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Hypnosis: the Truth about It by Erick

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What is self- hypnosis? Or for that matter hypnosis? Is it some kind of science or an art? Is it a black magic or a spell? What is this enigma called 'hypnosis'? Most people who have enough knowledge on this subject give a very simple definition of what they consider hypnosis to be. They define hypnosis or self-hypnosis to be some kind of a stimulated trance like condition, characterized by an altered state of consciousness, weakened willpower and an enhanced responsiveness to suggestion. Though this explanation looks good on surface but it is not as close to the real definition of hypnosis.

Wikipedia explains hypnosis as, â€œa trance state characterized by extreme suggestibility, relaxation and heightened imagination. It is a mental state or imaginative role-enactment. It is usually induced by a procedure known as a hypnotic induction, which is commonly composed of a long series of preliminary instructions and suggestions.â€• To put in simpler words, hypnosis can be defined as a heightened state of awareness than being a semi-conscious or diminished state of mind. It may or may not be a trance like state. While trance like state can certainly be achieved through hypnosis, yet trance is not an essential factor for hypnosis to be effective.

According to 'Society of Psychological Hypnosis Division 30 â€“ American Psychological Association' hypnosis is, â€œa procedure during which the subject is told that suggestions for imaginative experiences will be presented. When using hypnosis, one person (the subject) is guided by another (the hypnotist) to respond to suggestions for changes in subjective experience, alterations in perception, sensation, emotion, thought or behavior. Persons can also learn self-hypnosis, which is the act of administering hypnotic procedures on one's own.â€•

So you need to remember that all hypnosis is self hypnosis and once you have mastered to reach a state of hypnotic induction, you can easily enter this state at any time you desire without the help of a hypnotherapist. The goal of self hypnosis is to learn recognizing the varying states of awareness, and to use consciously planned thoughts to control your subconscious mind. Consciously acting upon the subconscious mind enables you to bring a desired change in your habits, feelings and behavior. For this, you need to achieve a level of consciousness that will allow the subconscious mind to accept and act upon suggestions. The process of Self-hypnosis allows you to create mental situations to make these suggestions possible, and once these changes are in place, they tend to perpetuate effortlessly in your daily routine.

To know more on self hypnosis, visit www.attentionshifting.com/products/how-to-visualize-series. The Attention Shifting Store is your personal development resource for hypnosis downloads, NLP mp3s, and other related Neuro-linguistic programming and Ericksonian hypnosis training programs.

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