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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!

How Hypnosis Works

By Loni Gordon

Long thought of as a stage show or act of trickery by many, and as a dangerous practice which left

the mind vulnerable to some, hypnosis is finding a new popularity among people these days. The growth of the use and acceptance of alternative treatments in the use of the 21st century individual has seen a corresponding surge in the number of people who are using hypnosis to treat problems. Hypnosis patients overwhelmingly use hypnosis in areas where they need a boost in will power to achieve a specific goal. The two most common areas for the use of hypnosis are among people who want to either quit smoking or lose weight.

Hypnosis should not be confused with cartoon depictions of sinister Lucifer like characters droning "You are getting sleepy" in monotones while swinging a pendulum. There is no circling of the pupils, and in fact the subject does not actually fall asleep. Hypnosis uses a method that most people already know about, and that has been in use by various companies since the advent of radio- the principle of subliminal messaging.

Many people have seen documentaries of images of Coke or popcorn flashed too fast for the mind to register on a movie screen. The result is an increased desire for the patrons, whose eyes were fast enough to register the image but who do not actually remember it. While distracted by the movie, they were open to subliminal messages.

The same process is how hypnotism works. Anytime a person is concentrating hard on a given task- whether it be reading, driving, or watching television- she is open to messages quickly and unobtrusively projected at her. Hypnosis seeks to implant a message in the brain while it is vulnerable to unobtrusive data.

For this reason, the phenomenon of self-hypnosis is gaining in usage. It is possible to design a program wherein the subliminal message "ignore your cravings" or something along that line is planted firmly in a subject's mind. Again, this process has been common knowledge for some time, as most people have known the strategy of placing a cassette under a pillow while asleep to help achieve a certain purpose.

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Hypnosis is just like any other treatment– sometimes it will work, and sometimes it will not. There are many routes to go, whether you choose self–hypnosis, clinical hypnosis, or the use of a professional showman such as Romein. Any of these usages could result in success in terms of your goal, or failure.

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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.

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 elf–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,

How Hypnosis Works

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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