

FACTS AND FALLACIES ABOUT HYPNOSIS

Around the subject of hypnosis has accumulated a mass of misinformation. Here are some of the most common fallacies concerning hypnosis and the facts based on the best medical and psychological authorities and many years of study and practical experience.

Let's start with the concept that "Hypnosis" is something magical or alien to our normal lives.

Hypnosis is a part of how we function, and is as natural as breathing or our heart beat. It is an essential part of how we handle the world around us. It allows focus and concentration when we need it, and then imagination and 'suspension of disbelief' when we watch a movie or read a book – otherwise the 'story' would be meaningless. Just words on a piece of paper – or lights flashing on a screen. Our 'Hypnosis' allows us to imagine and filter so we can 'see' the story

Hypnosis allows our Mind to focus on driving, or an exam, or a golf swing, a tennis swing – and ignore the surroundings except as they are needed for our focus.

Hypnosis allows us to handle our world.

FALLACY: Hypnosis only works for certain things – like stop smoking (perhaps!!)

FACT: Hypnosis works with anything that is attached to the Mind – and everything is attached to the Mind .Our belief systems create our world – Physical, Emotional, Mental and Spiritual.

FALLACY: Hypnosis works for other people – but not for me

FACT: As we said at the beginning everybody experiences Hypnosis multiple times a day. Now formal Hypnosis, or deliberate Self-Hypnosis requires that you 'allow' it to happen. If you choose to resist – that works. If you choose to allow- that works.

FALLACY: Hypnotism is of the occult or supernatural

FACT: Hypnotism is scientific. It is not supernatural or of the occult, but a purely natural manifestation of the powers of the mind. People enter hypnosis many times a day, awake or asleep, watching TV, driving, reading or day dreaming.

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FALLACY: A hypnotist, with the use of soothing words and soft music -simply lulls clients off to sleep.

FACT: In the state of hypnosis the conscious mind tends to relax – but can be still aware. Whereas in some parts of our sleep cycle sleep the conscious mind is to some extent tense and alert.

FALLACY: Weak-willed people make the best clients.

FACT: Hypnosis has nothing to do with the will: it depends upon imagination, a faculty that is vastly stronger than the will. Therefore, bright imaginative people make by far the best clients.

FALLACY: Only a small portion of the population can be hypnotized.

FACT: Everyone goes into Hypnosis – daily- it's a natural occurring state. For Hypnosis on purpose (Hypnosis as Therapy) Some people respond more rapidly and easily than others. Hypnosis on purpose is when the Hypnotists and the Client agree to work together. If the client decides to not go into Hypnosis at that time – that's what happens.

FALLACY: Very few people can hypnotize.

FACT: Any normally intelligent person can learn to hypnotize. BUT this does not mean that everyone should. Just as some make better doctors than others, or better golfers, so some make better hypnotists. Moreover, success in this skill, as in any other, demands intense study and practice. Not many will pay the price of mastery – hundreds of hours of practice, education and mentorship.

FALLACY: The essence of hypnotism is that the operator's will "dominates" that of the client.

FACT: There is no "domination" or "submission" in hypnosis. The hypnotist actually helps the client to release and express his or her own latent or hidden abilities. For example a man unaccustomed to speaking in public can by using Hypnosis, speak fluently to an audience of thousands. He already had the ability to do this, but suppressed it with his own doubts and fears; and the hypnotist

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releases that ability. A teacher of elocution could do the same but would take months to do it. Hypnosis produces a desired result quickly.

FALLACY: A person can be hypnotized against his will.

FACT: For all practical purposes, a person must consent to do this before he can be induced to enter the state. However, Advertising Agencies and Politicians, for example, will use many devices – Colours, language, music, images etc. to induce enough 'Hypnosis' to allow their message to bypass a normal critical thinking conscious mind.

FALLACY: The hypnotist has absolute control over the client's mind and body.

FACT: This is the most absurd and injurious of all the fallacies concerning hypnosis. NO hypnotist can make anyone do or say anything contrary to their deep-rooted principles. Any suggestion that arouses sincere moral indignation or repugnance immediately causes the client to break the trance, by coming out of it. Thus hypnosis is not an anaesthetic that renders the person helpless. It is a means of releasing and intensifying a person's own powers and abilities.

FALLACY: A client may not awaken after hypnosis.

FACT: Hypnosis is not sleep, or a Magic Spell. If for instance online there is a dropped internet connection between Client and Hypnotist. The Client will naturally emerge by themselves.

The fallacy was created back in the fifties when some stage Hypnotists were not the professionals they are today – and would have a volunteer go to what's known as the Esdaile State – (a very deep state of Trance) – quite naturally. And would so enjoy the feeling of this state that they would not emerge when asked – and would only emerge when they felt ready – not when anyone else felt they should

FALLACY: Hypnosis is dangerous.

FACT: This is like saying breathing is dangerous. Hypnosis is one of the ways our Mind functions. It is not something alien to our natures

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FALLACY: A person knows nothing when he is hypnotized.

FACT: In light and medium levels of hypnosis the client is fully aware of what is being said and done. He may deny that he was hypnotized at all. Even in deep trance you are able to hear all that is happening.

FALLACY: Orthodox medicine condemns hypnotism.

FACT: In fact, the opposite is true – all Medicine recognizes the power of Hypnosis. The American (June 1958) and Canadian and British ((April 23, 1955) Medical associations accepted the therapeutic value of hypnosis. Hypnosis is used in dentistry and by surgeons to produce a drugless state of anesthesia without anxiety or suffering by the client.

Prestigious hospitals in the U.S. use and teach hypnosis, such as Stanford University School of Medicine in San Francisco, the Beth Israel Medical Center in Boston, and University of Texas Southwestern Medical Center in Dallas. Since the AMA sanctioned the use of hypnosis, many insurance companies cover hypnosis for medical and dental uses, including major surgeries. Now, more and more people are choosing hypnosis over anaesthesia for surgery. Some choose hypnosis simply because they fear not waking up from anaesthesia. The fear-factor aside, however, there are definite medical advantages offered by hypnosis; less bleeding, faster recovery time, and the need for fewer post-operative medications.

Many psychologists and psychiatrists use hypnosis today. The Mayo clinic has been using hypnosis as an adjunct to anesthesia and has a result have never had a death attributed to the anesthetic.

Medicine would not work without hypnosis – the belief that this doctor or this medicine will work.

Our bodies are natural healing machines – but if we don't believe we can get well – we won't. Powerful hypnosis

FALLACY: Hypnotherapy requires many lengthy sessions.

FACT: With many patients, complete relief can be obtained in a very short time. On some occasions only a couple of sessions are needed, most require several.
Unlike psychology and psychiatry – Hypnosis is a short term therapy – requires few session – and has long lasting and profoundly positive effects