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Hypnosis: Fiction and Facts

By Scott Hoye, CHt

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It's that time again. I get a call from a prospective client, or I'm at a party, and someone finds out that I'm a hypnotists. What happens to me, your friendly neighborhood hypnotist? Panic? No. Open up the hypnosis part of brain and start toungue flapping? Yup.

A large part of what goes into a successful session (whether entertaining people at a party or bar, or in a serious consulting room setting), is the client's understanding of just what is about to happen.

Often people ask me, "will I have to speak Martian or dance like a chicken?" Only if you really want to!

What follows is a part of what I explain to clients, or prosective, party-going chickens about the process of hypnosis. May you enjoy, be informed, and prosper fom the information.

Hypnosis FAQ's

What can hypnosis do for me? Almost anything! Well, almost.

The application of hypnosis can range from remedial (changing a habit, eliminating a phobia or anxiety, mind-body healing), to creating and maintaining excellence and peak performance (study skills, business applications, creative abilities, sports performance, peak states for everyday life).

How does it work?

The process is profoundly simple. Hypnosis works on you by allowing you to go into a relaxed state. This allows the body to activate the parasympathetic nervous system, and lessen that activity of the sympathetic nervous system. In a nutshell, you shut down the stress hormones and nervous activity, and thereby open up your bodies natural healing powers. This sense of relaxation also lessens the chatter of the analytical or conscious mind.

How will it affect me?

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Your mind and body are in a constant state of dialogue. While relaxing the body and quieting the analytical portion of the mind, the unconscious or subconscious mind (the creative mind) is free to open up to suggestions. It is then that you can naturally and easily change an old habit or create a new, empowering state.

How long does it take?

My sessions usually run anywhere from one to two hours in length. Most programs run at a minimum of three sessions, one session a week. The contents of the unconscious mind change quickly with repetition. For further reinforcement, I provide the client with a cassette tape of each session. With it, my clients have the ability to go into trance whenever and wherever they want—to make those changes

happen fast!

Will I fall asleep?

No. Some clients may experience partial or full amnesia for portions of the first session. That is perfectly natural. In fact, that is usually a sign of natural aptitude for the process of hypnosis. However, experiencing amnesia is no proof of hypnosis occurring. Most people find that they recall everything during the session. That is also natural, and hypnosis is still effective for them. With time and further sessions, those people also find that they experience partial or total amnesia during the sessions. Hypnosis is really a concentration of attention, not a dulling of consciousness.

Can I be forced to do anything I don't want to during a session?

No. A client will never do anything against his or her own will. The client will only act on those suggestions that coincide with their personality and wishes.

Is Hypnosis a Magic Wand?

No, but the quickness with which it can instigate changes in personality and beliefs can sometimes seem like it.

What are the helpful side effects?

The human being has a central nervous system (brain and spinal chord), and a peripheral nervous system (limbs and organs). The peripheral nervous system is broken down into the autonomic nervous system which is then divided into sub-systems—the sympathetic and the parasympathetic. The sympathetic nervous system is our fight-or-flight mechanism of consciousness. The parasympathetic nervous system controls our sense of relaxation and well being. Our modern world with all of its many stress inducing elements keeps our sympathetic nervous system active. Hence, many stress-related illnesses are seen in people today. Utilizing hypnosis or self-hypnosis on a daily basis greatly reduces stress. Harmful hormones such as cortisol are reduced in the system. This results in a greater sense of well being, health, and even a reduction in fat cell storage.

Is hypnosis a natural state?

Naturally, yes. Psychologists have studied the process of daily, biological rhythms in the human being. We run on circadian rhythms—24 hour daily cycles. We also run on ultradian rhythms. These ultradian rhythms are an activity-to-rest ratio. Usually every 90 to 120 minutes, the human body goes into a rest period. The cycle of rest is when we are most apt to create alpha or theta brainwaves. Basically, we daydream.

Daydreaming is important.

You may have heard that if a person does not dream during sleep, they will go mad. Likewise, daydreaming is an important aspect of our waking life. While you daydream, experiencing the ultradian period of rest, you relax and rest your body and mind for a brief healing period. With me, daydreaming is the natural tool for change and new direction.

Hypnosis is like dreaming consciously to reach your highest dreams.

Scott Hoye is a certified hypnotherapist living in New York City. When not bringing health, motivation, and fulfillment to the lives of his clients, he spends his time hiking urban and rural nature trails, and pursuing film and theatrical expression. You can reach him on the web at www.nyhypnosis4u.com, or www.scottalanhoye.com

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

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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



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