

## **FACTS & MYTHS ABOUT HYPNOSIS**

### **THE FACTS:**

**Hypnosis is a pleasant state of mind, similar to daydreaming, in which you become very receptive to proper suggestions.**

**The effects are feelings of calmness, tranquility and profound relaxation.**

**You will not actually be asleep or unconscious. You will always be aware of your surroundings, but you'll easily be able to disregard normal environmental distractions.**

**You will always remain in control and be able to emerge from hypnosis yourself at any time, if you wish.**

**You will automatically reject any inappropriate suggestion.**

**The depths of hypnosis can be loosely divided into three levels: light, medium and deep. It varies with each person. The lightest level is sufficient to break most habits. The most important factors are your motivation and ability to accept and follow the suggestions.**

**Anyone of average intelligence can easily achieve a state of hypnosis. If you can focus your attention and use your imagination, hypnosis will probably occur immediately. For varying reasons, some people do require some additional time.**

**Because hypnosis is a familiar and natural state of mind, some people experiencing hypnosis are not sure if they were hypnotized or not.**

**A person that expects to be unconscious might think he/she was not hypnotized because he/she retained awareness of the surroundings. Hypnosis is a state of heightened awareness and focus – not a loss of consciousness.**

**You will hear every word I say while you are in hypnosis and you'll remember your hypnosis session.**

**Your attitude about reaching your goal is very important. A good attitude produces good results.**

**To achieve the maximum benefit from hypnosis, you must be willing to practice the self-hypnosis and /or listen to hypnotic CD's designed to reinforce positive suggestion.**

## **THE MYTHS:**

**Loss of Consciousness - A person in hypnosis is in an altered state of consciousness. S/he is aware of what is going on and not in a sleep state.**

**Hypnotized People Do Crazy Things While in Hypnosis - Stage hypnosis exists for the entertainment of the audience. It has given a very wrong impression of clinical hypnosis or hypnosis in the therapeutic setting. Hypnotherapy exists for the realization of the client's goals, to release limiting or negative habits, fear and physical discomfort.**

**Surrender of the Will, Loss of Control - Hypnotized people remain in total control and will never do in the hypnotic state anything he/she would not do in his usual state of consciousness.**

**Weak Mindedness - You must be of average intelligence to be hypnotized. You must have the ability to imagine and concentrate. The very fact that a client is looking for another tool to help themselves with an issue and willing to do the work they have to do connotes a strong mind.**

**Revelation of Secrets - A person will never reveal anything that they don't want to reveal because they are in total control at all times and totally responsible for their actions.**

**Fear of Getting "Stuck" In Hypnosis - A person can't get "stuck" in hypnosis. What keeps a person in hypnosis is the hypnotists constant dialog. If the hypnotists stops talking the client will do one of two things. 1) They will emerge from hypnosis, curious to see why the session stopped. or.. 2) They be so relaxed they just fall off to sleep and take a nap from which they wake up naturally as if from a nap.**

**Hypnosis Weakens the Will - A person can not succumb to any suggestion contrary to their goals and wishes made by the hypnotist because they remain in total control.**

**Hypnosis is Habit-Forming - This technique is not habit-forming. It is highly successful and can be deeply relaxing which encourages people to do self hypnosis. It is just another tool for self help to use when and if you chose.**

**Repeated Induction Weakens the Mind - Repetitive inductions strengthen your resolve to achieve your goals, release your fears and/or discomforts.**

**Hypnosis Against the Will - Hypnosis is an interactive experience. It is a useful tool a person can choose to help with whatever issues he/she needs to address. When there is proper rapport, a person's conscious and unconscious mind will be more open to positive suggestions for change.**

**Criminal or Anti-Social Acts - A hypnotized person maintains their usual moral values and would never do anything he/she would not do when they are not hypnotized.**

**Medical Disclaimer: The services in hypnotism that I offer are not intended as substitutes for proper medical care. They are not intended for use as medical, therapeutic or diagnostic purpose. They are tools for personal growth. If you are suffering from a medical or psychological condition seek out the advice of a medical or psychological professional before engaging in hypnosis or self-hypnosis.**

Lianna Bohne' CCH

(631)946-1602

[Soulgoddessllc.com](http://Soulgoddessllc.com)