

## What is “Hypnosis?”

Hypnosis is a natural state that we have all experienced, never realizing it. Even if you have never been hypnotized by anyone, you have experienced this state of mind many times in your life. Think of a time when driving your car, you got to your destination pondering the question, “How did I get here? I don’t remember getting off the freeway, or stopping at the street lights!” During that period, your attention was focused so much that you lost track of time. This state of awareness (or lack of awareness on one level) is very similar to hypnosis. You arrived home safely because your less than conscious mind was paying attention and keeping you safe.

Hypnosis is the use of relaxation and imagery to create a space for the acceptance of suggestion, and never a loss of control. The term hypnosis whose Greek root *Hypnos* (the Greek God of Sleep) is related to sleep, **but** this state of mind is not sleep. Researchers have found that the brain waves for hypnosis and sleep are very similar but what makes hypnosis different is suggestion.

## Suggestion

Hypnosis involves the elegant use of the imagination to increase your own inherent enthusiasm for self-improvement. **Imagination is stronger than the will.**

Hypnosis is all about being in a concentrated state and being open to suggestion. Here is an interesting example. At a movie you might cry during the sad parts or get so into the plot that you are on the edge of your seat, you are emotionally hyper-suggestible at that time.

Hypnosis can be used for help in learning new behaviors. It has been most frequently used to help people quit smoking, lose weight, relieve pain, easing childbirth, reducing stress, enhancing sports and academic performance.

Researchers, like those at the National Institute of Health know that no one can be hypnotized to do anything they do not want to do. No one accepts suggestions to anything against their own moral standards.

## What is a consulting hypnotist?

Consulting hypnotist is a separate and distinct profession that helps ordinary, everyday people, with ordinary, everyday problems.