

About Hypnosis

Within every being there lies the potential to elevate, heal, and inspire ourselves as well as others. Hypnosis is considered the best-known tool to actualize this process. It is used to motivate an individual to embrace positive thoughts and beliefs and achieve personal goals such as positive change, self-empowerment, behavior modification, wellness, happiness, peak performance, success, and harmony.

Hypnosis is a state of altered consciousness most often induced by progressive relaxation, imagery, affirmations, and suggestions. In this state, the subconscious mind is most open to suggestion because it has bypassed the critical conscious mind. Individuals are completely aware of their surroundings and suggestions, however are so relaxed that they rarely pay attention to anything but the voice of the hypnotist. The ability to visualize and imagine is greatly enhanced. Most clients comment that they have not been so relaxed in a long time and find it a pleasurable experience.

Light to medium hypnotic states are induced for situational stress, altering habits such as smoking and weight management, attaining goals at home or at work, improvement in sports, and for enhancing creative, artistic, and scholastic endeavors.

Deeper or more focused states of relaxation and awareness are employed when an individual wants to experience a form of regression such as past life, pre-birth planning, or spiritual guide interaction. These forms of regression are referred to as "spiritual" or "transpersonal." Each of these particular regression methods have a specific purpose such as revealing cause and effect, recalling life purpose and plan, and drawing upon inner wisdom for insight and perspective.

Mechanics of a Hypnosis Session

- Interview to determine the nature of an individual's goals.
 - Assessing suitability for hypnosis.
 - Testing to determine the level of suggestibility.
 - A discussion of process and procedures.
 - Description of hypnotic state to be experienced.
 - Inducing hypnotic state and applying hypnotic techniques.
 - Teaching self-hypnosis techniques.
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Commonly Asked Questions

Do people do things under hypnosis that are against their morals or values?

No. You are always in control. As a general rule, if an individual were given a suggestion he or she did not agree with, he or she would simply refuse it, ignore it, laugh at it, or come out of hypnosis. People can be manipulated, but not in the realm of ethical hypnosis. In stage hypnosis, the volunteers are willing to act silly and are carefully selected and screened by the hypnotist for the purpose of being entertaining.

Can a person's memory be erased?

No. If one undergoing hypnosis wants to remember, he or she will. In some cases, if an individual wants to forget something, amnesia can be produced with a post-hypnotic suggestion, but it wears off as quickly as the subject wishes. The most effective solution would be to recognize and resolve the unconscious memories that are responsible for the decisions, attitudes, feelings, and behaviors that may be causing the problem.

Can everyone be hypnotized?

Yes. Everyone can be hypnotized as long as they are willing and have normal physiological and psychological functioning. All hypnosis is really self-hypnosis. No one can force you to relax and concentrate. If an individual is not comfortable or resistant in any way, a hypnotic state of any depth will be difficult to achieve or maintain. Note: On average, the deepest hypnotic states are attained after experiencing more than five sessions.

Do people under hypnosis go to sleep or become unconscious?

No. One should not expect to go to sleep. Hypnosis is a hyper-aware state of mind while the body is very relaxed. One is completely aware of everything that is occurring in the surrounding environment as well as that which is happening in the inner mind. Hypnosis is a state of consciousness located somewhere between awake and asleep. Someone that is tired may go out of hypnosis by falling into a natural sleep, but then they may need to be awakened. If a person is trying to recall a memory under hypnosis, he or she can't do so while sleeping. On the other hand, if a person is listening to a self-hypnosis tape and he or she falls out of hypnosis into sleep, the suggestions will likely still be effective.

Is there a chance I won't come out of hypnosis?

Everyone comes out of hypnosis. You went into hypnosis of your own accord and can come out whenever you want.

Is hypnosis safe?

Hypnosis is safe when practiced by a competent certified hypnotherapist utilizing hypnosis within the context of their specialty field. Consider that if the hypnotist is not qualified to address a certain issue without hypnosis, then they are not qualified to address the issue with hypnosis. With this said, hypnosis is known to be one of the safest tools in the healing profession. It is a state of relaxation and/or level of concentration that the average individual reaches daily. Self-hypnosis happens most often when one is "absorbed" in watching TV (consider how you respond subconsciously to commercials), experiencing repetition like when highway driving, or daydreaming.

How many hypnosis sessions will I need to get the desired results?

To obtain the best results each program has a recommended minimum amount of sessions where hypnotherapy techniques can be applied in proper succession. It may be unrealistic to *expect* lasting results or resolution in just one session.

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