

Hypnotized by the Crowd ... Lost in the forest of beliefs!

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Hypnotized by the Crowd ... Lost in the forest of beliefs!**

**By Edward B. Toupin**

**Hypnotized by the Crowd ... Lost in the forest of beliefs! by Edward B. Toupin**

Over the years of growth and maturity, we become hypnotized by our own belief systems. We move through life under the influence of societal and religious rank and file. Parental voices fill our heads such that we believe in a stricter form of beliefs than did our previous generations as, for each generation, the mind becomes less open and accepting and more filled with what is required to belong to the crowds of the past.

Our internal beliefs are like the external laws of the judicial system. For every new experience, we develop a new node, a new rule or law, in our "sphere of intellect" that regulates how we are to react to a given situation. However, our minds are so filled with the parental and authoritarian voices of past experiences, from others, that we no longer have any room for our own experiences.

Our belief systems are built as children from the experiences of our parents, friends, relatives, and neighbors. But, are these valid bits of knowledge and valid beliefs? They must be since we tend to hang on to them dearly even if they don't work for us. Perhaps, at some time, we could have experienced a given situation differently. Perhaps, we could have "at least experienced the situation at all" had we not been so afraid to step forward and look into the vast darkness of our own taught beliefs.

We have become hypnotized by the crowds that move toward that which we think is the answer to our questions. But, we find, as we move along in this morass of other lost souls, that indeed, the answer is not ahead of the crowd, but within the crowd. The answer lies within yourself.

How does one succeed? How does one live a fulfilling life? You cannot look to others for the answer as it is within yourself. We all have necessarily unique answers to our own questions because we all have a necessarily unique view of the world, being, our own "experienced Universe".

Such a view requires "responsibility of decisions". We must be able to take responsibility for our own decisions in life. But, to do so, one must know what is at stake and what lies ahead. As such, we must be able to lay out a plan for success without doubt---a simple solution it is not. But, a reasonable and fulfilling solution it always provides.

## Hypnotized by the Crowd ... Lost in the forest of beliefs!

Today, now, determine what is important in your life and what has been "out-lived". Look outside of your current belief systems and plan for a new life with modified beliefs toward that which "you" see as success. Indeed, your ultimate vision will change with growth and knowledge, but it is essential to get moving on your plan to "leave the rut behind". Move forward toward an ever successful vision and leave the old voices, based on past circumstances, behind. It is your life, isn't it?

--- About the Author ---

Edward B. Toupin is an author, publisher, life-strategy coach, counselor, Reiki Master, technical writer, and PhD Candidate living in Las Vegas, NV. Among other things, he authors books, articles, and screenplays on topics ranging from career success through life organization and fulfillment. Check out some of his recent print and electronic books as well as his articles covering various life-changing

topics!

For more information, and to find out about his upcoming title on book publishing, e-mail Edward at [etoupin@toupin.com](mailto:etoupin@toupin.com) or visit his site at <http://www.toupin.com>! Copyright (c) 2004 Edward B. Toupin

### **Hypnotic Myths**

**By Rita Ballard, C.Ht.**

Even though hypnosis has been around officially since the 1700s (Franz Anton Mesmer), there are still questions as to its validity and benefits. For the most part, these questions stem from fear and ignorance. Regarding this subject, it is generally assumed that what you don't know can hurt you. People's viewpoints on hypnosis vary according to what their experiences have been and what they've heard.

I am a stable, responsible, levelheaded, intelligent person. I am also a licensed hypnotherapist. One of the requirements for finishing hypnotherapy training was to go out and practice what you've learned; my obvious targets in this endeavor were primarily my family and friends.

My oldest child staunchly refuses to have anything to do with hypnosis, even now (I've been a hypnotherapist for 6 years.). She is not a child; she is in her early 30s and is a successful video producer. Still, she says that she's not going to do something that might get her "lost somewhere and unable to return."

My second child has volunteered to be hypnotized by me numerous times. He loves the experience. He enjoys how relaxed it makes him feel, and he believes that he derives great benefit from it.

My third child is aloof about the whole subject. He doesn't validate or discount it one way or another. He's just 'to busy' to give it a try.

I am curious about people who draw conclusions about hypnosis when they haven't actually experienced it in some way. It baffles me how a person can discount it when hypnosis has not

## Hypnotized by the Crowd ... Lost in the forest of beliefs!

negatively impacted them or someone they know.

I've had people tell me that hypnosis is "the devil's work", yet I know of pastors who practice hypnotherapy in their counseling practices. I've had professionals say to me, "Yes, but does it actually work?" Well, does dieting actually work? Does imagery actually work? In order for something to "actually work" the user has to have a certain amount of belief in it. So, whether or not hypnosis actually works depends on the belief of the subject and to some degree, the skill of the hypnotherapist.

§You cannot "get lost" while hypnotized. There is no place to "get lost" to. You do not leave your body or your mind behind and go off somewhere.

§No one can "put thoughts into your head" or make you do things that you would not ordinarily do. Your own core values cannot be violated by another; if, under certain circumstances, you could be moved to bark like a dog or cluck like a chicken, then a hypnotic suggestion to do so would not violate your core values.

§Others cannot take over or control your mind. Your mind has 2 components: the conscious mind, which is the objective part, assists you in making daily decisions and analyzing data. The

subconscious part is subjective, and this is where your creativity and abstract thinking lie. The subconscious is inclined to believe what you tell it. For instance, if you think something, then to your subconscious mind, that is so. It does not analyze facts; if you think it, then it accepts it as fact. If you think that others can control your mind, then for you, that is true. But only because you allow the idea to be a fact for you.

§Anyone can be hypnotized. What happens when you're watching television and someone tries to get your attention? Have you ever been driving down the road, only to look around and see that you've gone much further than you thought? When you focus your concentration to the point where everything else is screened out, then you are in a state of hypnosis. Hypnosis narrows your focus and concentration. You do that when you are intent in a conversation, or performing any activity that decreases your awareness of things outside of yourself.

Hypnosis is not a mystery. It is not evil, and it is not mind control. It is simply a way to temporarily bypass the rational mind in order to facilitate desired changes. Many, many people have successfully undergone hypnosis and achieved their goals.

Rita Ballard, C.Ht. is a hypnotherapist licensed in the state of Washington. Trained in the Erickson methods, Rita uses hypnotherapy to assist others in achieving their goals. Of primary importance are the spiritual aspects of a person: who they are and what they mean to themselves. The movement towards self actualization is the passion behind Rita's work. Visit her website at

,

or email to:

Hypnotized by the Crowd ... Lost in the forest of beliefs!

Copyright 2004, All Rights Reserved. You may use this article in part or in its entirety as long as you include the resource box. Please notify me if you reprint. Thank you.

Hypnotic Myths

Telling People You Are A Witch (How To Deal With Intolerance)

General information about Black Forest

Digging To The Root Of Your Problem

Don't Let Negative Programming Create Your Reality

30-Day Low Carb Diet 'Ketosis Plan'

All Christian Writings

Say A Few Words

Auction Strategies

Help Your Child Succeed In School



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**

Hypnotized by the Crowd ... Lost in the forest of beliefs!

**Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

