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TAKING THE FEAR OUT OF THE HYPNOTIC TRANCE

By Christine Hunter Master Certified Clinical Hypnotherapist

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Certified Clinical Hypnotherapist**

Mention the word "Hypnosis" to someone and the chances are you will get one of three very different reactions: intense curiosity, nervousness, or disdainful skepticism. But the truth is hypnosis is widely used today not just in medicine but also by top sports performers, business experts, and those in the media to boost their performance and mental focus. Despite this, many members of the public still view hypnosis with fear and suspicion especially when the hypnotist talks about putting the client into a "Hypnotic Trance"

The first point to make is that, despite the origin of its name, hypnosis does not involve sleep. When a person is in a hypnotic trance, the body may be in a very relaxed state, but the mind is alert and highly focused. It is also a very natural state. All of us experience a trancelike state many times in our daily lives. Those of us who drive cars are very familiar with the phenomenon of driving along a well known route and arriving at our destination—and then being aware that we can't remember the journey at all. It is as if we were on autopilot for the journey, and in a sense we were. We were in what we refer to as a kind of trance.

The same can occur when we are engrossed in a movie, reading a book, listening to music, or gazing into the eyes of someone we love. Time seems to stand still and we are oblivious of the outside world, our attention completely focused on what we are doing at that moment. That can be described as a trance. Many people also consider a trance to be the state achieved in meditation or when we are daydreaming.

The key difference between those described above and the hypnotic trance is that during a hypnotic trance there is another person - the hypnotist - who is guiding us into the state.

During a trance, the aim of the hypnotist is to talk directly to the patient's unconscious mind. The conscious mind can act as a barrier to this communication, and so it is either distracted or encouraged to be still.

Once the hypnotist has ensured that the client is in the desired hypnotic trance the hypnotist then make

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suggestions to the subject. These suggestions are the triggers that aim to change people's habits, boost their confidence, or help them come to terms with their past. Such suggestions are made not to our conscious mind, but to our unconscious mind, the part of the mind that controls so much of our lives.

Ask many people how they think the hypnotic trance is achieved and they will describe the hypnotist slowly swinging a watch on a chain in front of a patient's eyes or the hypnotist stares into a person's eye's to put him or her into the trance. While these were once a common method of inducing trance, hypnotists now often rely just on words and guided imagery.

Once the healing suggestions have been made and the purpose of the trance has been accomplished, the final task of the hypnotist is to bring the subject out of the hypnotic state and back into ordinary consciousness.

A common technique is for the hypnotist to count from one to five giving positive suggestions along the way. As he or she counts up from one to five, the client will feel as if he or she is coming out of trance into waking consciousness. The aim is to make the transition as smooth as possible.

Though hypnosis is not the same as sleep. Many people report feeling refreshed and enjoying a general sense of well-being after coming out of a hypnotic trance. Others claim that they sleep better after a session of hypnosis.

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Christine Hunter is a Master Certified Clinical Hypnotherapist who practices in Portland Oregon. Christine specializes in helping people of sexual abuse and also provides services for many other areas of hypnotherapy. Christine is a member in good standing with the National Guild and the Oregon Hypnotherapy Association as well as a number of other associations.

Sell More By Putting Your Prospects In A Trance!

By Larry Dotson

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A trance is when you are strongly and continually focused on a feeling, thought, vision, mood, emotion or idea. Usually it takes repetitive actions by a person to gain your attention. You have likely been in a trance at least a few times this week.

Haven't you ever been reading a book, watching TV or listening to music and your parent or friend said something like "Are you ignoring me?, I've asked you three times what you wanted to eat for dinner?" And you say something like "No, I was just watching this really cool show on sharks".

See, you have been in a trance plenty of times and didn't even know it. Just think how many products you could sell if you could put your prospects in a trance? Well you can, if you follow these very important steps.

First, you have to give them a feeling, thought, vision, mood, emotion or idea they will focus on. This can be accomplished by using an appealing headline or visual. Now, any one can have thoughts and still be able to concentrate on other things.

Next, your goal is to influence them to continually focus on it. You need to make sure each and every word, phrase and sentence is interesting enough so they keep reading and thinking about your offer.

How do you accomplish this? You need to use words and phrases that appeal to their emotions and

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thoughts. For example, if you were selling an ebook on eliminating your credit card debts you could say:
No more living pay check to pay check. (or)
Eliminate those harassing creditors calls once and for all.

Each word needs to take them step by step by step into a continuing trance. You don't want any boring or irrelevant information to interrupt the trance.

Finally, when you ask for the order they will be so involved that they'll have to order to keep the enjoyable trance continuing.

1000 Ways To Write, Create, Package And Sell Information Products! <http://www.ldpublishing.com>



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