

All hypnosis is self-hypnosis.

No-one hypnotizes another, the person being hypnotized must allow themselves to fall into a hypnotic state. A state they can emerge from at any time, at will.

The hypnotist only achieves their outcomes if the client ultimately trusts the hypnotists. If there is no connection the hypnosis will have no effect. The hypnotist merely guides and facilitates. The client allows his or her own mind to do its work.

‘official’ definition

On March 24th, 2014, the APA (American Psychological Association) has accepted the following definitions:

Hypnosis: "a state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestions."

Hypnotic induction: "a procedure designed to induce hypnosis."

Hypnotherapy: "the use of hypnosis in the treatment of a medical or psychological disorder or concern."

We could say going into a hypnotic state is merely a way of saying you change states from Distracted to Focused

In some ways, talking about hypnosis is a bit like talking about thinking or breathing. Hypnosis is a part of being human, and so its history is in the history of humanity itself.

We might think of hypnotherapy – the use of hypnosis for healing or therapeutic purposes – as a very recent development, but its roots stretch deep into the past. As long as there was a group, a tribe a village – there was hypnosis there.

Ancient Chinese, Hindu and Egyptian texts all mention healing procedures that are hypnotic inductions by any other name.

In fact you enter this 'hypnotic' state naturally several times a day without noticing.

To give you some examples:

-Becoming emerged in music or a movie.

-When we get lost in a book or movie we become so concentrated that it is as if we experience the story and emotions ourselves.

-To be engrossed in your work. Or a sport or a video game.

-When you are so deep in thought while driving your car that you almost miss the next exit.

-Driving all the way to work on what you imagine is 'auto-pilot'. You arrive but you can't remember how you got there.

-Being madly in love - all you can focus on is the loved.

-Being so angry you cannot focus on anything else but the anger
It is a moment we feel like we are in a flow and time is irrelevant.

Every day we enter the state of hypnosis quite naturally.

And a young child is almost in a permanent state of hypnosis up to the age of 5 to 7 years. In these early years a child is completely open to all the information swirling around them.

That is how in these early years we can absorb and learn so much – from zero. Language, walking, communication, social interaction etc. An adult has a hard time to learn a new language – a child can master it easily.

In a small child there is almost no critical factor – all subconscious – wide open.

So this means a child takes in everything, uncritically – good and bad.

Thus it is a great time to 'program' a child for self-confidence, feeling loved, and having assurance about the world. It is also a terrible time where you can fill the child with negative suggestions – inadvertently.

Hypnosis then, is a change of state, where the conscious is to a varying degree by-passed.

MORE INFO:

Websites

Web Hub for Hypnosis sites and info: <https://esdaileinstitute.com>

Free Self Hypnosis Membership Site: <http://selfhypnosis.esdaileinstitute.com>

Ines Simpson Web Site: <https://www.inessimpson.com>

Simpson Protocol : <https://simpsonprotocol.com>

Hypnosis Everywhere Radio: <http://hypnosis.simpsonprotocol.com>

Contact email: ines@inessimpson.com