

This Free E-Book is brought to you by Natural-Aging.com.

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

Hypnosis: Fact Or Fraud?

By Jonny Goldmann

The Sleeping Prophet Edgar Cayce would command himself to engage in out-of-body experiences and near-death experiences through self-hypnosis.

Under a trance state, he would give readings and diagnoses to people he has never met. His followers documented almost 14,000 journeys unto the spirit realm, made through his subconscious mind or what Cayce referred to as the soul.

Sensational historian David Lewis revealed that Adolf Hitler was once hypnotized and this may have been the root of the kind of life he has led.

Lewis claimed that in 1918, Hitler believed he has gone completely blind despite diagnoses of doctors that nothing is wrong with his eyes. Through hypnosis, a doctor suggested to Hitler that indeed, he has lost his eyesight but through will power he can make himself see again. That's because God made him an exceptional person, the good doctor added. Since then, Lewis said, the hypnosis marked Hitler so much that he took life believing he was exceptional, and the rest, as they say, is history.

Robert F. Kennedys assassin was under the influence of a mastermind through hypnotism during the assassination, and was said to have shown robotic, trance-like movements and repeated RFK must die over and over again during police interrogation.

Have you read about clairvoyants reaching into other dimensions to get rare or secret information? How about mediums meddling with the underworld and calling the dead? Hypnosis stories are they for real?

Yes and No.

Yes, hypnotism really has been used as part of the treatment and therapy of various physical and psychological conditions. Through its ability to tap into the subconscious and to intensify focus and concentration, hypnosis can help you be more attuned with your intellectual and emotional capacity; thus helping you modify your habits and behaviors, or wield more control over the way you think and

Hypnosis: Fact Or Fraud?

analyze.

But no, it is not the cure—all for your problems. It is not proven to be effective every time, as often claimed. The United States general surgeon reports there is insufficient evidence to support hypnosis as a treatment for smoking cessation. Again, the effectiveness of hypnotism depends on each and every different case it is being used for.

Indeed, it will not hurt to try hypnotism; but don't rely on it too much either. It may help you and may change your life forever. It may also work for you for an allotted period only. Or it may not and you may walk out of another hypnotism session unchanged and still be the same old self. Your results will depend on a lot of other factors aside from hypnosis, such as determination, motivation, and will power. Your destiny is still in your own hands.

If you want to understand hypnosis - what's true and what's not and how to do it and do it right or how to use hypnosis to have confidence or break from bad habits, lose weight or just excel in life: Just visit this link for details:

<http://www.free-hypnosis-scripts-online.info>

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 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.

Hypnosis: Fact Or Fraud?

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/>



This Free E-Book has been brought to you by Natural-Aging.com.



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