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**Hypnosis Q&A: Understanding Hypnosis Types**

**By Hank Taylor**

\* What is hypnosis?

Hypnosis, in general, is a psychological situation wherein an individual shows signs of changes in the behavior, thought, or attitude. On the other hand, some people may undergo an increase in suggestibility and subjective feelings of an "altered state of consciousness."

The hypnosis applications varied widely. Some of the people include the use of hypnosis for entertainment and health functions.

Hypnosis is not a type of therapy. Most of the psychologist use hypnosis to conduct psychological related techniques. During the presentation of technique, the subject will learn how to obey the commands and engage in behavior they might not normally choose to perform.

\* What is post-hypnotic suggestion?

Post-hypnotic suggestions are the feeling carried out after the termination of hypnosis. This feeling is the response of the subject to the specific suggestions of post-hypnotic phenomena. A suggestion is given apparently during hypnosis stage. During this stage stimulus is served while the act becomes a response.

A post-hypnotic suggestion and a conditioned reflex serve a similar purpose except that the former is not established by repetitive trial.

Normally the post-hypnotic suggestion is a compound task for the subject because it can turn into a more hypnotic injunction. It is often called out because of several single sessions of hypnosis.

\* What is auto-suggestion?

Auto-suggestion more popularly called autogenous training is a process wherein the subject trains the part of subconscious mind. Normally it is being performed because the subject wants to create some particulars inside the mind. Some people want to practice autosuggestion training because they want

## Hypnosis QUnderstanding Hypnosis Types

to schematize their mental level for a given purpose.

Acceptance of auto-suggestions may be quickened through mental visualization of what the individual would like to believe. Autosuggestions can be seen as an aspect of "self-exhorting", meditations or other form of similar activities.

Applications of deliberate autosuggestions intended to change the way a subject believes in terms of physical or psychological aspects.

\* Is "highway hypnosis" really a kind of hypnosis?

Highway hypnosis is a mental state in which the person can drive an automobile in a great distance, responding to external events in the expected manner. In this state, the consciousness is clearly

divided between the driving task and the person's thoughts on several concerns.

Based upon the theory of Ernest Hilgard, the highway hypnosis was developed in a stream of consciousness. According to the theory, highway hypnosis can be a usual experience. The common sense suggests that when driving the full weight of consciousness is brought to mind reception.

\* What is neuro-linguistic programming (NLP)?

Neuro-Linguistic Programming (NLP) is a compilation of pseudoscientific self-sustain rituals proposed for programming the mind. Richard Bandler and John Grinder introduced NLP in 1973 as a set of models and principles to describe the relationship between mind and language.

NLP is based upon the New Age principles such as the belief in unlimited potential through access to a subconscious part of the mind. Some psychologists describe it as a "therapeutic magic".

The practice of NLP is initially attracted mostly psychologist because of its magical effect. At the present times, it also attracts business and sales people.

\* How is hypnosis different from meditation or relaxation?

Hypnosis does not have the exact process compared to meditation and relaxation. In the process of meditation or relaxation, the goal is to have a more relaxed and meditative state. This process can affect the body and mind in a better way.

What makes hypnosis different is that getting into the meditative state of mind and later on the hypnotic process will use the state of mind to transmit and deliver the messages throughout your body.

Compared to meditation, state of mind is the main goal of hypnosis and becomes actively responsive to words, thoughts, and ideas.

Hank Taylor is a regular contributor to hypnosis-related books and sites such as 'Hypnosis Question

and Answer.' Website:

<http://www.HypnosisQA.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 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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