



What is Hypnosis?

By Jack Sparks, Certified Hypnotherapist

Hypnosis has proven to be one of the most effective means of bringing about the changes you desire in your life. While in hypnosis your conscious, or critical mind (the part that's analyzing this now), is temporarily turned down and you work directly with the hidden, feeling mind where real change takes place quickly. Hypnosis is a SAFE, natural response which allows you greater control over all aspects of your life. Your conscious mind is powerful. Your subconscious mind is infinitely more powerful!

HARD TO BELIEVE?

When people ask me what can be accomplished through hypnosis, I respond, "almost anything" provided there is a readiness and willingness on the part of the person being hypnotized. I have witnessed everything from (migraine) headaches being removed in 45 seconds to a lifetime habit of stuttering cured in only one session!

In addition, many women have experienced painless childbirth with hypnosis. And dental patients can endure even root canals comfortably, without anesthetic, using hypnosis. Many people who have life-threatening allergies to anesthetics use hypnosis for surgery very successfully. These therapies are used more frequently now in the medical community, and they illustrate the amazing results possible through hypnosis and self-hypnosis.

Hypnosis FAQs -

What does hypnosis feel like?

Hypnosis is a means of moving into a perfectly natural state of mind that people actually move in and out of several times in a day. Have you ever had the experience of driving along the highway and suddenly realizing that you passed your exit several miles back? Or been so caught up in a book or movie or video game that you don't even realize that someone has been speaking to you for the past several minutes? THAT is hypnosis. So you see, when a hypnotist guides you into hypnosis they are not asking you to experience anything strange or that you haven't experienced before.

Can anyone be hypnotized?

Anyone of at least average intelligence, who can follow directions can be hypnotized. Occasionally, a person may need several attempts before actually entering into hypnosis. What causes this? Generally, it's holding onto a little bit of fear-fear of loss of control. This is actually a misunderstanding as the proper use of hypnosis actually gives you greater control over all aspects of your life.

Will I do something against my will?

When you are hypnotized, you are aware of all suggestions given to you and you will not do anything against your moral or ethical principles. (Despite what you may have seen in stage shows of hypnosis)

Will I Remember Everything That Happens in Hypnosis?

Yes, you will remember everything that happens in hypnosis if that is your desire. Occasionally a person might choose to selectively forget certain facts for a time and then bring them up later when they are more ready.

What If You Can't Bring Me Out of It?

There is no danger of a person failing to come out of the hypnotic state. In fact it would be impossible to remain hypnotized. Some people choose to stay in trance a little longer because it feels so good and it's the most relaxed they've been in their lives!

- **But I Can't be Hypnotized!**

Again, ANYONE can be hypnotized (see above). There is no such thing as a "good" subject or a "bad" subject, only those who choose not to follow directions.

WHY HYPNOSIS?

Because in hypnosis you access your subconscious or more powerful part of your mind where real, lasting change takes place. You may have heard it said that we only use 10% of our brain; hypnosis is a way to get access to that other 90%.

In HYPNOSIS, A PERSON IS:

Totally conscious
A Consenting Participant
Fully In Control
Comfortably Relaxed
Aware Of Their Surroundings And What Is Happening

THEY ARE NOT:

Unconscious
Submissive To Another's Will
In An Eerie Trance State
Prone To reveal Confidential Information
And the deep relaxation feels SO great!