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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

History Of Hypnosis

By Alan Crisp

The use of hypnosis as a therapeutic tool is as old as man himself. As far as can be traced back

through time, we can find records of hypnosis being used to heal and to make change. Hypnosis has been used under many different names down through the centuries and the use of hypnosis for healing can be traced back to around 3000 BC in Egypt. Both the new and old testaments of the Bible speak of what could be deemed to be hypnosis, and the ancient Greeks and Romans had sleep temples where those seeking healing would be put into a trance like sleep. Their dreams, would be interpreted by the priests. By rhythmic drumming and monotonous chanting together with eye fixation, the Shaman of today can still produce catalepsy of the body and this helps to give the shaman the appearance of having magical powers just as they have done for centuries. Much of what has been done in the past by the village witchdoctor, shaman or wise woman, can be attributed to the fostering of a strong belief, conviction, expectation and imagination in the one being healed, and the chanting and singing often takes the form of what we would term as suggestion. After all, if the most powerful and magic person you know tells you will become well, you are very likely to do just that. Of course in many cases where such an individual administered to a sick person they would have recovered eventually anyway and this intervention just speeded up the healing process.

It has long been believed by many healers that body, thoughts and emotions can influence one another. Therefore it is possible to influence a physical sickness by working on and realizing particular emotions and by changing thoughts and behavioural patterns.

The Romans said 'MENS SANA IN CORPORE SANO', healthy mind in healthy body.

This saying seems to confirm that for many centuries it has been believed that physical and emotional well-being have an effect on one another. To put this in perspective, only has to consider how our health declines after periods of stress or as a consequence of radical events.

The division between body and mind in medicine is something that only took place around 1750, with the scientific developments from Newton. Since then the mind and spirit have been considered to be under the jurisdiction of the church and the body under the jurisdiction of science. This is also the reason why all other kinds of medicine see the human being as a whole consisting of body, mind and

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soul.

Traumatic experiences are not only stored on an emotional level but also on the physical level. The emotional charge of the different traumas can influence our immune system and health conditions.

Through processing old traumas and the emotional charges that are connected to a certain sickness it is possible to find resources inside of us that could help us start the healing process.

Modern hypnosis began with Anton Mesmer (1734 - 1815) in the 18th Century. Mesmer was a medical graduate from the famed medical school of Vienna and after studying as a Jesuit priest, he became interested in magnetism. Mesmer became Europe's foremost expert at magnetic healing, where magnets were passed over the body to effect a healing. His results were fabulous and so he became very famous. Mesmer believed all living things contained a kind of magnetic 'fluid' and if a person had enough of this fluid, they would be healthy. This is where the term 'Animal Magnetism'

comes from.

Mesmer forgot his magnets one day and so just made passes over the patient with his hands and was surprised to find that they got better. From there on, he thought he had sufficient magnetic fluid in himself to effect the cures.

James Braid (1795–1860) coined the terms 'hypnotism' and 'hypnosis', in 1843. He was a Scottish surgeon working in Manchester. He found that some people could go into a trance if their eyes were fixated on a bright object like a pocket watch for instance. He believed that a neurological process was involved and that the process could be very useful when no organic origin could be found for a person's disorder.

James Esdaile (1808–1859) another Scottish surgeon working in India would use eye fixation to prepare a patient for surgery and slow sweeping motions, putting them into a deep hypnotic sleep, causing full amnesia throughout the body.

James Braid and James Esdaile were among the first who could be called 'scientific' in their research and use of hypnosis. These pioneers removed hypnosis from the realms of 'mysticism', and started experimenting with what could really be done with it to help people with their disorders. Other scientific pioneers include, Liebeault, Bernheim, Brewer and Freud. Unfortunately the great man himself, Freud, was responsible for hypnotherapy being shelved by many for some time when he abandoned its use.

Amongst those individuals who have been fundamental to the current view of hypnosis are: Milton Erickson, Ormond McGill, Charles Tebbetts and Dave Elman.

Ormond McGill was, it is true a stage hypnotist, but he preserved the public interest in hypnosis, but then the great Charles Tebbetts was involved in stage hypnosis in the early part of his career, but these were different times to those we live in today and the stage hypnosis would prove to engender a desire to know more about this curious art and therefore bring many of the people who moved the therapeutic use of hypnotherapy forward through the last (20th) century.

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Dave Elman brought some measure of acceptance to hypnosis from the medical profession in the USA when the Council on Medical health of the American Medical Association accepted the use of hypnotherapy in 1958.

Probably the most important contributor to the acceptance of hypnotherapy as both an art and a science, was the grandfather of hypnotherapy - Dr Milton Erikson. Dr Erikson was a psychiatrist and hypnotherapist with outstanding professional credentials and because of his solid medical background he had credibility within the medical profession. Other people worthy of note for their contribution to the advancement of hypnotherapy as a healing art and as a science in the 20th century are: Rosen, Abramson, Menninger, Shenek, Magonet, Wolberg, LeCron, Bordeaux, Wetzenhoffer, Erwin and Simonton, who continues to do amazing things with cancer patients using mental imagery and focusing on beliefs and belief systems amongst other things.

What is Hypnotherapy

Hypnotherapy is the application of therapy during hypnosis, to change or modify behaviour patterns that we wish to change, such as the compulsion to smoke, gamble, drink etc. It can help in the cure of phobias such as the fear of spiders/insects, fear of flying, fear of thunder and lightning, fear of

injections etc. It can help with motivation, confidence building, reducing stress and can be very effective in pain control.

Hypnotherapy deals with Psychosomatic problems – that is, problems of the mind that are rooted in and controlled by the subconscious mind. We always do what our subconscious mind tells us even if it goes against reason and logic. Hypnotherapy therefore, bypasses the conscious mind to allow the positive life-affirming suggestions for change, of our own choosing, to be fed to our subconscious mind directly, for us to act upon.

Hypnotherapy, and more precisely, hypnotic suggestions, have a cumulative effect, so over time there is a build up of suggestions being reinforced in the subconscious mind that it will act upon, and will do so more rapidly than if you were feeding the suggestions to your conscious mind.

For problems where a causal event or events may exist in the past, hypnoanalysis is used initially in order to find the sensitising event or events and release the emotion and motor actions associated with them, thus freeing the individual from the grasp of an outdated and obsolete (possibly never really needed at all) thought pattern and/or conditioning. Following this, healing suggestions and Neuro-Linguistic Programming (NLP) are used to build on the individuals desire for change to strengthen and support forward movement into a positive future.

Hypnotherapists do not control your mind!

Hypnotherapy empowers you to take control of your mental resources to bring about the changes you want. You are always in control during hypnosis and hypnotherapy, and the therapist cannot make you do anything against your will, or that is not within you as an individual to do. With a little work a good therapist and a good client who wishes to make changes and is motivated to, will be able to achieve

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success in about 95% of cases.

Who can be hypnotised? I would say that virtually everyone can be hypnotised if they have a good therapist and wish to cooperate with them in order to work on the problem with which they are presenting.

What does hypnosis feel like? I know how it feels to me, but it feels different to some people than to others. I would explain it as a relaxed easy feeling and a heightened state of awareness.

Sometimes you may be prone to drift away for a while just like day-dreaming, and you might just as easily be concentrating on your therapist's voice. Your good therapist will ensure you get the very best from your hypnotherapy session and will guide you in everything you need to know.

Hypnotherapy can help to address many problems including:

Fear of Flying Fear of Crowds Lack of Confidence Stress Issues Low Self Esteem Fear of Heights
Panic Attacks Exam Nerves Driving Test Nerves Smoking Weight Loss Nail Biting Relationship &
Sexual Tinnitus Stop Smoking IBS Stress Anxiety

Hypnotherapy is not magic but it sometimes seems magical!

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When Do I Need Hypnosis?

By Mark Dodd

Have you seen this scene: A man is asked by someone to jump for ten times, crawl on the floor then roll over like a dog? Some have this in mind as the picture of hypnosis. Actually- it is not the truth. What is hypnosis then?

Hypnosis is, in fact, a natural state of heightened awareness, focused attention and, often, deep relaxation. This experience is called "the alpha state". In the "alpha state" our brain wave frequency is slower than when awake, but faster than when we're asleep. According to different academic studies, the old misconceptions are now eradicated and the fact that all forms of hypnosis are really self-hypnosis is now paving the way to deeper understanding.

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For others, hypnosis is the exit to stress because it is a way of relaxation. According to experts, hypnosis depends on how the recipient accepts it– whether deep or shallow it depends on him or her.

Nowadays, hypnosis has brought wonders to a lot of people all over the world and it has been the source of all that could be relied on as solutions. Many who were able to accept hypnosis as a deep process were able to see for themselves the goodness behind it and the light at the end of the tunnel.

Hypnosis has solved problems involving one's inner sense like: addiction especially today's illegal substance addiction; it could also help out with one's self-acceptance and acceptance of others too. If your fears, lack of confidence, low motivation, success orientation are really bothering you, hypnosis may let you calm the storm inside you.

The skills that may have been not that active in you because of some reasons may be polished again through this method. So, if you think that you need help with regards to your leadership, learning skills, creativity, sports performance and so forth hypnosis may just be the one you have been looking for.

Health disorders could also be addressed with the use of hypnosis. Experts have proved that the power of hypnosis reach even the solutions of various health disorders like Fibromyalgia, headaches which are common with us, insomnia, high blood pressure and others.

The misconceptions about hypnosis are now near the exit door. Recent studies are now showing how hypnosis paves the way to better living. If done with the proper purpose, this would be a great means of healing naturally inside and out.

Mark Dodd is a freelance writer for the Hypnotic Times. He writes a regular column which is published every Thursday. His latest 'favorite pick' is

<http://www.behypnotic.com/>

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