscles tense, your jaws clench, your whole body becomes

rigid. Blood and adrenaline start pumping through your veins. As your endocrine system kicks on and floods your body with hormones your pain increases. And the more pain you feel, the more tense and stressed you become. Which leads to more pain. An endless circle.

Hypnosis breaks that circle by putting you into a deeply relaxed state. Your pain will lessen, not increase, because the more you relax the lower your stress level will become. When your stress level is low your body is better able to manage pain. You might still be in some pain, but it won't feel as sharp or as unbearable as it would if you were tense and stressed. Your muscles won't tense, your jaws won't clench, and your body won't get flooded with adrenaline and other hormones that increase the intensity of a migraine.

For many people that suffer from migraines hypnosis and hypnotherapy are good treatment alternatives to drugs because they use hypnosis to ward off a migraine before it starts. As soon as they feel the symptoms of a migraine beginning a quick self-hypnosis session can get rid of the problem before it become a full-fledged debilitating migraine. Because the drugs used to treat migraines are usually a combination of sedatives and painkillers they can have some dangerous or unpleasant side effects but hypnosis has no side effects. And self-hypnosis is free, which is the best part of all.

In order to do fully experience hypnosis and hypnotherapy you will need to learn some basic hypnosis techniques and learn how to relax. Later in the book we'll look more deeply at hypnosis and how you can use it to manage stress and deal with medical problems such as migraines quickly and painlessly on your own.

### HYPNOSIS & HYPNOTHERAPY FOR ANXIETY

Anxiety can range from simple stage fright to a full blown panic attack. Everyone feels anxious at one point or another but for some people there are certain activities or certain places that cause such a fierce anxiety that the person cannot even function. Phobias are one expression of anxiety. Panic attacks are another. Psychologists estimate that as many 10 million people in the US alone suffer from anxiety to the point where it impairs their ability to live normally. People who suffer from anxiety may not be able to hold a job, go out in public, shop, drive, or do other everyday activities that are a part of a normal healthy life.

Anxiety disorders can cause serious physical problems. Stress is responsible for heart disease, high blood pressure, strokes, muscle aches, Fibromyalgia, and other conditions that can sometimes be life threatening. When the body is under severe stress or goes into a panic attack the endocrine system kicks into overdrive and triggers a “flight or fight” response that is usually reserved for situations where the person is in mortal danger. But when someone is having a panic attack or is terrified to the point where they can’t function even if they aren’t in mortal danger they believe that they are, and the body responds accordingly.

Anxiety disorders are not new. People, usually women, have been diagnosed with anxiety disorders for centuries. In the past women with severe anxiety were often said to be suffering from “Hysteria” and were prescribed a number of different medications including alcohol as a cure for their “Hysteria”. In almost every single case of anxiety psychologists can pinpoint one event or one particular time period in someone’s life that caused them so much trauma that the episode caused them to develop severe anxiety when exposed to anything that reminded them of that incident or time period.

There are drugs that can manage the symptoms of anxiety and help people function but drug therapy alone is rarely effective in treating anxiety. Hypnosis is widely recognized as the best treatment for the anxiety because it reprograms the person’s behavior and changes the associations that the person has on a subconscious level. Changing those subconscious responses is the only way to truly get rid of the panic and anxiety that the person feels.

A qualified hypnotherapist can put someone that suffers from severe anxiety into a deeply relaxed state and can change the subconscious cues that the person experiences. By eliminating the terror and the unhealthy behavior patterns learned as a child the hypnotherapist effectively removes the trigger for the anxiety. Then the hypnotherapist can place new hypnotic suggestions in the person’s subconscious so that, for example, instead of panicking in a crowd a person will feel happy and relaxed and excited to be around people.

## HYPNOSIS & HYPNOTHERAPY FOR STRESS RELATED ILLNESSES

Excessive everyday stress is a problem for many people that have overly busy lives. The stress of commuting, work, family, kids and other obligations often builds up until people either collapse or develop serious health problems like heart disease or high blood pressure. Stress can also cause other problems to develop like anxiety, depression, sleep disorders, Fibromyalgia, and other chronic conditions. Unfortunately for most people getting rid of the causes of everyday stress isn't really an option, so the only option left is to try and treat the stress.

Drug therapy is usually not effective for stress related conditions. The best cure for stress is relaxation, like meditation. But most people don't or can't take the time to meditate on a regular basis. Hypnosis therapy can be a powerful treatment for people that need relief from acute stress because it puts the body into such a relaxed state that the damages of stress begin to fade away. Unlike many conditions the effects of stress related illness on the body are reversible with relaxation therapy like hypnosis.

It's not always necessary to go see a hypnotherapist if you want to use hypnotherapy to combat stress and stress related illnesses. Recorded hypnosis and hypnotherapy sessions can be just as effective as having sessions with a trained hypnotherapist, once you know the techniques, and you can play the recordings whenever you are stressed to help yourself calm down. Recorded hypnosis isn't an option for treating all conditions that can be treated with hypnosis because in cases where you are trying to change your behavior or the way that you respond to certain stimuli it's necessary to have a trained hypnotherapist providing the hypnotic suggestions which only come in recorded full hypnotherapy sessions.

But if you are primarily using hypnosis as a method of deep relaxation in order to help fight off the effects of everyday stress recorded hypnosis is a much easier and cost-effective method of treatment. Think of hypnosis as a very intense type of meditation. You'll get the same benefits from a recorded hypnosis session as you would from a session of very deep meditation.

If you start using hypnosis regularly in order to get rid of stress you will notice that the positive physical changes start almost immediately. You will start sleeping better and longer, your blood pressure will drop and you'll notice that your muscles and joints don't hurt as much.

## HYPNOSIS & HYPNOTHERAPY FOR DEPRESSION

Depression is one of the hardest conditions for doctors to treat. There is clear mind/body connection when it comes to depression and without treating both the mental and physical causes of depression it's almost impossible to relieve the symptoms of the depression. Millions of people every year are affected by depression to some degree. Some people have depression that is so deep that they can't function in the world and drug therapy doesn't seem to help.

There has been a lot of controversy surrounding the drugs that are used to treat depression and as a result many people are hesitant to take prescription drugs for depression because of the possible side effects. Two of the most often prescribed medications for depression list as suicidal thoughts and depression as a side effect. If depression is a side effect of a drug prescribed to treat depression it's really no wonder that people are looking elsewhere for depression treatments that don't have such serious side effects.

Hypnosis is becoming more and more widely used as a treatment for depression. Even though there is no such thing as a miracle cure hypnosis is the closest that the medical community has come to a cure for depression.

Hypnosis, by eliminating the psychological aspects of depression, can wipe out depression for some patients in as little as two or three hypnotherapy sessions. Hypnotherapy for depression should be performed only by a trained therapist that a lot of experience. A therapist that isn't well versed in treating depression using hypnotherapy might end up doing more harm than good, and self-hypnosis treatment for depression is not a good idea.

You can use hypnosis recordings to help manage the symptoms of your depression.

Stress and tension are hallmarks of depression, and hypnosis can be a good way to combat those symptoms. But in order to really eradicate the cause of the depression you will need to get help from a trained hypnotherapist who knows exactly the right type of hypnotic suggestions to plant in your subconscious during therapy to eliminate your depression.

If you or someone that you love suffers from depression and drug therapy doesn't seem to be working, or if you're reluctant to try drug therapy because of the possible side effects, it's worth taking the time to find a trained

hypnotherapist in your area to meet with. Clinical studies have shown over and over again that hypnotherapy is an effective treatment for depression. Since it's safe and has no side affects you have nothing to lose by trying it.

You can ask your doctor for recommendations to find a qualified hypnotherapist in your area or you can go online and look for an alternative medical directory. You can also ask family and friends for recommendations. Just make sure that you look for a hypnotherapist with a background in psychology or medicine and just a certificate saying they can perform hypnosis.

Some medical experts do express a little concern about the use of hypnosis as a treatment for depression because of the possibility that if the hypnotherapist isn't well trained the hypnotic suggestions that are used might end up being more damaging and actually increasing the depression.

Because of this slight risk you should only get help for depression from a hypnotherapist that has a psychological background and has training in the use of clinical hypnosis. Someone that is certified to use hypnosis to treat addictions or to help with weight loss is probably not the best type of therapist to see if you need to get help for serious depression. Hypnosis can be a very effective treatment for depression but just like any treatment it should be done by someone trained to do it the most effective way possible.



### IN CONCLUSION

Hypnosis has come a long way in the past fifty years. Instead of just being viewed as a stage trick like magic, hypnosis has been found to have some real medical benefits. There are many physical problems that have psychological connections that can be cured or at least managed by using hypnosis. As Western medicine started to embrace the idea that Eastern medicine has embraced for a long time, the idea that the mind and body are connected and that what effects the mind also effects the body Western doctors are embracing hypnosis as an effective type of treatment.

Hypnosis and hypnotherapy can be used to cure or manage everything from a smoking addiction to the pain of childbirth to the discomfort of chemotherapy. Hypnosis can even be used to control pain during surgery or medical procedures instead of drugs, it's that powerful. It can also be used to manage psychological conditions like depression, and can provide relief from anxiety and phobias. Hypnotherapy can cure childhood traumas and help you change the unhealthy behavior patterns that you might have learned a child in order to survive in less than ideal circumstances. Hypnosis and hypnotherapy can be the key to moving ahead with your life and living a healthy, productive life on your own terms.

Lots of people use hypnosis to help with their other medical treatment and also just to improve their daily lives. Hypnosis, if done properly, can help you become more confident, make you more comfortable speaking in public, and help you make better decisions. Hypnosis can also be used for deep relaxation to help you get rid of the stress of your busy life.

Now that you know all the benefits that can come from hypnosis and hypnotherapy are you ready to give it a try? You can start changing your life, and yourself, for the better today!

Good luck to you as you start your journey to better health through hypnosis and hypnotherapy, and wishing you an abundance of everything you truly desire.



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