

7 TRUTHS ABOUT HYPNOSIS



TRUTH No. 1

Hypnosis is a natural state of mind.



We are in and out of hypnosis many times a day.

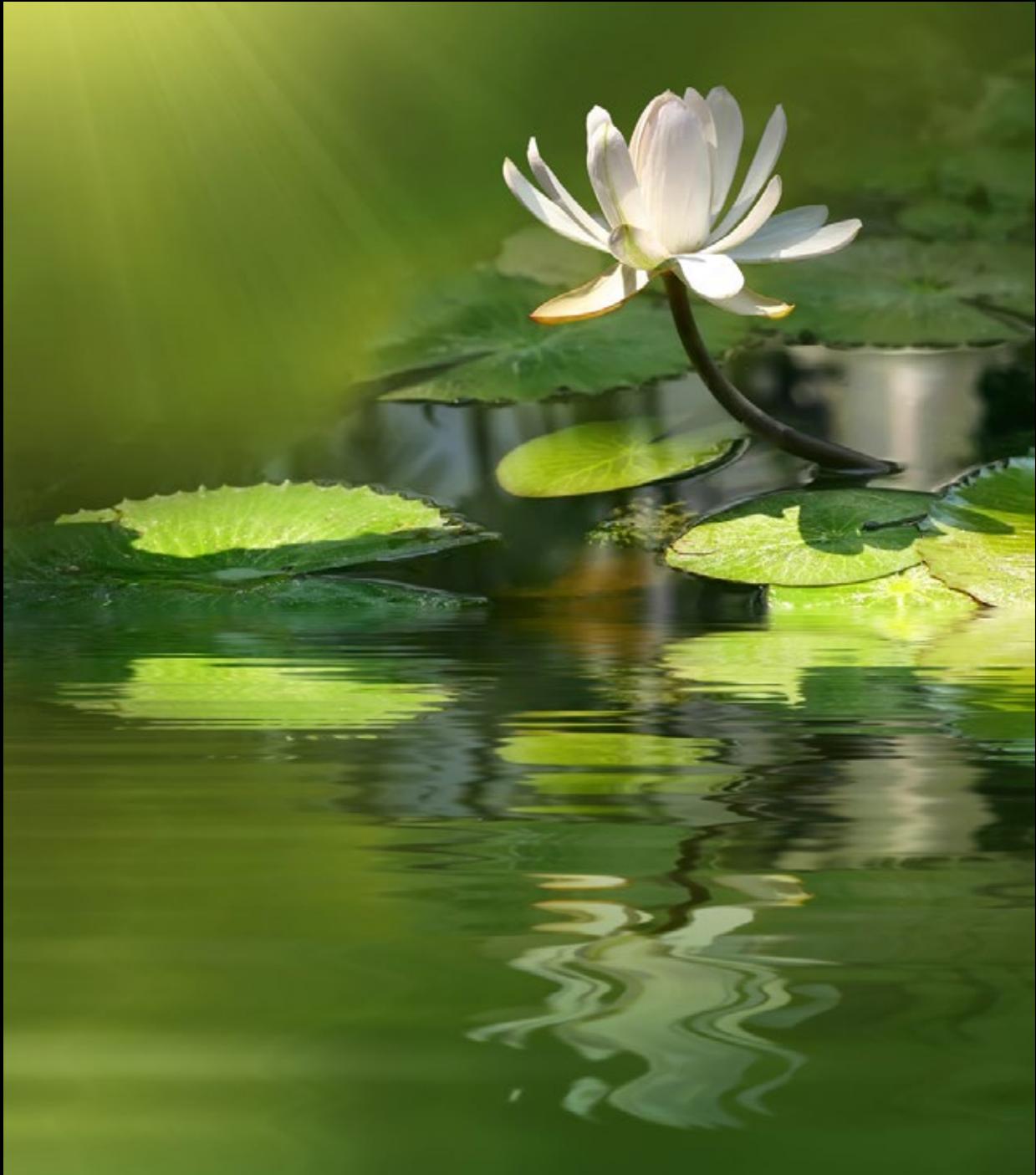
We call it:

- daydreaming
- absorption in a movie
- losing time while surfing the net
- being half awake watching the news at night
- not remembering that last two miles we drove in the car
- being in shock after that accident and not remembering much about it

Whether you call it trance, an altered state, meditation, or hypnosis, it is all the same to the mind. It is a resting state of mind that allows us time to absorb all of the pieces of information we receive in a day. When a professional hypnotherapist creates that state intentionally to help you achieve a goal, we call it hypnosis.

Hypnosis is a natural state of mind.

TRUTH No.2



Slower brain waves can be a good thing!

When we are in the altered state or trance state of hypnosis, our brain waves are much slower than they are when we are going about our “normal” active, thinking day. When we are in our normal action state we are in the Beta brain wave category. Hypnosis is either a deep Theta state or the Delta state which is where we are when we are sleeping.

Those few moments as we drift off to sleep are the moments our brain is slowing down the brain waves which will allow you to sleep (rest the mind). You may experience that same sensation when you are moving from the conscious state to the altered state in a hypnosis session.

Slower brain waves in hypnosis are a good thing.

They create an open pathway to the subconscious mind; where we need to be to make changes.

TRUTH

No. 3

You are in control during hypnosis!

You may have seen someone up on a stage during a stage hypnosis show, doing or saying things that you think they would never do if they weren't in hypnosis.

Well, yes they would. If you gave that person a couple of drinks, or if they were with friends they trusted, that person would do those things if they thought it would be fun for them or if they thought it would entertain you.

What hypnosis did for them was remove some of the reservations they might have had. They knew exactly what they were doing, they just didn't care.

If what they were asked to do was outside of their moral values or beliefs, or even if they simply chose not to, they would have refused the instructions given to them by the stage hypnotist.

In hypnosis, you are in control. You can choose to allow yourself to go into hypnosis. You can choose to reject the hypnosis. You can choose to speak or not to speak. You can choose to accept suggestions or reject them.



And of course you will choose to go into hypnosis and you will accept suggestions- if they are helping you to make the changes you wish to make. You are in charge. You are in complete control during hypnosis.

TRUTH

No.4

Hypnosis can help 'change your mind'



Our feelings and emotional reactions come from the subconscious mind- that part of our mind that isn't necessarily rational or objective.

It is the part of the mind that was created early in life and is the sum of all of our experiences from before birth until we are about 5 - plus some influences during those times when our brain waves slowed right down as an adult as discussed in Truth No.1. All those times when we were in a state of hypnosis, naturally, and were open to absorbing information, can also have contributed to information stored in the subconscious mind. Therefore, we don't have much choice about how we feel or want to react to certain things. We don't have control over that - the subconscious mind does. We can work on changing our reactions and behaviours. But when the chips are down, we will likely revert back to the old feelings.

Hypnosis is a way to intentionally slow down the brain waves so we have access to the subconscious mind, to make whatever changes to those reactions and feelings that you would like to make. By talking to the subconscious mind and making new suggestions that will replace old ones, we can help it "rewrite" its old stories. We can help the subconscious to "change its mind" about how it makes you react to certain triggers, or how it makes you feel.

You don't have to feel bad. You don't have to feel angry. You don't have to yell, or feel fearful.

Hypnosis can help you to choose how you want to be.

TRUTH

No.5

Hypnotherapy requires skill.

The techniques that create that slower brain wave are basic and easy to learn. Anyone could learn to create that altered state.

But the skill that is required to work with your mind, once you have accepted hypnosis, is in-depth and requires study, dedication and integrity.

If someone is not professionally trained to do hypnotherapy, you may want to think twice before you let them hypnotize you.

Hypnosis is as safe as a hot red sports car. On its own it is a magnificent instrument. It's the driver you want to check out.

Hypnotherapy requires a skilled, trained professional.



TRUTH No.6

Hypnosis is both an art and a science.



Hypnosis requires the use of scientific certainties such as brain waves, brain wave entrainment, and reactions of the mind with regards to certain movements, sounds, and suggestions and more.

Hypnosis is also an art because it requires skills that go beyond hypnosis such as listening, intuition, empathy, focus, the ability to think on the fly, caring, and so many more.

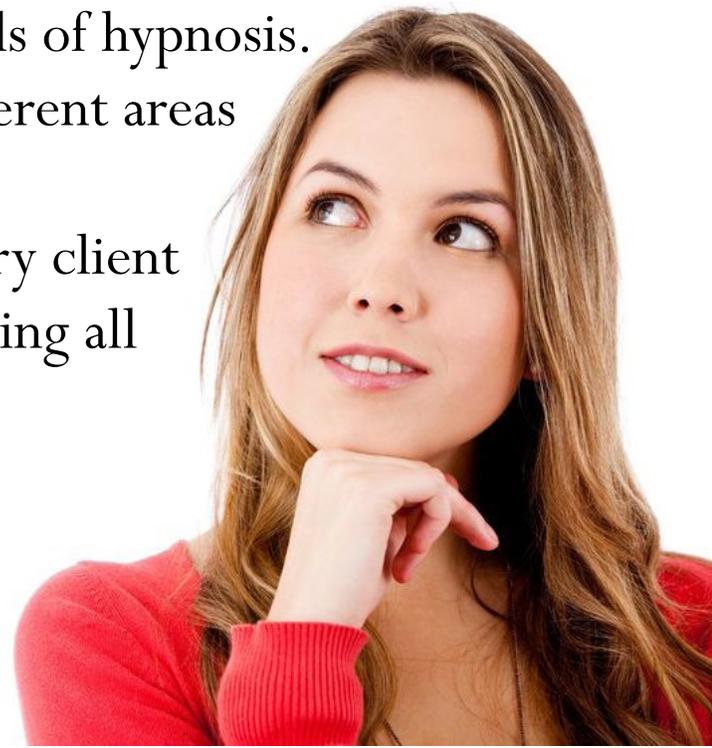
A professionally trained hypnotherapist will have these areas covered both naturally and as part of their training. Hypnotherapy is a career for balanced individuals who will open both their minds and their hearts while working toward their client's wishes and best interests.

TRUTH No.7

Hypnotherapy is a great profession.

Hypnotherapy is such a great profession for many reasons. Here are just a few.

- You get to do wonderful work, in a wonderful way, with wonderful people for wonderful pay.
- Most hypnotherapists are self-employed.
- You can work on your terms - your hours, your location, and with your choice of clients.
- You get to use all of your skills, including your intuitive ones. (Yes, we ALL have them).
- You can do many different kinds of hypnosis.
- You can specialize in many different areas or do it all.
- You will never get bored - Every client is unique and you will be learning all the time.



Leslie McIntosh

is the Dean of Education at the Coastal Academy of Hypnotic Arts and Sciences, and an internationally-recognized trainer and speaker with an active hypnotherapy practice.



www.coastalacademy.ca

Toll-Free: 1 (866) 532-9126

Phone: +1 (604) 427-1914



©2015 Text by Leslie McIntosh