

# **Introduction to Hypnosis & Hypnotherapy**



# Introduction to Hypnosis & Hypnotherapy

Chris Smith

Certified Clinical Hypnotherapist (Designation in the State of California)

Master Hypnotist

[Chris.guidepath@gmail.com](mailto:Chris.guidepath@gmail.com)

[www.guidepathhypnosis.com](http://www.guidepathhypnosis.com)

Part 1 – The universe we live in

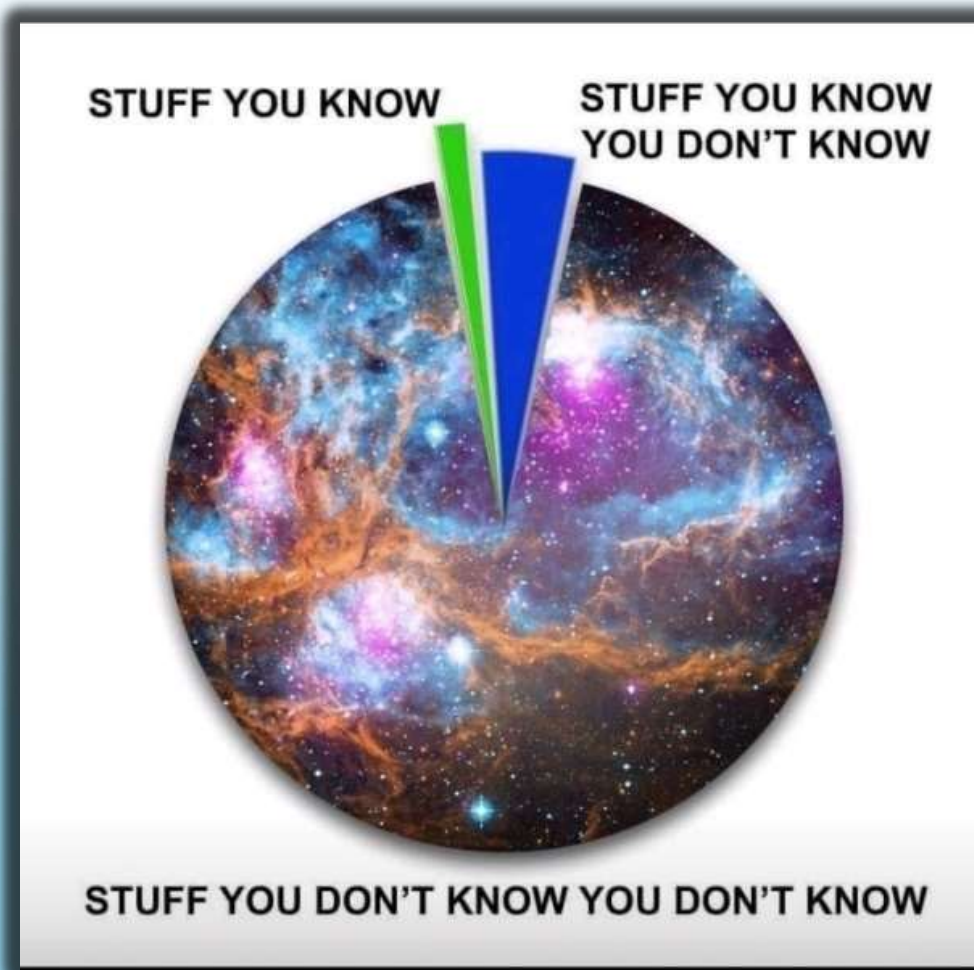
Part 2 – Our Senses; how our brain perceives & translates

Part 3 – Improving the quality of our lives

Part 4 – Hypnosis and Hypnotherapy

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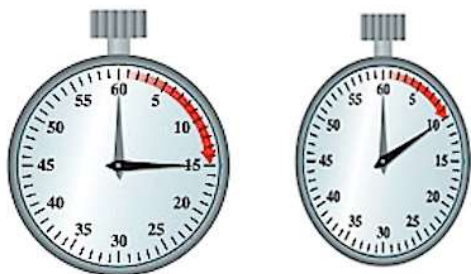
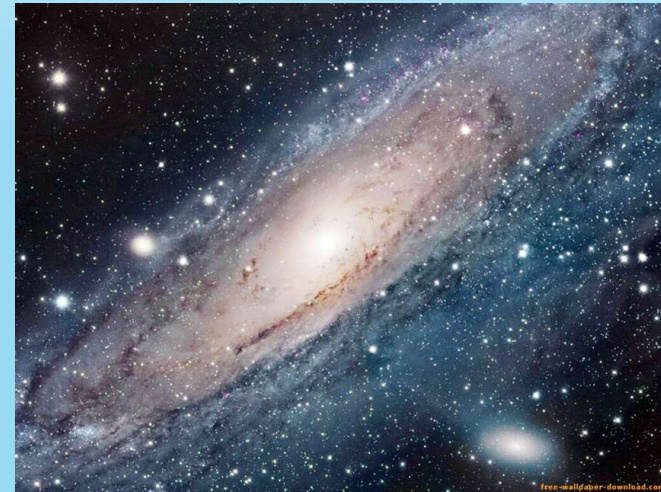


*...So, the first thing we're gonna do, is...  
not talk about hypnosis...*

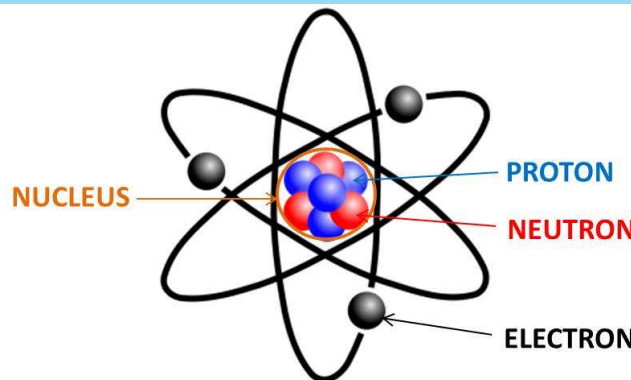


*I used to present 5 verbose slides here reviewing how **big** the universe is, and how **small** the cells, atoms & quarks are in our body. These are all forms of energy that we don't understand fully. I also had a slide on the concept of **time**, which has some bearing in hypnosis.*

*Anyway, so as not to bore everyone I created an Appendix and moved those slides there. Summary Takeaways of these are on the next slide...*



Earth Speed - 85% Light Speed





## Takeaways

- ✓ The neighborhood we live in (the universe) is very big, old and we don't fully understand most of it. 200 Billion Galaxies each with 200 Billion Stars.
- ✓ We have very small stuff inside our bodies that we don't fully understand. 7 Billion Billion Billion atoms in our body alone.
- ✓ The big stuff and the small stuff are all made up of forms of energy.
- ✓ We are still discovering lots of new big and small stuff, and how all that stuff we know about is connected.
- ✓ There is this thing we call "Time". It is relative to each person, and causes bodies to age faster or slower depending on their speed.
- ✓ Stuff we don't know about is an invitation to be open to different practices that can help ourselves and others heal and be made whole



**STUFF YOU KNOW**

**STUFF YOU KNOW  
YOU DON'T KNOW**



**STUFF YOU DON'T KNOW YOU DON'T KNOW**



# Let's look at how we receive information

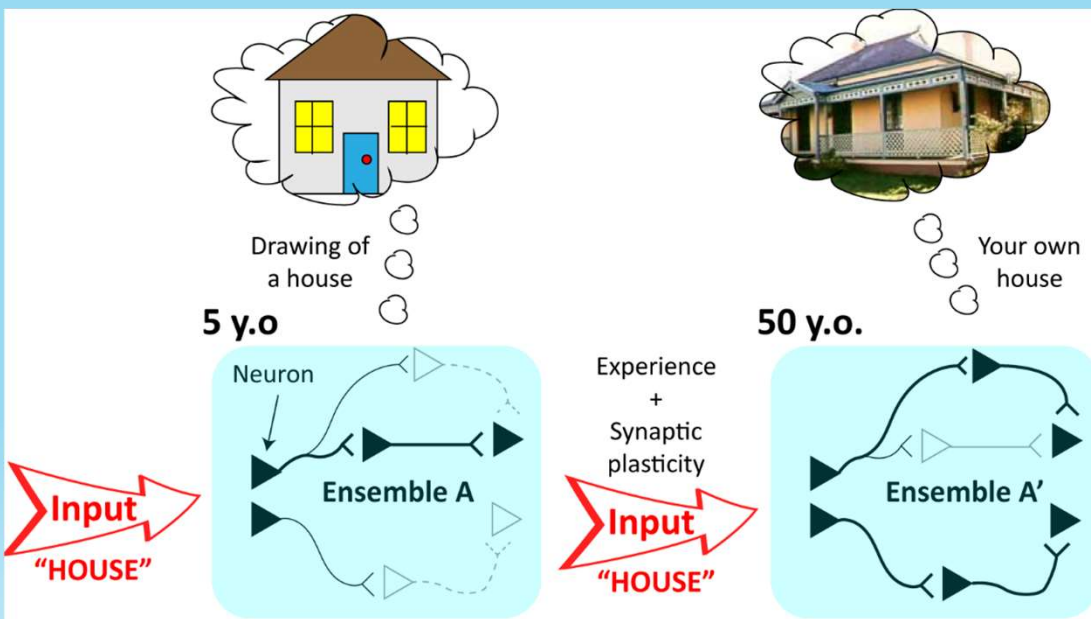
## Definition of Perception:

*The state of being or process of becoming aware of something through the senses.*

*A way of regarding, understanding, or interpreting something;  
a mental impression.*

This type of development of our mental impressions through our senses happens with ALL our senses during our lives.

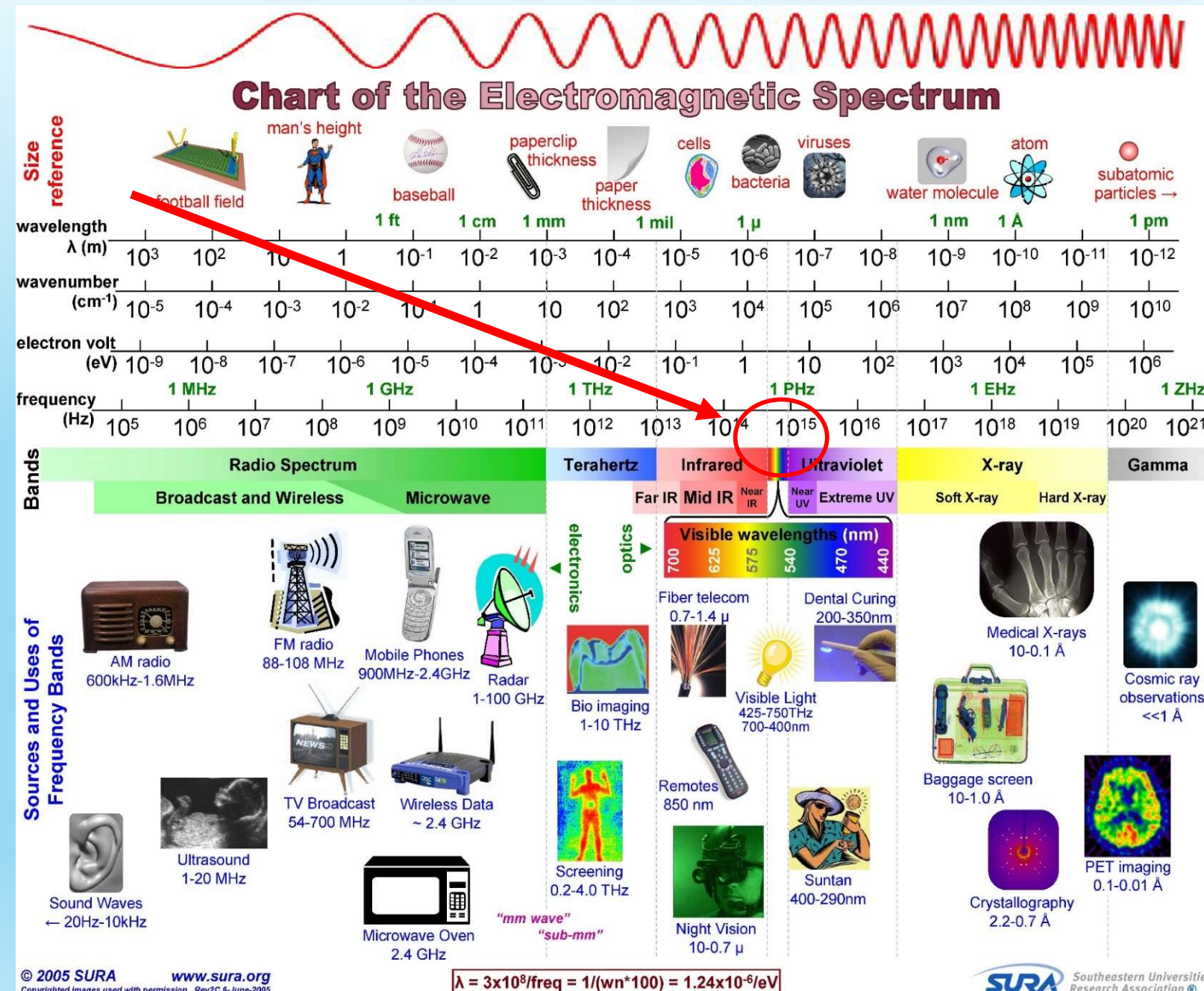
It also happens with our emotions/feelings and beliefs, and these can connect to the memories of images, sounds, smells, tastes, etc.



# Human Perception: Seeing

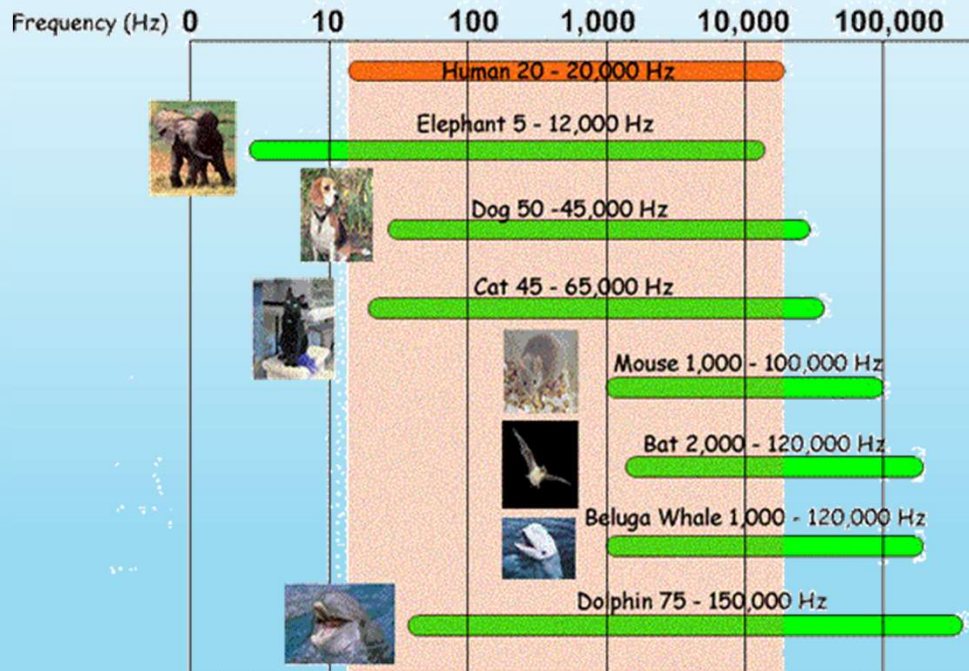
When photons (light) strike the human eye/retina, special cells called photo-receptors turn the light into electrical signals. This electrical energy travels from the retina through the optic nerve to the brain. Then the brain turns the signals into the images you see. Vision is processed in the visual cortex of the occipital lobe. The human eye can only see “visible” light, the small red circle on the diagram.

## Chart of the Electromagnetic Spectrum





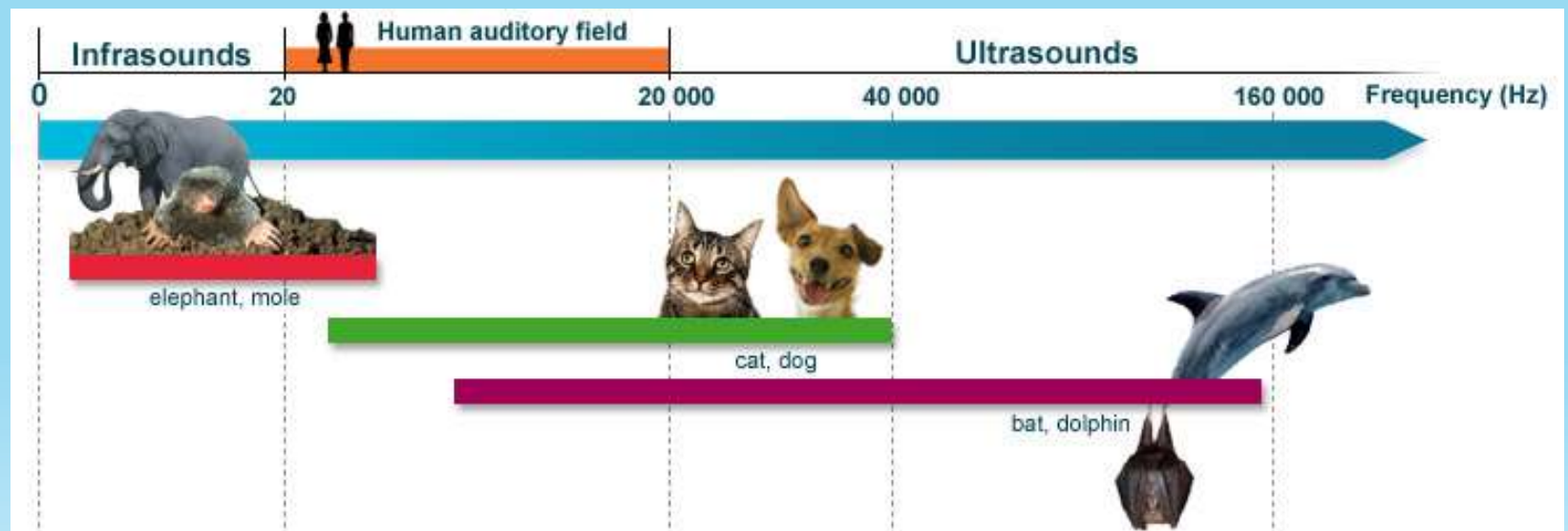
# Human Perception – Hearing



Hearing: Human ears perceive changes in pressure waves in the air caused by an object that vibrates. Sound is created when something vibrates and sends waves of energy (vibration) into our ears. Humans cannot hear all sounds on earth.



Teens can hear 15,000 Hertz, Adults Cannot



# Human Perception: Other Senses

**Taste** buds have very sensitive microscopic hairs called microvilli. Those tiny hairs send electro-chemical messages to the brain about how something tastes, so you know if it's sweet, sour, bitter, or salty. The average person has about 10,000 taste buds and they're replaced every 2 weeks or so.

The sense of **touch** is controlled by your body's somatosensory system. It is a network of nerve endings and touch receptors in the skin that enable us to feel sensations. The sensation of touch is mediated by mechanosensory neurons that are embedded in skin and relay signals from the periphery to the central nervous system. There are various chemicals that are stimulated by physical touch, both in the giver and receiver – the feel-good chemical oxytocin is one of those chemicals.

When you **smell** an aroma/odor, you're actually breathing in tiny molecules. These molecules stimulate specialized nerve cells, called olfactory sensory neurons, high inside the nose. There are a few million of these cells inside your nose.

Our thoughts create the context which determines our **feelings**. Anyone's feelings are authentic and valid, whether or not the perceptions, thoughts and beliefs one has of the situation are true to life and accurate.

Humans will use **intuition** to know or understand (something) because of what they feel or sense rather than because of evidence. Intuition is defined as the ability to acquire knowledge without the use of reason. It happens 'offline', outside our conscious awareness.

Tasting – Smelling – Touching – Feeling – Intuiting – Hearing - Seeing

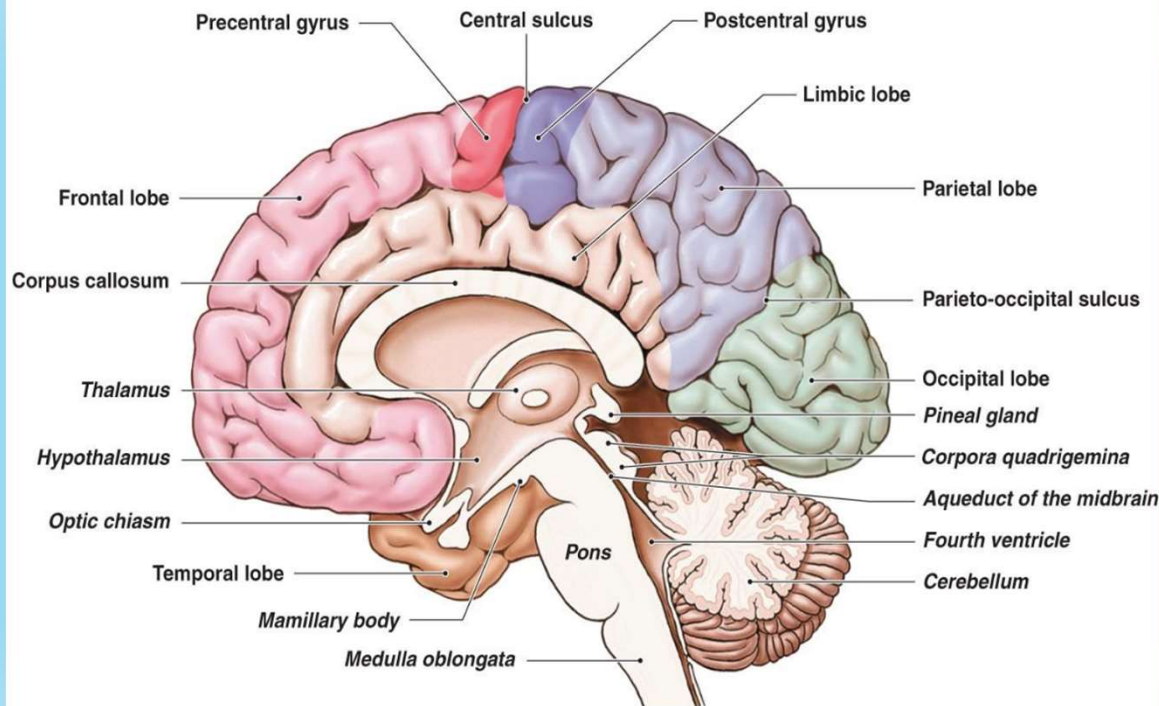
**How we create our views, attitudes, behaviors and feelings of the world - “reality”**

# Human Perception

## Physical Brain Anatomy

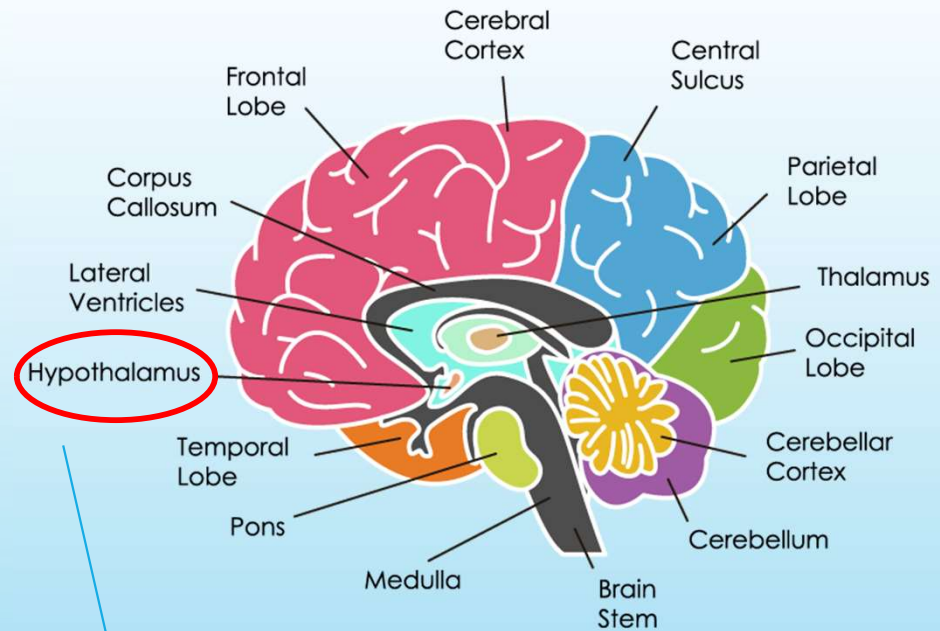
The names we give to various part of the brain. Evolved over time to help us survive throughout our collective, evolutionary existence.

A midsagittal view showing the inner boundaries of the lobes of the cerebral cortex (Structures outside of the cerebrum are labeled in *italics*.)

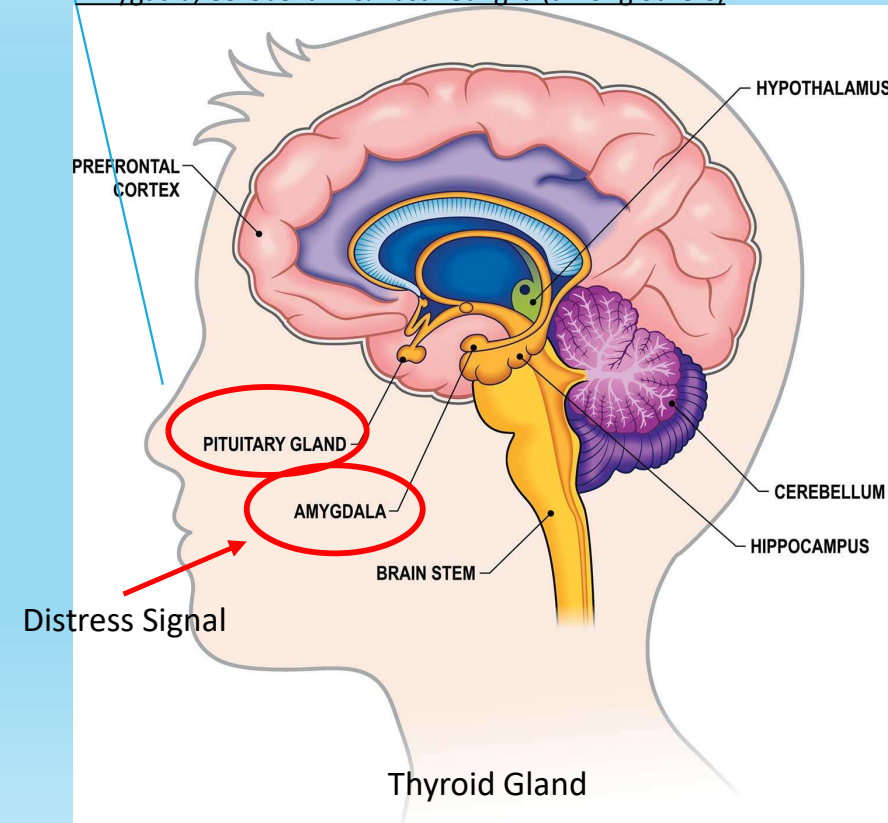


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Adrenaline = Adrenal Glands (atop kidneys); Cortisol = Adrenals & Pituitary; Epinephrine = Adrenals, Hypothalamus (Sympathetic Nervous System)



Memories exist in the Hippocampus, Prefrontal Corex, Neocortex, Amygdala, Cerebellum & Basal Ganglia (among others)



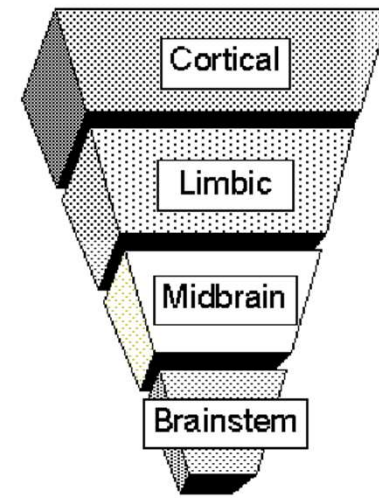
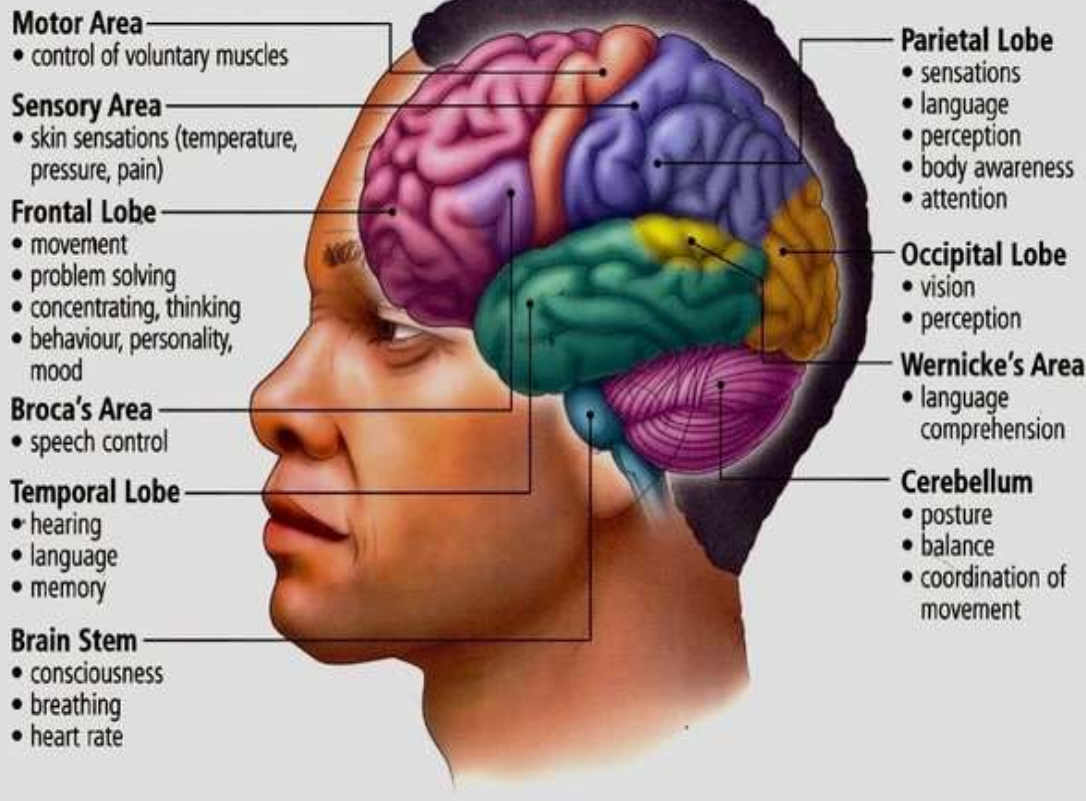


# Human Perception

## The Working Brain

Translates inputs into helping us survive - through mental impressions

### Functional Areas of the Brain<sup>1</sup>



Abstract Thought  
Concrete Thought  
Affiliation  
Attachment  
Sexual Behavior  
Emotional Reactivity  
Motor Regulation  
"Arousal"  
Appetite/Satiety  
Sleep  
Blood Pressure  
Heart Rate  
Body Temperature

Everything about the brain - unconscious, subconscious and conscious - is about helping us physically survive.

The brain takes all the external inputs and attempts to optimize survive-ability. This includes our mental states – your feelings, mood, emotions – all protect you.

A built-in bias; e.g. I am angry about something I didn't create and/or can't control.



## *“To Know Thyself is the Beginning of Wisdom”* (Socrates)

- Where we are – our place in the universe, perceived boundaries, “our neighborhood”
- What we are – our bodies’ makeup, internal physical processes for surviving
- How we are – how do we use what we have, our brain and bodies, to help us live
- Perceiving & Integrating – Translation of outside inputs to our brain
  1. Senses Receive: How we receive outside inputs by our sensory systems
  2. Brain Translates: What our brain does with the inputs, how it impacts us
  3. Our Reality is created!: Mental images, thoughts, feelings, views, behaviors

*We have briefly reviewed the above in the prior slides*

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Abraham  
Maslow



Maslow's hierarchy of needs

Quality  
Of  
Life is  
important

Added quality gives something more to life

Allows change, allows healing, reduces suffering, allows insight & resolution

Helps the individual and the world

Happiness? Peacefulness? Comfort? Healing?  
Optimism? Self-Love? Compassion?



How do we add quality to our lives?  
Often using techniques we don't fully understand yet - to change self's views, beliefs, feelings, behaviors and improve our fulfillment in life.



*We don't know everything about the universe we live in,  
and we don't know everything about our brain's  
capabilities*

Knowing this frees us to explore practices and techniques that may not be widely accepted or understood in our society, culture or the world today.

To allow ourselves to become...happier, be less stressed, be at peace, have greater self esteem, process trauma, improve relations, forgive, be forgiven, be compassionate. In short - become more self-actualized.



**Now we start to discuss why people might try an alternative practice, like hypnosis...**

- What is it about your life that you would like to change?
- What is causing you distress?
- Why do you feel this way? When did you start feeling this way?
- What can you do about it...how can it improve?

- What events happened to you in the past that “make” you feel and act the way you do now?
- Are all of the things that happened to you positive?
- Do memories of things experienced add quality to your life? Bring healing, happiness, peace?
- Do you wish for things that might add quality, comfort, happiness or peace in your life?
- How can you best work with your mind to improve your quality of life? Is that needed here & now?

- Knowing this matters, because we can free ourselves to explore and utilize practices and techniques that may not be widely accepted or understood in our society, culture or the world today. To allow ourselves to become...happier, be less stressed, be at peace, have greater self esteem, process trauma, improve relations, forgive, be forgiven, be compassionate. In short - become more self-actualized.
- These practices or techniques may not be well understood, like atomic physics or psychology in the early 1900's. However, they may be helpful and effective to help many people and conditions, and they may *evolve* to wide acceptance.

*If someone was in deep distress or wanted to change a habit, behavior or thought pattern, and nothing else seemed to work, why would they NOT try it?*

*Acupuncture, Auric Acupuncture, Ayurvedic Medicine, Neural & Biofeedback, Hypnotherapy, Quantum Healing, Past Life Regression, Reiki, Shamanism, Reflexology, Traditional Chinese Medicine, Homeopathy, Tai Chi, Yoga, Naturopathy, EMDR, many, many others*



Maslow's hierarchy of needs



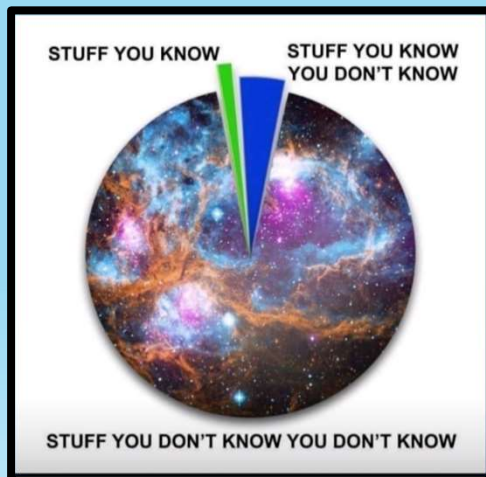
“Healing in the present moment involves resolving the unfinished business of the past which continues to influence a person in the present moment. It is the residual mental, emotional, physical and spiritual energy of past events which contaminates the present existence. The resolution or removal of these burdensome energies is the goal of any healing approach. As a result, a person can live more fully in the present...”

*Dr. William J. Baldwin, Clinical Psychologist, SRT, Pg. 48. (RIP, 1937-2004)*

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How can we best work with our whole mind to improve quality of life?

To improve quality of life, would it be helpful to consider new or alternative practices or techniques?



# Hypnosis and Hypnotherapy

**PART 4 of this Presentation is only available to those attending the free monthly Hypnosis Information Session or by Appointment**

**Thank you for your Interest!**

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# Questions & Discussion

## Hypnosis and Hypnotherapy

**Chris Smith**

Master Hypnotist

Certified Clinical Hypnotherapist, CCHT

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# Appendix

## Hypnosis and Hypnotherapy

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# Big

The earth is about 4.5 billion years old. 4,500,000,000 years old.

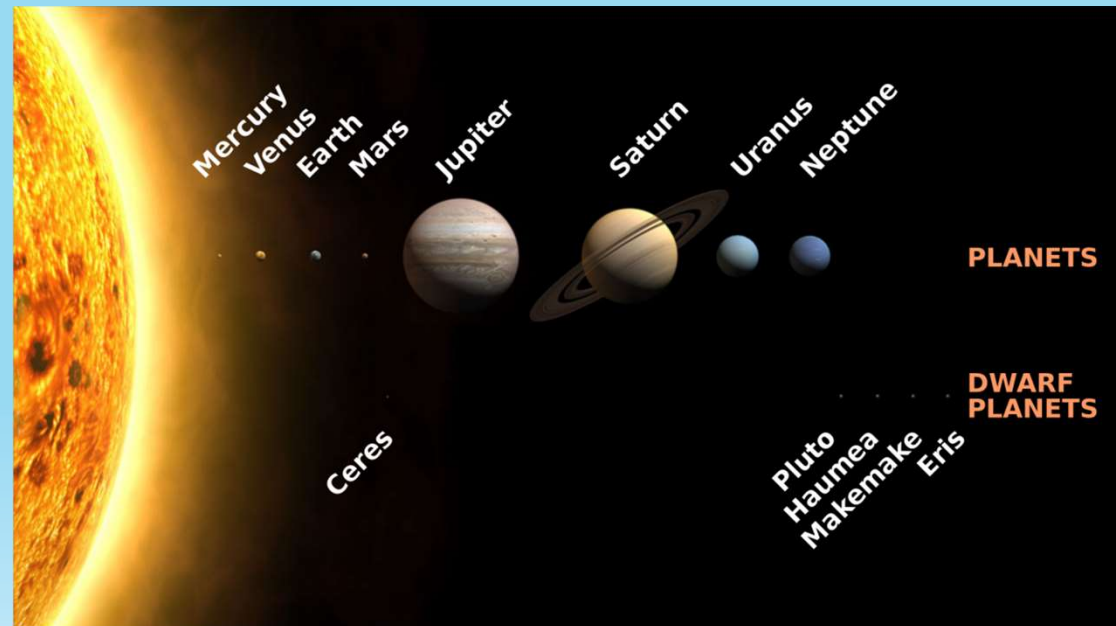
The circumference of the earth is 24,901 miles at the equator.

Earth was probably molten lava during its first billion years. Somewhere between 3 billion and 2 billion years ago photosynthesis started and life as we understand it began to emerge.

The first single cell organisms emerged around 3 billion years ago

It is estimated that 117 Billion Humans – homo sapiens - have ever lived on earth, over 200,000 years.

There has been a lot of life on earth,  
And you and I are included in that  
continuum.



# Big

Our Neighborhood: The universe that we know about and live in is big. Really big. Mind-bendingly big. So big that our brains may have a hard time conceptualizing it.

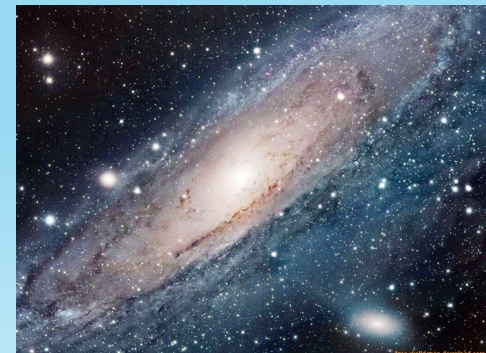
The galaxy we physically reside in, the Milky Way, is estimated to contain 200 to 400 billion stars, like our sun. That's 200,000,000,000 stars. Scientists think that there may be as many planets, too. The galaxy is thought to be around 12 Billion years old.

There are 80 to 100 billion galaxies that we can see from earth. *Emphasis on “that we can see”*. 80 billion galaxies multiplied by roughly 200 billion stars (in each galaxy) is  $1.6e+22$ . The number of planets in the galaxies that we can see is likely numbered in the trillions. Trillions.

The galaxy revolves around its center once every 200,000,000 years. Earth human species will be born, live, and die, before the galaxy completes 1 turn.

Our galaxy is absorbing other galaxies as it rotates, “consuming” them in a cosmic cycle.

We literally have no idea of all the cool stuff out there.



# Small

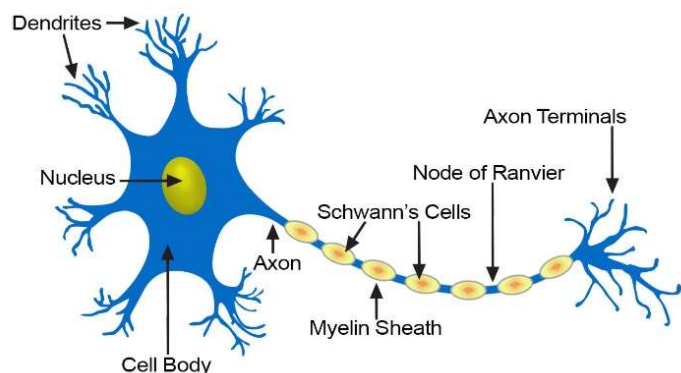
Modern man has been around for ~200,000 years. The body of a human has 30 trillion cells. Within the brain of a human there are 100 billion nerve cells, called neurons. Neurons gather and transmit electrochemical messages.

Neurons carry messages throughout the body, into the brain and your central nervous center. These messages are how we perceive “reality”.

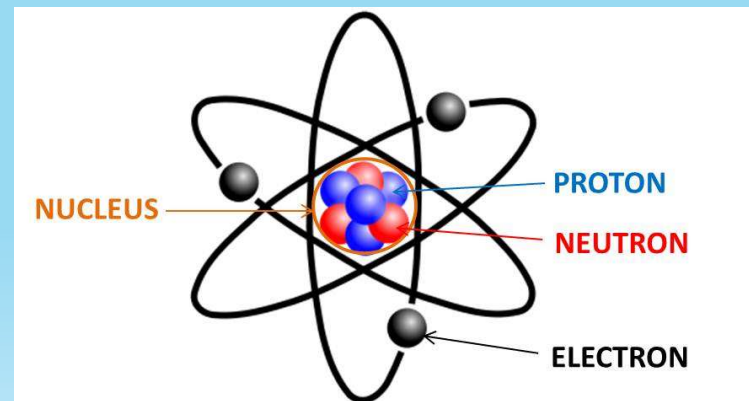
Tinier than neurons, the human body is comprised of atoms - about 7 Billion Billion atoms. A 7 followed by 27 zeros.

There are around 118 different types of atoms, we think of them as elements on the periodic table. Atoms on earth (and beyond) have been recycled and re-used for billions of years. What you think of as your body is a new combination of atoms that have been combined in different ways before.

Structure of a Typical Neuron



**ENERGY IS WITHIN  
AND ALL AROUND US!**



# Small

Charm. Up. Down. Strange. Top. Bottom. These are the names of the smallest subatomic particle humans have measured - Quarks (1961). They are smaller than protons (1919), neutrons (1932) and electrons (1897).

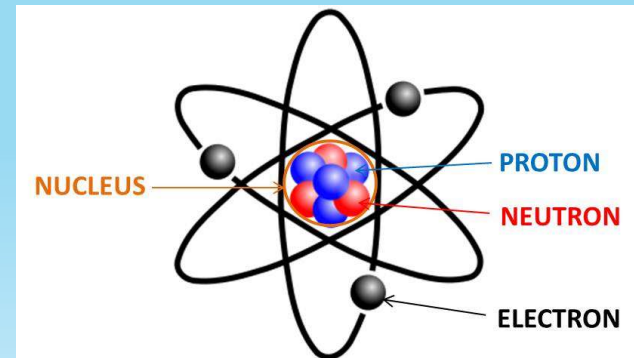
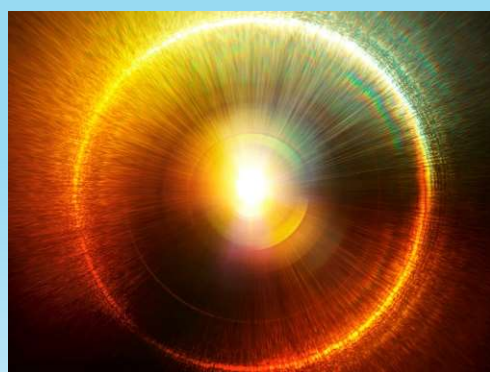
Bennett, Doug. "Particles That Are Smaller Than an Atom" sciencing.com, <https://sciencing.com/particles-smaller-atom-8484470.html>. 10 August 2023.

Higgs Boson, or Higgs Particle (2012). Determined to be a subatomic particle that carries energies and forces throughout the universe.

Photons. (1905 theory - Einstein/Planck) "Light Quantum" was the original name. Photon was coined by Dr. Lewis later. What physicists call a subatomic particle that comprises waves of electromagnetic radiation, others might just call "light". Photons are small packets of energy released when an electron jumps to a lower charge. Photons never experience time. Human beings emit Photons.

Really small stuff, in ways we  
don't fully understand, control  
most of our environment

**ENERGY IS WITHIN  
AND ALL AROUND US!**





# Time

Einstein has shown that time is relative. We know that time passes faster on high mountains than it does nearer sea level on earth. Astronauts age slower than those on earth due to time dilation (slowing) that occurs in space. The faster something is going, the slower it moves in time.

If earth were larger, or smaller, our time would change too. Imagine being on another larger planet for 1 day, and finding your friends on home planet earth had aged 10 years. Time is relative. As we approach the speed of light, time slows for us, but not for everyone else.

When we look at other planets from earth, we are actually seeing the past, and not the present.

In fact, when we see an event with our eyes and process it with our minds, it is already in the past.

If planet earth were larger or smaller our entire physiology would change. Physiologically speaking, we are what we are based on the specifications of earth and its characteristics - like size, gravity, available elements, time, and magnetism.

