

A brief introduction to hypnosis

All hypnosis is self hypnosis and you remain in control of your actions throughout the trance. Hypnosis is a naturally occurring state to be in and can be a highly productive state of mind.

What about loss of control? Will I be made to do something I normally would not do?

In a trance state you will not do anything that you would not be prepared to do in a fully alert and conscious state of mind.

When you think about the stage hypnotist shows and the people on stage you should recognise the performers to be the same people who like to be the centre of attention at parties, the social performers, the one's who like to be noticed. The stage situation gives them that opportunity. If the hypnotist asked them do anything against their value systems, their knowledge of right or wrong, they would just come out of hypnosis and refuse to follow that suggestion.

What is hypnosis really like?

Hypnosis may not feel any different to the way you feel normally or you might feel somewhat relaxed or even be in a dreamlike state. You may remember all of the session, some of or none of the hypnotic session. Every session of hypnosis may feel different to you and this is normal. You will over time and with practice learn how to achieve the trance you want.

Clinically induced hypnosis works best when there is a particular objective and the subject is willing to follow the suggestions of their guide, the hypnotist. The hypnotist acts merely as a guide and the client is responsible for the level of hypnosis they reach. There should be an excellent level of trust, rapport and belief between the therapist and the client. Both must have a strong belief that the change can and will happen. If there is poor rapport, a lack of trust or lack of belief then the chances of success are greatly reduced.

You have probably experienced trance states many times without realising it. Some examples are

- when you are deeply involved in a conversation and have lost track of time or don't notice what is going on around you; or
- watching TV and don't realise some one has joined you until your trance is broken by, and advertisement or some other activity like a phone ringing; or
- driving down the highway and not remembering the trip; or
- driving and missing the turn-off you needed because you were enjoying the scenery

The more practice you have the deeper the trance state is likely to be and the more likely you are to achieve significant changes in your life. You don't need to be in a deep trance to achieve change because even in a light trance your subconscious mind can be highly receptive to suggestions. (This is a fact that advertisers are all too well aware of.)

If you'd like to experience the sensation of light hypnosis either take yourself through this exercise or listen to the recording which will guide you through a couple of simple exercises. Be sure to follow the instructions carefully and remember that to "try" is not to do something. "Trying" implies failure.. If you do something you didn't try to do it you did it.

To gain a better idea of the sensations of hypnosis you can either listen to the recorded script (See link below on the web page) or have someone read the following script to you. As a last resort you could also learn the script and take yourself through it. The last option is not recommended.

Introduction to hypnosis script

Sit down and make yourself comfortable loosen your tie or collar if you need and if you are wearing glasses just take them off while you do the exercises.

Once you are comfortable just sit, relaxing, feet flat on the floor, hands resting on your thighs, right on right and left on the left just allow yourself to relax

Now just allow your eyelids to relax and close

Enjoy and concentrate on that relaxed feeling in your eyelids notice how those muscles are so relaxed your eyes remain closed without any effort

Become aware of your breathing and with each breath become more relaxed

Become aware of your hands and discover that one hand feels different to the other it may be warmer or heavier have some discomfort be more relaxed have more contact with your leg

Bring your attention back to the muscles around your eyes aware of the relaxation holding onto that relaxation so relaxed that your eyelids won't move

Focus on that relaxation and when you are convinced your eyes are so relaxed they won't open try to open them notice with some amusement that the other muscles around your eyes can move but your eyes won't open as you hold that relaxation

Now stop testing and release that relaxation and just open your eyes just do it

Welcome back that's what hypnosis feels like It feels good doesn't it

Now just close your eyes and relax again sitting comfortably relax become aware of the feeling of relaxation in your eyes allow that feeling to spread through your whole body relax deeper

Become aware of your breathing with each breath relax more

The more you relax the better you feel the better you feel the more you relax

Turn over your left hand relax and imagine there is a big juicy bright red strawberry in the palm of your hand feel the tiny prickles and the leaves the texture of that strawberry as it sits in your hand see the vivid green leaves and stem and the deep red colour of the fresh juicy fruit contrasting fresh hold the fruit in your fingers and as you pull out the stalk and leaves with your other hand hear the sound of the stalk coming free feel the moisture of the juices as it touches your skin raise the fresh sweet juicy bright red strawberry to your mouth hear the sound and feel the pressure as you bite into the soft but firm flesh feel the juices flow from it as you bite in on the flesh of the fruit mmmmmmmmm

Now come back open your eyes
come back to where you are now relaxed

Welcome back you feel good don't you

Think about your experience did you see the strawberry in your mind, did you feel it in your hand, did you sense the juices dripping as you pulled the stalk and leaves off, did your mouth begin to water, to salivate as you lifted the strawberry to your mouth and could you feel yourself biting into it?

If you experienced any of those sensations you have just experienced the reality of your mind creating what your body feels. As Dr A M Krasner says in his book, "The Wizard Within", in his introduction to hypnosis script, page 121, "The body is only a robot, controlled by the mind. What the mind sees the body tends to do".

This very brief introduction to hypnosis I hope has made you more confident that you can benefit from this wondrous phenomenon and that the hypnotic technique can bring significant benefits to you in a safe and most enjoyable way.