

Hypnosis



By: Emmie Russo M.A., R.T. (R), C.H.T.

Certified Hypnotherapist

What is Hypnosis?

Hypnosis is not easily defined — it is a state of mind, it is not tangible. Many people think that hypnosis requires you to give up control of your mind, or lose control. However, you need to understand that you will not do anything in a hypnotic state that you would not do while in a normal waking state. Hypnosis is a way to access a person's subconscious mind. When in hypnosis, you have a heightened state of suggestibility.

The conscious and unconscious mind:

Your conscious mind is your daily operating system, the rational, reasoning side. The conscious mind is your short term memory. Your thoughts and all the chatter that goes on daily, form part of your conscious mind. When you're awake, your conscious mind evaluates thoughts, make decisions and puts ideas

into action. It also processes and works through new information and transmits it to the subconscious mind. You consciously think over your problems, consciously choose words as you speak, consciously try to remember where you left your keys.

Your subconscious mind, on the other hand, is the irrational side and your long term memory. It is the control center of all your involuntary bodily functions such as breathing, blood pressure, and the beating of your heart. The subconscious mind also regulates your bodily sensations, such as taste, touch and sight, as well as your emotional feelings; including the collection of memories, thoughts and beliefs of everything that you have ever experienced in your life. Your subconscious mind forms the frame of reference for making decisions in the future. These actions are based on the beliefs you hold, and on all that which you have already experienced. Your subconscious is like a giant computer programmed with everything you know, everything you have learnt, every skill you have and contains your personality and emotions as well. In short, your subconscious mind is the mother board behind the operation -- it does most of your thinking, and it decides a lot on what you do.

Your conscious mind works directly with your subconscious mind, the unconscious part of your mind does your "behind the scenes" thinking and solving. Your subconscious mind accesses the vast reservoir of information that lets you solve problems, construct sentences or locate those keys. It puts together the blueprints and ideas and runs them by your conscious mind. When a new idea comes to you suddenly, it's because you subconsciously already thought through the process.

When in an hypnotic state, the conscious mind gets out of the way, and your subconscious has free reign.

Psychiatrists theorize that deep relaxation and focusing exercises of hypnotism work to calm, quiet and subdue the conscious mind so that it takes a less active role in the thinking process. In this state, you're still aware of what's going on, but your conscious mind takes a backseat to your subconscious mind.

Effectively, this allows you and the hypnotist to work directly with the subconscious mind. When your subconscious mind is in control, you feel much freer and may be more creative. Your conscious mind doesn't have to filter through everything. In this state, you are also highly suggestible. That is, when the hypnotist tells you do something, you'll probably embrace the idea completely. Your body relaxes and your thoughts become more focused. Like other relaxation techniques, hypnosis lowers blood pressure and heart rate, and changes certain types of brain wave activity. It can help to remove unwanted habits such as over eating, smoking or drinking, and can also help you gain positive habits such as exercising more or eating healthier. This will help your performance in almost any area, and can also facilitate absorption of positive and beneficial suggestions

It's the possibility of what *could be* that makes this process so fascinating!

The best way to fully understand what hypnosis is, is to experience it for yourself. Once you have experienced it for yourself, you will understand what it is all about. You will feel it and understand it. According to the American School of Hypnosis, fifteen minutes of hypnotherapy is equivalent to four hours of restful sleep.

Contemporary science understands that your frame of mind really does have something to do with how healthy you feel. Indigenous peoples have long known the power of the subconscious mind and the healing process. While there is unquestionable value within the techniques modern medical practices embrace, the most progressive scientists are discovering that when those techniques are

combined with time honored healing practices that involve the mind and spirit, recovery and healing, as well as optimal health, can be achieved.

When you program the subconscious mind properly, you can learn to enter an elevated state of healing and well being.

References:

<http://www.scribd.com/doc/83768255/Clinical-Hypnosis-Training-Manual-From-a-Z>

<http://www.umm.edu/altmed/articles/hypnotherapy-000353.htm>

<http://www.theguidetohypnosis.com/what-is-hypnosis.html>

<http://www.silvalifesystem.com/articles/mindpower/the-power-of-your-subconscious-mind/>