



WHAT IS HYPNOSIS?

Celia Westbrook
POWERSTRETCHWELLNESS.COM

What is hypnosis?3

How does Hypnosis Work?4

Is Hypnosis Natural?.....5

Where did Hypnosis come from?.....6

Demystifying Hypnosis.....6

Hypnosis vs Hypnotherapy. What's the difference?.....7

Hypnotherapy.....8

How does Hypnosis Help?9

What is Self-Hypnosis?.....10

What are the benefits of Hypnosis?.....11

Conclusion.....12

Hey there! We're thrilled to offer Hypnosis and Hypnotherapy at PowerStretch Wellness. We put together this guide to help you better understand Hypnosis and hypnotherapy and how they can transform your life.

What is Hypnosis?

Hypnosis is a fascinating state of mind where a person's attention is highly focused, and their ability to take suggestions increases. We can look at Hypnosis from two perspectives: as a state and as a process.

In its state form, Hypnosis is defined as a heightened state of suggestibility. This state allows individuals to accept and act upon suggestions provided to them readily. By harnessing this state, Hypnosis facilitates effortless transformation from undesired behaviors to desired ones.

Hypnosis, as a process, involves bypassing the critical filter of the mind, thereby accessing the subconscious realm. By transcending this filter, Hypnosis induces a state of hyper suggestibility, enabling profound therapeutic effects to foster personal growth and positive transformations.

Through the powerful combination of a heightened state of suggestibility and bypassing the critical filter, Hypnosis emerges as an effective technique that empowers individuals to overcome challenges and achieve their desired outcomes.

Hypnotists and Hypnotherapists can help people get into this state, which can be great for relaxing, managing pain, or changing behavior. Remember that Hypnosis

works differently for everyone because some people are more suggestible than others. However, Hypnosis, which is hypnosis self-hypnosis, can benefit anyone.

It's important to note that the degree to which a person can benefit from self-hypnosis depends on many factors. These factors include a person's level of interest, motivation, and commitment to change. If you are interested in trying self-hypnosis, it's essential to approach it with an open mind and a willingness to put in the effort to see results. Self-hypnosis can be a powerful tool for personal growth and transformation with proper guidance and practice. It's worth learning more about if you're curious!

How does Hypnosis work?

Humans have four fundamental states of awareness corresponding to four identifiable brain-wave patterns:

- Beta state (alertness, active thinking, and concentration)
- Alpha state (relaxed alertness and light Hypnosis)
- Theta state (daydreaming, deep Hypnosis, drowsiness, and light sleep)
- Delta state (deep sleep)

We spend most of our waking hours in the beta state of alert awareness. In the beta state, the mind analyses, evaluates, judges, and makes decisions. This is the state in which we attempt to overcome problems with "willpower," often unsuccessfully.

In Hypnosis, the brain enters the alpha (light Hypnosis) and theta (deep Hypnosis) states, which makes us highly focused on hypnotic suggestions and imagery while suspending the ordinary thinking processes of the beta state. In the alpha and theta states, hypnotic suggestions are integrated into the mind more efficiently, and memories become more accessible.

Is Hypnosis Natural?

Hypnosis is a naturally occurring state that we all experience daily. Everyone can be hypnotized because it's a natural, normal state that we enter at least twice daily - upon waking and falling asleep. It's like being engrossed in a movie or book, where you are so focused on what you're experiencing that you are less aware of your surroundings. This state can influence emotions, confidence, and even behaviors. It's important to note that everyone can be hypnotized if they're willing to participate in the process. With the help of a trained hypnotherapist, anyone can learn to enter this state and use it to achieve their goals and improve their lives.

If you have ever **told yourself that you wouldn't be able to** do something and when the time came to do it, you weren't able to do it, you have been in a hypnotic state.

Or if you have **ever told yourself I can do it** and when the time came, you automatically felt this surge of confidence, you have experienced a hypnotic state.

Where did Hypnosis come from?

Hypnosis has been around for centuries, but it wasn't until the late 18th century that it started to be used as a medical treatment. The earliest recorded use of Hypnosis for medical purposes was by Franz Mesmer, an Austrian physician, in the 1770s. Mesmer believed that many physical and mental ailments were caused by imbalances in the body's magnetic fields, and he used Hypnosis to correct these imbalances. Although his theories were later discredited, Mesmer's use of Hypnosis paved the way for later medical applications of the practice. From its origins in ancient civilizations to its modern therapeutic applications, Hypnosis has evolved, intertwining traditional wisdom with scientific exploration.

Demystifying Hypnosis

First of all, Hypnosis is NOT mind control.

It's common for people outside the hypnosis field to have a specific view of Hypnosis, which is often influenced by how it's portrayed in movies or on stage. It usually includes the idea of mysterious mind control or funny "cluck like a chicken" entertainment. However, it's important to dispel the notion of "mysterious mind control" regarding Hypnosis. Hypnosis requires your agreement and consent, and cannot make you do something you don't want to do.

The main reason why stage hypnotists can make people do weird things on stage is that the volunteers want to do those strange things for the hypnotist! While stage and street hypnosis can be very entertaining, the focus of transformative change work differs significantly. At PowerStretch Wellness, our focus is transformative change work. While they share hypnotic techniques and principles, the goals are entirely different.

Hypnosis vs Hypnotherapy. What's the difference?

One modern, formal definition of Hypnosis comes from The Society of Psychological Hypnosis. They define it as "a state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion."

First, let's understand each part.

- "Focused attention and reduced peripheral awareness."

Have you ever been so engrossed in a good movie, TV show, or a great book that you lost track of time and forgot everything else for a while? If so, congratulations! You already know what it means to be highly focused and "in the zone." In this state, you can stop paying attention to everything else and solely focus on what is happening in front of you. It is similar to the state of mind that Hypnosis aims to achieve, where a person's attention is highly focused, and their ability to take suggestions increases.

- "Enhanced capacity for response to suggestion"

Let's talk about movies again. Have you ever reacted emotionally to something that happened in a movie? Maybe you cried during a sad scene or felt angry and protective when a character got hurt. If so, that's great! The movie may not be accurate, and the characters may not be real, but the filmmakers successfully suggested the reactions you should have.

Similarly, Hypnosis involves suggestions designed to produce positive changes in your life. These suggestions may be related to relaxation, letting go of unwanted habits, developing new behaviors, improving creativity or performance, and more. The difference is that with Hypnosis, you respond to those suggestions much faster and more powerfully. So, if you're looking to make positive changes in your life, Hypnosis might be worth exploring.

Hypnotherapy

Hypnotherapy is simply using Hypnosis to help you achieve the changes you want. When you're in a state of Hypnosis, your attention is highly focused, and you're receptive to suggestions. This enables you to filter out distractions and respond vigorously to suggestions.

Where can you go from there? Well, that depends on what changes you want to make and what goals you want to achieve. Hypnotherapy can be a potent tool for personal growth and transformation, and we're excited to help you explore its potential!

How Does Hypnosis Help?

Indeed, our minds are constantly making associations between things. These associations can influence our responses to circumstances around us and within ourselves. For instance, if we associate a particular person with feeling good, being around them can boost our mood. Conversely, if we associate a specific place with feeling inadequate, being there can make us feel down. Our minds are constantly updating these associations, which help to make our reactions more efficient.

The reason for that is simple - thinking takes energy, and the mind wants the most accessible alternative to conserve energy. Do you think about how to walk? How to sit down? Or how to drive a car? No, and if you were to start thinking about how to do these things, you would mess up the process. We do it without our conscious thoughts.

However, it was not like that before. For example, when you first start learning how to drive a car, there were many components to consider before going from one step to the next; checking three different mirrors, turning the wheel (how much? how fast? when?); which pedal to press, and when, and how hard? If you learned on a manual transmission, you had to operate the gear shift and clutch. But now that you've learned, you do these things without a conscious thought.

It's fascinating to note that the mechanisms underlying our good and bad habits are the same as those that underlie everything we do on "auto-pilot. Many are often triggered without conscious thought, whether." it's our job performance, hobbies, relationships, or even some of our emotions. If you've ever experienced a sudden change in mood or feeling for no apparent reason, you're not the only one.

However, changing these deeply ingrained habits and patterns can be daunting, but don't worry, that's where I come in! As a hypnotherapist, I can help you access and alter these associations, breaking old connections and forming new ones. Hypnosis is one of the best ways to reach the unconscious portions of your mind and reprogram the autopilot to take a new direction. I'm here to help you transform your life, and I'm excited to embark on this journey with you!

You have already experienced Hypnosis without realizing it!

We mentioned watching a movie or getting lost in a book. The same happens when we daydream or walk, staring at our mobile phones without even realizing that a car is approaching us. These are all normal day activities in which we have experienced Hypnosis.

A tiny percentage of the population cannot be hypnotized due to specific medical conditions that affect brain functioning. These people cannot understand or follow directions, which is extremely rare. But for the vast majority of people can be hypnotized, which means hypnosis can make significant changes in your life.

What is Self-Hypnosis?

Self-hypnosis is essentially the same as regular Hypnosis, but it's done by the individual rather than a hypnotist or therapist. It involves inducing a trance-like state of relaxation and heightened suggestibility. This can be achieved through visualization, deep breathing, and progressive muscle relaxation. Self-hypnosis can be a powerful tool for self-improvement and personal growth, and it can be used to address a wide range of issues, such as anxiety and stress.

Practicing self-hypnosis is very helpful, but being guided by a hypnotherapist will help get faster results because, in self-hypnosis, it's challenging to maintain focused and absorbed attention on the process while also controlling the process.

It's important to note that during the hypnosis process, a trained hypnotist observes your experience and makes adjustments to ensure it's as effective as possible. However, using self-hypnosis can also be beneficial in reinforcing and enhancing the changes made by Hypnosis. People who use both Hypnosis and self-hypnosis tend to achieve the best results. So feel free to choose between the two - incorporating both into your life can lead to even greater success.

What are the benefits of Hypnosis?

As a natural alternative, Hypnosis can offer many benefits to individuals seeking to improve their well-being. Hypnosis can help individuals break bad habits, manage anxiety, improve sleep quality, and enhance focus and concentration by inducing a state of heightened focus and receptivity to suggestions. The most well-known reasons to use Hypnosis are to quit smoking, weight loss, and relieve stress, but Hypnosis can do so much more than that:

- regaining or enhancing self-control
- managing weight or diet compliance
- developing positive mental attitudes
- managing situational stress

- improving sleep quality
- overcoming fear of public speaking or flying
- determining, setting, and achieving goals
- developing mindfulness
- increasing self-confidence
- enhancing performance and achieving high goals
- improving interpersonal skills
- promoting general wellness
- achieving relaxation and calmness
- learning and enhancing self-hypnosis,
- improving memory and study skills
- breaking old habits and forming new ones
- increasing creativity and the list goes on!

Conclusion

Hypnosis is a safe and effective technique to help individuals achieve personal growth, change, and improvement. Unfortunately, due to sensationalism and misinformation, many people may hesitate to try Hypnosis for the first time. Hypnosis is simply a state of heightened receptivity that allows for the absorption of pre-agreed suggestions to facilitate positive change. With proper guidance and practice, Hypnosis can help unlock a world of personal growth and improvement possibilities. So, it's worth exploring if you're curious about trying something new.

Remember that while Hypnosis can be a powerful tool, it is not a substitute for medical treatment. Hypnotism is a profession regulated solely by professional associations. Its practitioners are not licensed by state governments. I am neither a physician nor a licensed medical health care provider and may not provide a medical diagnosis nor recommend discontinuance of medically prescribed treatments. If a client desires a diagnosis or any other type of treatment from a different practitioner, the client may seek such services at any time. In the event my services are terminated by a client, the client has a right to a coordinated transfer to another practitioner. A client has a right to refuse hypnotism services at any time.

"It isn't where you came from; it's where you're going that counts."

— **Ella Fitzgerald**

Transform your life and let go of limiting beliefs. Start rewriting your future today.



Stretch. Perform. Be Well.

Contact us via website at PowerStretchWellness.com

Or email us at

powerstretchwellness@gmail.com

kurtwestbrook@powerstretchwellness.com

©