

HYPNOSIS DEMYSTIFIED

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Most people don't realize it, but hypnosis is the oldest scientifically studied form of mental health in the world. The science of hypnosis has been continuously studied and reported on in one form or another for over two hundred years. Nevertheless, it is still viewed as a mysterious and strange science that is only practiced by a select few discreetly informed individuals. Even though hypnosis is primarily utilized by trained practitioners of various medical and mental health disciplines, it is far from being an esoteric art that can only be mastered by certain individuals. In reality, almost anyone can be hypnotized and most people enter a state of hypnosis many times during the day. For instance, have you ever driven down the road for a number of blocks or miles and come to wonder how you got to your destination? Or, have you ever sat in front of the t.v. and lost track of time? These are both examples of everyday hypnotic trances.

The fact remains, however, that the most frequently asked question of the hypnotherapist is what is hypnosis? Simply speaking, a hypnotic trance is a natural, yet altered state of reality, where we become much more in touch with our inner awareness, as opposed to our normal, outward, oriented frame of reference. In one way, it is not much different than when we daydream. This state of consciousness allows us to have access to many more parts of ourselves than we ever imagined. This is easily accomplished because hypnosis allows us to side-step the conscious mind and get into direct contact with our subconscious self.

The subconscious is the part of our selves that holds all of our feelings, emotions and beliefs. It is also the “gateway” to the autonomic nervous system which controls many of our body’s functions. This is the reason that hypnosis can so easily help one to overcome negative, self-defeating behavior patterns and, at times, almost miraculously bring about the healing of many seemingly intractable medical conditions.

Anyone can be taught to perform self-hypnosis and therefore dramatically enhance the quality of their own life. I invite you to call me today to find out more about how you can utilize this marvelous technique to create a more balanced and healthier life for yourself.