

Hypnosis

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Hypnosis is one of the most widely used and effective catalysts for positive changes that a person can use. You can use hypnosis for weight loss, for general anxiety disorder, for quitting smoking, for erasing bad habits, for emotional healing, becoming more confident, and almost any other inner change you can imagine. But how do you start? Is it costly? How do I find a good hypnotist? Is self-hypnosis effective?

The answers to the above questions are not simple, but one thing is for sure, hypnosis is powerful and sooner or later most everyone explores it to some degree or another.

First off, you have to realize that hypnosis is no great mystery. In fact, many experts agree that hypnosis is normal and a natural part of every day life. For instance, suppose you are awakened by a radio ad selling ipods. You may or may not run out and buy an ipod, but the message has been sent out a lot like a hypnotist sends out a message.

The question is not so much how powerful or clear the hypnotic message is, but more how open or closed you are to it. In the case of the ipod advertisement, you may already have one, or you may have no interest in purchasing one, or you may even psychologically rebel against commercials and become even less likely to buy an ipod after hearing the ad. All outcomes are possible, and all involve a degree and form of hypnosis.

However, suppose you do run out and buy the ipod after hearing the ad. This is what may be termed "organic hypnosis." It is a free-form style of what goes in formalized hypnosis that involves trance states, inductions, deep relaxation and the like.

So, hypnosis happens all the time. But what is hypnosis really? What happens when it offers a positive effective?

Effective hypnosis is simply the result of a positive suggestion working its way in-between doubt or fear. It is an opening in your psychological make-up to allow a new suggestion or a new truth to come in. Hypnosis is acceptance of a new perspective. That is all. No huge mystery. No strange trance-like state has to occur, although it can and does.

Hypnosis is normal and you can learn to benefit from it. Start by looking for practitioners in local spiritual directories. Look at massage schools or the like. If you do not see ads there, then turn to the Internet. Many great hypnotists are now offering telephone sessions.

But you can always practice self-hypnosis. Here are some basics: Learn to relax your self and quiet your mind. Learn to sense the spaces between your thoughts. This is where your own hypnotic suggestion must travel through. Pick a suggestion that is simple and feels right. "I am now rich" may be too difficult at first. But "I am increasing my income daily" may make more sense and meet with less resistance. Repeat the statement quietly to yourself. Insert it in the present moment. Not the past or future. Hypnotize your self now. You cannot do it any other time.

Five minutes in the morning and five at night of self hypnosis can sometimes bring amazing results. Try it. Try it. Try it.